



Quick Recap

Joint protection, adaptive tools, and gentle exercise help preserve hand function and independence with daily tasks.

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SPEAK WITH OUR TEAM

PHONE

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EMAIL

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HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



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Severe Arthritis & Autoimmune Care

Chronic Joint Preservation Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Hand therapy: warm soaks, gentle fist opens, and putty exercises for dexterity.
- ADLs: thick-grip utensils, jar openers, electric can openers, and lever handles.
- Apply warm packs in the morning to ease stiffness; cold packs after activity to reduce swelling.
- Carry bags in the crook of the elbow, not pinch-gripped with the fingers.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track joint pain, morning stiffness duration, swelling, and hand function.
- Note which ADLs are hardest: buttons, keys, cooking, or grooming.
- Screen fatigue, fever, or sudden joint hot swelling.

Good to know

- Arthritis inflames joints and can limit fine motor and walking tasks.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Daily gentle ROM: fingers, wrists, elbows, and shoulders in warm shower if safe.
- Strengthening: light bands for arms and sit-to-stand for legs on better days.
- ADLs: pre-chop ingredients; use lightweight pans; store items between waist and shoulder height.
- Warm shower or heating pad before activity reduces stiffness.