



Quick Recap

Gentle movement, joint protection, and adaptive tools help seniors stay independent with less pain and safer daily activity.

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SPEAK WITH OUR TEAM

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HOURS

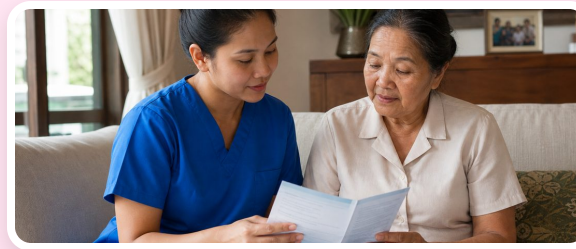
9:00 AM to 5:00 PM

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



Scan with your phone camera · tap the link.

Arthritis Care

Joint Comfort & Mobility 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.

- Morning warm-up: gentle range-of-motion for fingers, wrists, and knees before chores.
- Hand care: warm soaks, therapy putty squeezes, and finger spreads within comfort.
- Use heat in the morning and cold after activity to manage stiffness and swelling.
- Maintain a healthy weight; every extra pound puts about 4 pounds of pressure on the knees.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track pain level, stiffness minutes in the morning, and swelling in hands or knees.
- Note which tasks worsen symptoms: stairs, gripping, kneeling, or long standing.
- Screen balance and fall risk when hips or knees are painful.

Good to know

- Osteoarthritis wears joint cartilage; rheumatoid disease may inflame many joints.
- Weight loss eases pressure on

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.

- Low-impact activity: walking, pool exercise, or seated cycling as cleared.
- Strength for thighs and hips protects knee joints during standing tasks.
- Pace housework: sit for folding laundry, prepping food, and grooming.
- Tai chi or chair yoga improves balance and joint comfort.