



COMPASSION AT EVERY STEP



### Quick Recap

Arthritis causes pain, stiffness, and swelling, but you can manage symptoms and stay active with the right habits, tools, and clinical support.

#### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

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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# Living Well with Arthritis

You're Not Alone—Help Is Available



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.

- Gentle range of motion and strengthening within comfort zones daily.
- Hand therapy: warm soaks, fist opens, theraputty, and grip tasks as directed.
- Apply warm packs in the morning, cold packs after activity, to manage stiffness and swelling.
- Pace activity; alternate hard and easy tasks across the day instead of doing everything at once.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Pain scale and morning stiffness minutes logged each week.
- Function log: buttons, stairs, walking distance, sleep quality.
- Grip strength and balance screening during home visits.

### Good to know

- Arthritis is inflammation in one or more joints; osteoarthritis and rheumatoid arthritis are most common.
- Joint protection and pacing prevent flare-ups.

**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 options: warm pool, stationary bike, or short frequent walks.
- Pace activity with rest; alternate heavy and light household tasks.
- Stress and sleep support improve pain coping and energy.
- Heat in the morning, cold after activity if it helps.