**Wall Clock Series - VWH**

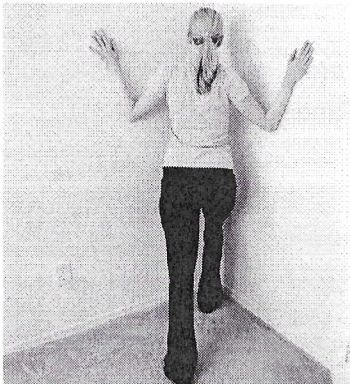
Standing at a wall, extend your arm out in front of you with your palm on the wall.

Position 1 - palm on wall with fingers straight towards ceiling.

Position 2 - palm on wall rotate hand with fingers pointing out to the side.

Position 3 - palm on wall rotate hand again with fingers pointing towards the floor.

For increased stretch ensure that hand is at shoulder level and elbow is extended.

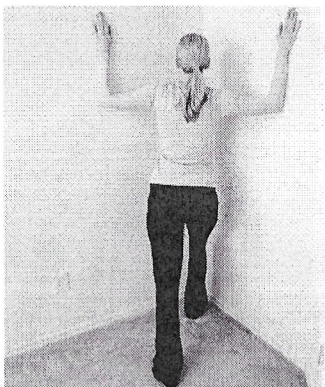
**PECTORALIS CORNER STRETCH - W**

While standing at a corner of a wall, place your arms on the walls in the shape of a "W" so that your elbows are bent and pointed towards the ground as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

NOTE: Your legs should control the stretch by bending or straightening your front knee.

Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day

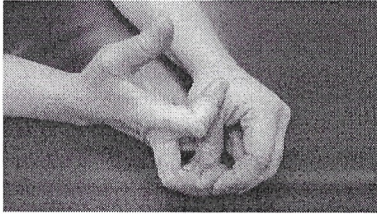
**PECTORALIS CORNER STRETCH**

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

NOTE: Your legs should control the stretch by bending or straightening your front knee.

Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



Intrinsic stretch VW

1. Push finger back at the base, just above the hand.
2. While maintaining pressure at the base, gently bend the end 2 joints of your finger until you feel a stretch in your palm.



TRANSVERSUS ABDOMINUS TRAINING - BRACING IN SITTING

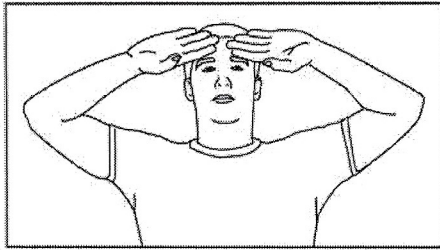
This is to be performed while being seated.

Press your finger tips into your relaxed abdomen lateral of your navel. Next, tighten and brace your abdomen so that the muscles push your finger tips away from the center of your body. Hold and then relax and repeat.

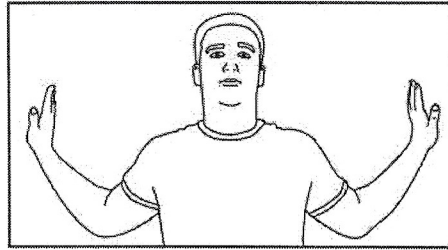
Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day

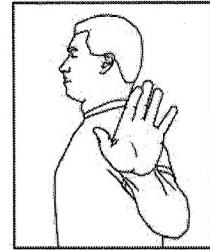
Neck Shoulder Stretch



1.



2.



3.

1. Place hands in front of forehead with palms facing out. Take a deep breath in.
2. Pull elbows toward back pockets while rotating palms out.
3. Slowly exhale while squeezing shoulder blades together and drawing head back.
4. Once you have fully exhaled, hold for 10 - 15 seconds. Repeat for 2 repetitions.
If you experience discomfort, then perform stretch more gently or go back to the previous step.

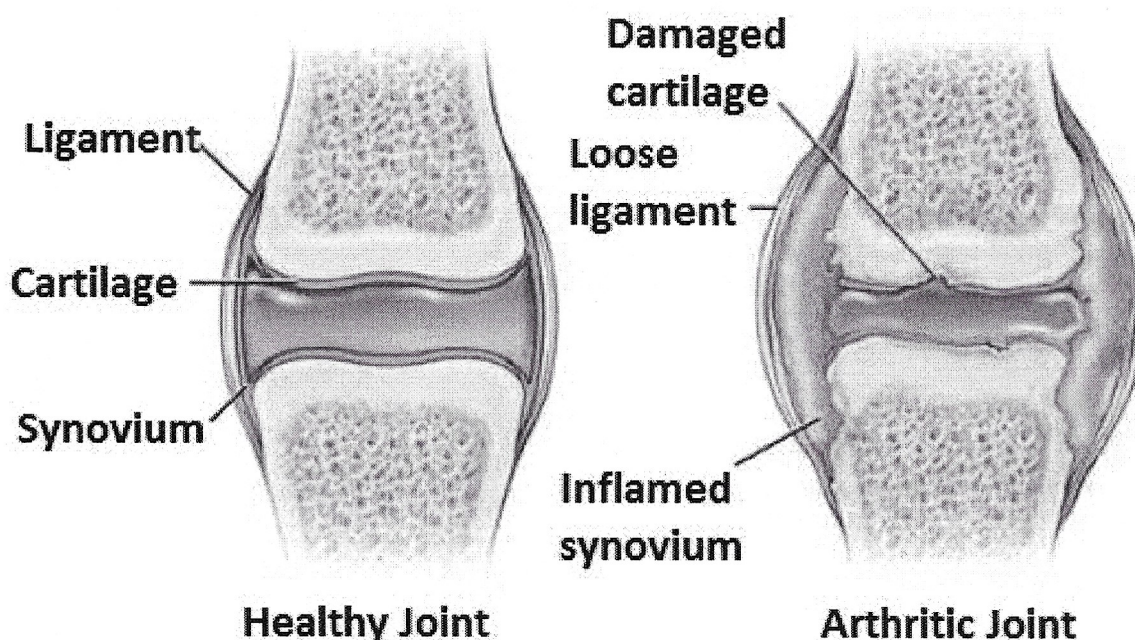
Joint protection techniques for hand/finger arthritis

Information for patients

This leaflet explains how to use your hands to do daily tasks and activities without causing unnecessary strain or pain on your finger joints. Protecting your joints does **not** mean avoiding using them. If you have any queries or concerns, please do not hesitate to ask your therapist.

How does arthritis affect my joints?

This picture shows the difference between a healthy finger joint (left) and one with arthritis (right). With arthritis, the cartilage that helps protect the end of your joints becomes damaged. The ligaments that keep your joint in place and stable become loose. The synovium, which cushions your cartilage and prevents friction, becomes inflamed. Together these can cause pain and stiffness when trying to use the affected joint.



How do I protect my joints?

There are six basic rules for protecting your joints.

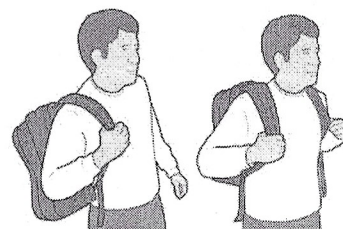
1. Respect pain.
2. Use larger, stronger joints.
3. Reduce the effort and force.
4. Balance rest and activity.
5. Exercise in a pain-free range.
6. Avoid 'positions of deformity'.

1 Respect Pain

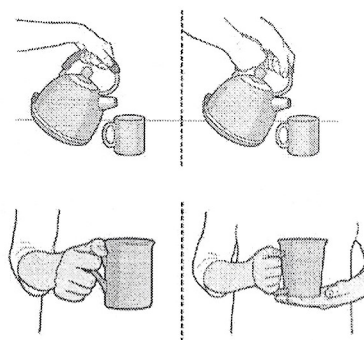
- Stop doing an activity before you get discomfort.
 - It is important to take notice of pain and use it as a warning sign. Pushing yourself to complete a task can cause more pain the next day.
 - Pace yourself. This allows you to keep doing activities you enjoy, rather than having to give them up.
 - Work out your pain threshold. How long can you do an activity before you feel pain?
- Avoid or do less of the activities that cause pain that lasts for more than one - two hours.
 - Change activities or take a break before you get discomfort rather than getting to this point before stopping. For example, if you get pain after doing something for five minutes, try to take a break after three minutes.
- Wear splints to help support and rest painful joints.

2 Use larger, stronger joints

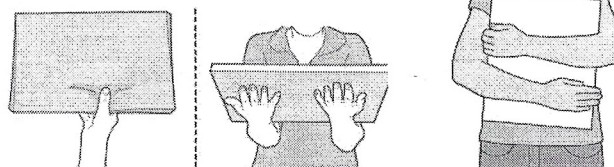
- Slide heavy objects on kitchen tops rather than picking them up.
- Use your palms instead of your fingers to lift or push.
- Use your hip or shoulder instead of your hand to close drawers and doors.
- Carry a backpack instead of holding a purse in your hand, or carry bags on your forearm.



- Keep small items close to your body and try to spread the load over several joints.
 - Use two hands and avoid gripping with your thumb.
 - Keep as much of your hand as possible in contact with the object.

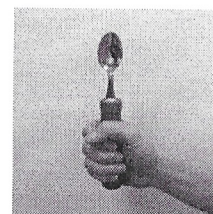


- Hug bigger objects close to your body so the weight is supported by larger, stronger joints.



3 Reduce the effort and force

- As much as possible, **ask for help**.
- Use appliances and assistive devices. Labour-saving devices can help make day-to-day tasks easier by reducing the strain on your joints.
- Keep items near where you use them so you have an easy flow of work.
- Use prepared foods and freeze leftovers for an easy meal.
- Avoid low chairs or beds.
- Keep a healthy body weight.
- Try not to keep going up and down stairs – complete work on each floor.
- Take frequent breaks when doing activities and spend less time doing them.
- Try to relax your grip as much as possible and use padding to build up a grip and ease pressure on small joints.



4 Balance rest and activity

Once you have worked out your pain threshold, use this as a guide to manage your work and rest breaks.

Many people give up an activity if it causes them pain, but it is better to do a little at a time with plenty of rests rather than no longer doing something you enjoy.

- Rest before you get tired out.
- Take frequent short breaks.
- Avoid doing activities where you cannot take a break.
- Avoid staying in one position for a long time.
- Alternate between heavy and light activities.
- Take more breaks when you are getting inflammation.
- Allow extra time for activities to avoid rushing.
- Plan your day ahead of time.
- Cut out activities you do not need to do.

How to break up your activities

1. Wash five plates.
2. Then fold some clothes.
3. Wash five more plates.
4. Make yourself a cup of tea.
5. Finish doing the washing

5 Exercise in a pain-free range

Your therapist will give you some exercises to help with your specific pain and joint deformities.

Protecting your joints and doing exercise work together. The former reduces strain on your joints while the latter strengthens the muscles that support them.

By making the muscles around your joints stronger, helping to support them, you are less likely to develop deformities. Exercise also helps you to maintain your range of movement. If you do not move your joints, they can stiffen and your muscles can waste away.

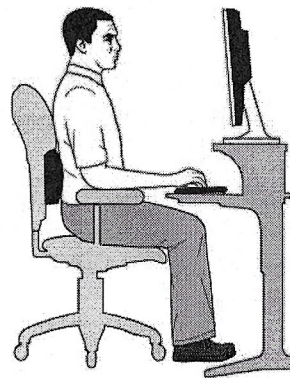


Tips for Good Body Mechanics

Anytime your body is not in a fairly straight line (alignment), you are putting strain on your back. By keeping your body in good alignment and by using good body mechanics, you can help decrease the stress on your back.

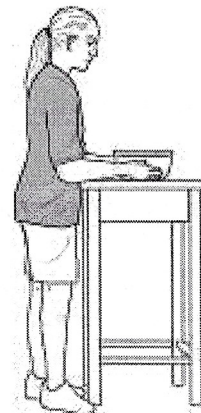
Sitting

- Your feet should be able to touch the floor.
- Your knees and hips should be level.
- Sit up tall, and do not bend your head forward.
- Use a low back support in your chair.
- It is best to have armrests to lay your arms on.
- Make sure your work is straight in front.
- Do not remain in one position for too long. Get up and stretch often.



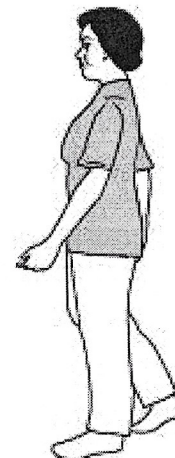
Standing

- Always stand close to the job that you are doing.
- Avoid standing for a long time. If you have to stand for a long time, place one foot up on a small stool.



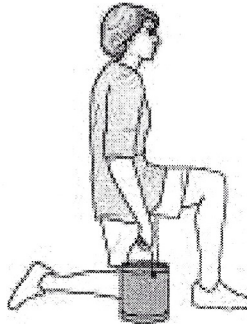
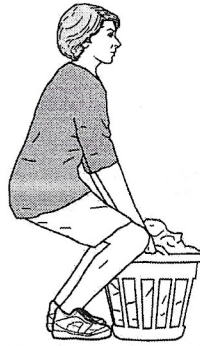
Walking

- Walk with good posture. Keep your head high, your chin tucked in, and your back straight.
- Avoid high heels if you are going to be on your feet for a long time. High heels place the strain on your lower back.
- Push objects rather than pull them. Put one foot in front of the other, bend at your hips and knees and walk forward. Pulling places the strain on your lower back.



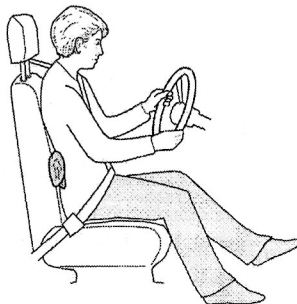
Lifting

- Tighten your stomach muscles when you lift.
- Avoid lifting heavy objects. If something is more than half your body weight, get help or use equipment.
- When lifting, bend your knees not your waist. Keep your back straight.
- Do not twist your back as you lift. To turn when lifting, pivot your feet.
- Do not lift an object above waist level. This increases the arch in your back.
- Keep objects close to your center of gravity (belly button) when you are lifting or carrying things.
- Avoid reaching for objects. Do not:
 - Reach across a table to grasp an object
 - Reach across to make a bed
 - Lean over to open a window
 - Bend over to get an object out of the trunk of a car



Driving

- Make sure that your hips and knees are level.
- Do not lean back and drive with outstretched arms.
- Place a lumbar support or a rolled up towel behind your lower back to provide support.
- When you are on car trips that last over one hour, stop every hour to walk and stretch.



Sleeping

- The best positions for sleeping are:
 - On your back with a pillow under your knees
 - On your side
- Do not sleep on your stomach, on a soft, sagging mattress or on cushions that do not give you support.

