Aids for Osteoarthritis

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Using Devices Will Make Your Joints Happier and Your Life Much Better

Some people diagnosed with osteoarthritis can lead a healthy life because the symptoms are mild and the joint is relatively mobile. However, in other cases, the disease progresses and some devices may be needed to help one get around and complete day-to-day activities. Understanding how to use medical aids will help you get the best results. Now let's take a look at the various aids for arthritis.

Self-Help Devices

So many self-help devices are now available for everyone with arthritis and are quite often inexpensive. They have been designed to keep your joints in the most comfortable position. Some will provide leverage to better deal with heavy items or to further extend your range of motion.

Do you have trouble getting dressed? Use zipper pulls and buttoning aids so you can dress/undress faster without overusing your hands and wrists. Long-handled shoehorns will help you put the shoes on without bending.

Do you love cooking but your joints hurt too much? Use precooked or canned foods and use electric can openers and food processors to cut the vegetables. Various build-up handles and grips will help you pick up cooking tools easier when needed.

Do you have trouble getting in and out of the tub? Use tub bars, handrails and anti-slip mats to make your shower more comfortable. Using raised toilet seats will help you sit down and get up from the toilet with very little effort or pressure on your joints.

Do you spend many hours working at your desk? It’s worth investing in a good quality chair with adjustable height and tilt that fully supports your back. Choose a hands-free headset if you are required to speak frequently on the phone.

You may get to a point where you need to use a can to move around independently. A cane can improve your balance; it provides support and significantly decreases the chance of falling. You go to the store and see so many options, different sizes, shapes, and materials. Which one should you choose?

If you suffer from osteoarthritis, a single-point cane is what you need (quad and three-point canes are typically needed if you have a neurological disease associated).

Height of the cane is important. Wear the shoes you usually use when you go out and stand up tall with your arms hanging on each side. The top (or curve) of the cane should hit the crease in your wrist.

Use it on your strong side. If you have trouble with your left knee, use the cane with your right hand. This way the body weight will shift to the stronger side (right side in this example). Try to move the left leg and the cane at

the same time to balance the load.

If you need to take the stairs while using a cane, make sure you climb the stairs by moving your strong leg first. Then move your weak leg and the cane at the same time. When you go downstairs, move your weak leg first and then move the strong one with the cane.