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Arthritis Pain and How to Deal with It:

Exercises and Other Remedies

Arthritis is a serious and painful ailment that affects millions of people worldwide. Pain caused by arthritis can easily hinder you from enjoying certain activities and even stop you from doing regular tasks. Fight back against pain to live your best life by following our tried and tested arthritis pain relief methods.

Here you'll find an assortment of exercises and home remedies you can easily incorporate in your current lifestyle to help you relieve pain and eventually manage and treat your arthritis. Read on, to find out more.

The Three Most Common Types of Arthritis

Although arthritis manifests itself in dozens of ways, people generally suffer from three common types of arthritis. We can further categorize these three into either inflammatory or non-inflammatory arthritis.



Noninflammatory arthritis

Osteoarthritis (OA)

Osteoarthritis or OA is the most common kind of arthritis. In this condition, a person's cartilage wears down overtime leading to the exposure of bone ends. The pain that results from this condition is caused by there worn down bone ends grinding together. People who suffer from OA usually experience some loss in their range of movement, stiffness of certain body parts and even swelling, and while OA is classified as noninflammatory arthritis, it can still cause inflammation in the joints in some cases.

Osteoarthritis usually attacks joints which support heavy parts of the body like the knees, ankles and hips. However, although more rarely, it can also affect your fingers.

Inflammatory arthritis

Rheumatoid Arthritis (RA)

Rheumatoid arthritis or RA is the second most common variation of arthritis. In this condition, inflammation and swelling of joints stems from your body's immune system turning against the body itself. This also classifies it as 'autoimmune' disease.

Doctors are still not entirely sure what causes RA but studies point to genetic and hormonal factors. Researchers have also found that women are the more susceptible to acquiring the disease.

RA usually affects joints on body parts that come in pairs e.g. the wrists. It can also affect other parts of the body that some people may find unusual like the eyes and the lungs.

Psoriatic Arthritis (PsA)

Psoriatic arthritis is an accompanying disease that people who have a skin disease called psoriasis suffer from. Its main symptom is the swelling up of toes and fingers until they're like 'mini sausages', as some sufferers have described it.

Aside from this, people with PsA also suffer from foot pain usually concentrated on the back of the foot's heel and the sole of the foot. Meanwhile, some people develop inflammation in the joints separating the vertebrae of the spine and the joints between the pelvis and the spine.

Should I exercise with Arthritis? The Benefits of Physical Activity

Pain caused by arthritis can range from slight discomfort to debilitating pain. One way to manage it is to commit to do some kind of physical activity on a regular basis.

Exercising is a great way to strengthen the muscles surrounding the arthritis affected joints and to help mitigate swelling and pain. What more, it's been proven that exercise provides lubrication for the worn-down cartilage on the joints which causes the pain in the first place.

You can tailor the type of exercise you want to do depending on which parts of your body are the most affected by arthritis.

In the next section we have a set of exercises that targets the building of strength and flexibility in the hands.

Arthritis Exercises Using the Penkwin Arthritis Exercise Ball

Arthritis can leave your hands stiff and weak with pain. The good thing is you can easily bring back your hands' and fingers' strength and range of motion with regular exercises. Take note of these very easy and effective exercises and stretches and do them before taking part in the exercise ball exercises.

For this set of exercises, you'll need to choose one of the two arthritis exercise balls included in the kit.

Its resistance level depends on your hand's current strength level. We suggest that you begin with the softest one and work your way up from there.

Please note: these aren't designed to be strenuous like a muscle building routine. Take it as slow and as gently as you need to. If you feel sharp pain at any time during the exercises, stop, take a break and move back to a less strenuous exercise.

We recommend that you pick two or three of these exercises and repeat for up to 8 - 10 repetitions, have a break then repeat up to 3 times.

Repeat the above exercise program 3 – 4 times a week.

Warming up – (without the exercise balls)

Wrist stretch.

(Up and down 10 - 15 times)

Simply place your forearm on a flat surface (like the arm of a chair) and without moving your arm lift your wrist up and down. If you don't have a flat surface, that's also fine.

(Left to Right 10 - 15 times)

Once you have completed the above exercise simply move your wrist from left to right to loosen up the muscles in your wrist

Close-Open Stretch: To do this simple stretch, form your hand (you can do this with one hand or both hands) into a fist. Make sure that your thumb remains outside the fist and is resting across your fingers. Hold position for 30 to 60 seconds depending on your hand's current condition. Then, open your hand wide gently stretching out your fingers and the center of your palm. Repeat this exercise for at least four repetitions.

Bend and Stretch: This next exercise is designed to return your fingers range of motion. Start by holding your hand up with the palm facing in your direction. Then bend your fingers until your fingertips are touching the base of each finger. You'll know you're doing it the right way if you're hand looks like a claw.

Like with our previous exercise, hold this position for around 1 minute and then stretch your hand out again. Repeat the exercise for at least four times. Don't forget to do this on both hands.

Grip Exercises

Ball Grip (wrist up):



Amount:

8 – 10 times with each hand

Setup:

Start by holding your exercise ball in the palm of your hand with your wrist upwards (curling towards your forearm)

Exercise:

Once you've got it in position, squeeze the ball as tightly as you can. Hold this position for a few seconds before releasing your grip.

Ball Grip (wrist down):



Amount:

8 – 10 times with each hand

Setup:

Start by holding your exercise ball in the palm of your hand with your wrist downwards (Wrist extended away from your forearm)

Exercise:

Once you've got it in position, squeeze the ball as tightly as you can. Hold this position for a few seconds before releasing your grip.

Finger and Thumb exercises

Finger Pinch:



Amount:

8 – 10 times with each hand

Setup:

Begin by holding your exercise ball and pinching it using your finger tips and your thumb.

Exercise:

Simply squeeze down on the ball and hold this position for a few seconds or until you start to feel a slight strain, release, then repeat 10 – 15 times.

Finger Squeeze



Amount:

8 – 10 times with each hand

Setup:

Place the ball between two fingers.
This can be done with each fingers on your hand in turn.

Exercise:

Squeeze your fingers together compressing the ball, hold for a few seconds and release.

Finger Palm



Amount:

8 – 10 times with each hand

Setup:

Place the ball between your fingers and your palm

Exercise:

Squeeze your fingers down against your palm compressing the ball, hold for a few seconds and release.

Thumb Extend



Amount:

8 – 10 times with each hand

Setup:

Place the ball between your bent thumb and two fingers on the same hand.

Exercise:

Rolling the ball between your fingers and thumb until your thumb is extended and straightened out.

Thumb Palm Roll



Amount:

8 – 10 times with each hand

Setup:

Place the ball between your bent thumb and your palm.

Exercise:

Squeeze your thumb against your palm compressing the ball, hold and release.

Other Recreational Physical Activities for Arthritis Sufferers

Aside from the hand exercises we shared with you above, there are plenty more ways for you to engage your hands with physical activities. Here are some of them.

Gardening: Keep your hands busy by starting your own mini herb garden in your garden or even your kitchen window. Just be careful not to over exert yourself. Start out small with just a few pots of plants.



Craft making: Get your creative juices flowing and turn your idle time into craft time. Sewing, knitting and scrapbooking involve small and repetitive movements that can help strengthen your hands and fingers.

Yoga: Meditating and gentle yoga helps in promoting a healthy immune system while reducing joint inflammation caused by arthritis.



Effective Home Remedies for Relieving Arthritis Pain

Pair one or more of these following remedies with exercising to alleviate arthritis pain.

Maintaining a healthy body weight

Extra body weight leads to extra strain on joints which can aggravate arthritis. Because of this reason it is best to be sure to maintain a healthy body weight to avoid this.

Foods with Omega-3: Found in fish caught in the wild, flaxseeds and chia seeds, omega-3 helps in decreasing inflammation caused by arthritis.

Sulfur-rich foods: Foods like asparagus, cabbage, onions and garlic are rich in sulfur which is known to reduce inflammation in the joints while rebuilding damaged tissues.

Foods high in anti-oxidants: Foods like fruits and vegetables have anti-oxidants and anti-inflammatory compounds. Besides, eating these kind of food helps is necessary for a balanced diet.

Supplementation and other suggestions

Aside from minding the food you eat, you can also take some supplements and do a few other things to help treat your arthritis and ease your pain.

Turmeric: Turmeric has compound (such as curcumin) that have amazing inflammation fighting properties that can help in reducing joint pain and swelling. We specifically recommend this for those who have osteoarthritis.

Fish Oil: If you dislike fish or don't feel you are getting enough, fish oil capsules includes omega-3 acids which benefits we've discussed earlier.

Gamma Linolenic Acid [GLA]: This omega-6 fatty acid is good for the arthritics as it is converted in anti-inflammatory chemicals by the body.

Oleocanthal: Rubbing and massaging extra virgin olive oil onto your hands, fingers and wrists has been proven to reduce pain and inflammation caused by arthritis. This is due to the compound found in the oil called oleocanthal which mimics the effects of pain relief medicine (like Ibuprofen).

You can massage your painful joints with extra virgin olive oil twice a day.

Using heating pads

Last but not least, using heating pads or hot packs on painful areas of the body help in relaxing your muscles. (Just be careful as to not burn your skin!)

Friendly reminder than all Penkwin products have a lifetime warranty!

Penkwin is a small family business and we really, really care about your customer experience - without customers like you, we fizzle out in this giant corporate world!

Occasionally things don't quite go to plan, we try our best to negate that, but sometimes the only time we ever find out is after reading a negative customer review.

This makes us really sad because we were just one click away with a replacement/refund/return/advice/shoulder to cry on.

**If you ever need anything, please simply contact our dedicated customer support team on:
happiness@penkwin.co.uk**