

Rheumatoid Arthritis Management





General

The Hand – Exercise Program

General Upper Limb – Exercise Program

Signposting

Education (condition, health)

Function

Exercise Program

Adjunctive therapies?





Education

The Hand

Hand based treatment is suggested for all diagnosed.

Development and delivery of an exercise intervention for rheumatoid arthritis: Strengthening and stretching for rheumatoid arthritis of the hand (SARAH) trial

Heine, P.J. et al.

Physiotherapy , Volume 98 , Issue 2 , 121 - 130



Example Program



MCPJ Flexion

Radial Walking

Tendon Gliding

Eccentric Wrist

Gross Grip

Extension

Pinch Grip

Finger Adduction

Adapted from the “SARAH” trial

Example Program



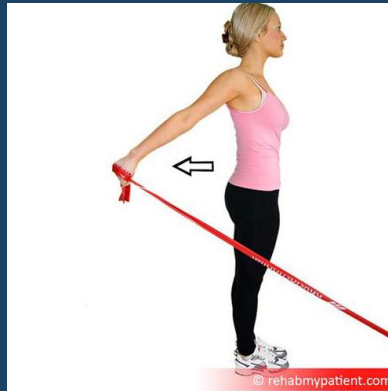
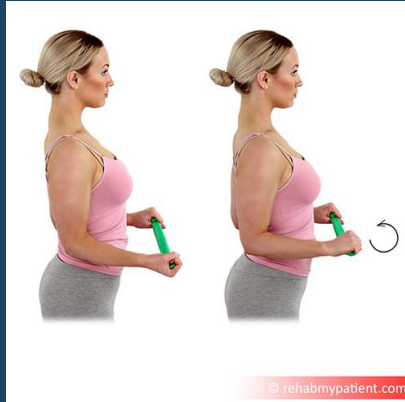
Rheumatoid Arthritis Upper Limb Programs

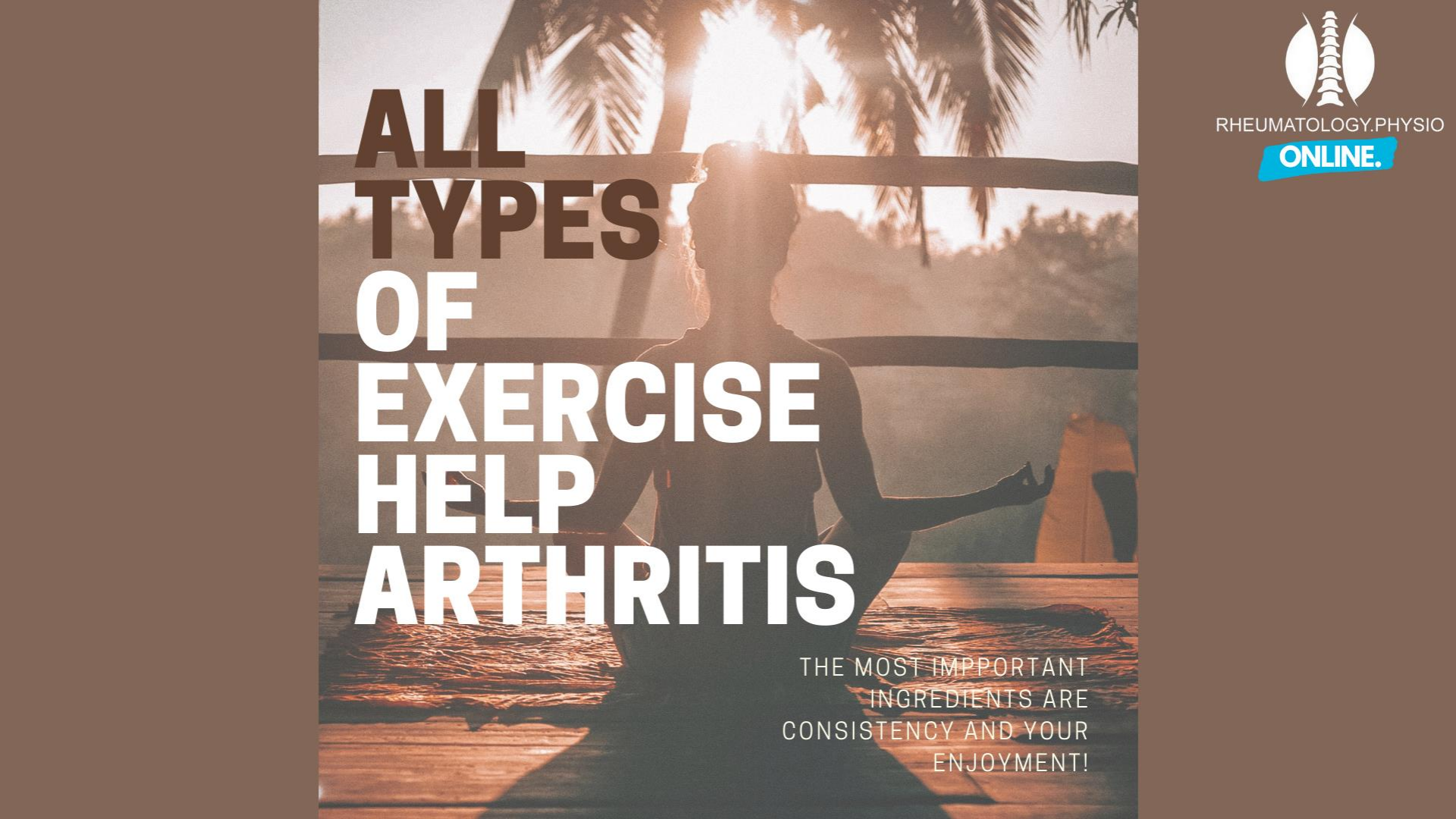


General Upper Limb



General Upper Limb





ALL TYPES OF EXERCISE HELP ARTHRITIS

THE MOST IMPORTANT
INGREDIENTS ARE
CONSISTENCY AND YOUR
ENJOYMENT!



RHEUMATOLOGY.PHYSIO

ONLINE.



RHEUMATOLOGY.PHYSIO

ONLINE.



Graded Programs



RHEUMATOLOGY.PHYSIO

ONLINE.

Heavy Lifting



RHEUMATOLOGY.PHYSIO

ONLINE.



Signposting



RHEUMATOLOGY.PHYSIO

ONLINE.

Manual Therapies

Rheumatoid Arthritis Management

