

Painful fingers and hands?

You might like to try this once a day

Oil and rubber kitchen gloves

1. Rub a neutral oil on to fingers and hands (e.g., coconut oil, almond oil, cooking oil, baby oil).
2. Put on a pair of rubber kitchen/cleaning gloves.
3. Fill a sink or basin with hot tap water. The water can be hotter than you would normally use as your hands are protected by the rubber gloves, but still be careful not to burn yourself (it should not be uncomfortably hot).
4. Soak your hands in the hot water for 10 minutes with the rubber gloves on.
5. Take your hands out of the hot water but leave the rubber gloves on for a further 10 minutes.
6. Take the rubber gloves off, point fingers to the sky and gently massage in the remaining oil.



How does it work?

The oil and rubber gloves create a thermal heat which penetrates down in to the joints and stays hotter for longer. Heat is often very comforting to arthritic joints. The massage also helps to improve the circulation and soothe muscular tension. Some people find that their fingers and hands are less stiff and sore the following day after doing this hand soak exercise.

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and find support**



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