



# ARTHRITIS TIPS FOR WINTER

## To reduce pain, stiffness and swelling

To support energy, immunity and general well being



### 1 DRESS WARMLY

- Layer up so you can peel off as needed
- Leg and knee warmers, warm socks and slippers
- Wrist warmers, compression gloves
- Outerwear - Think of functionality, ease of opening and durability. Hats, scarves, gloves, coats



### 2 KEEP HYDRATED

- Drink water, soups, non-caffeinated teas



### 3 STAY ACTIVE

Contact Green Prescription on 0800 228 483 for more information and support around appropriate exercise options for you and what is available in your community



### 4 WARM WATER COMFORT

- Hand and foot soaks
- Hot packs/hot water bottles
- Warm showers/baths



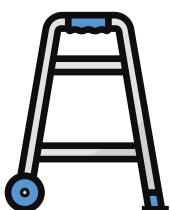
### 5 STAY SAFE

- Walking aids to support safe mobility
- Supportive shoes with good tread



### 6 MASSAGE/RUB ON CREAMS AND GELS

- Can be warming and soothing



### 7 ASSISTIVE PRODUCTS

Check out the wide range of assistive products including aids for daily living and mobility aids

- Independent Living [https://ilsnz.org\\_](https://ilsnz.org_)
- Mobility Centre <https://www.mobilitycentre.co.nz>