



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



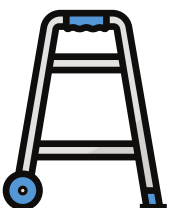
5 STAY SAFE

- 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_
- Mobility Centre <https://www.mobilitycentre.co.nz>