



ARTHRITIS
TALKS

Hand osteoarthritis:

Practical tips for everyday life

September 15, 2026



Presenters



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Webinar tips

- Use the Q&A section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the Chat box to connect with other participants and Arthritis Society Canada's chat moderator.
- If you have further issues, email arthritistalks@arthritis.ca





Hand anatomy



Hand exercises



Activity modification



Pain Management

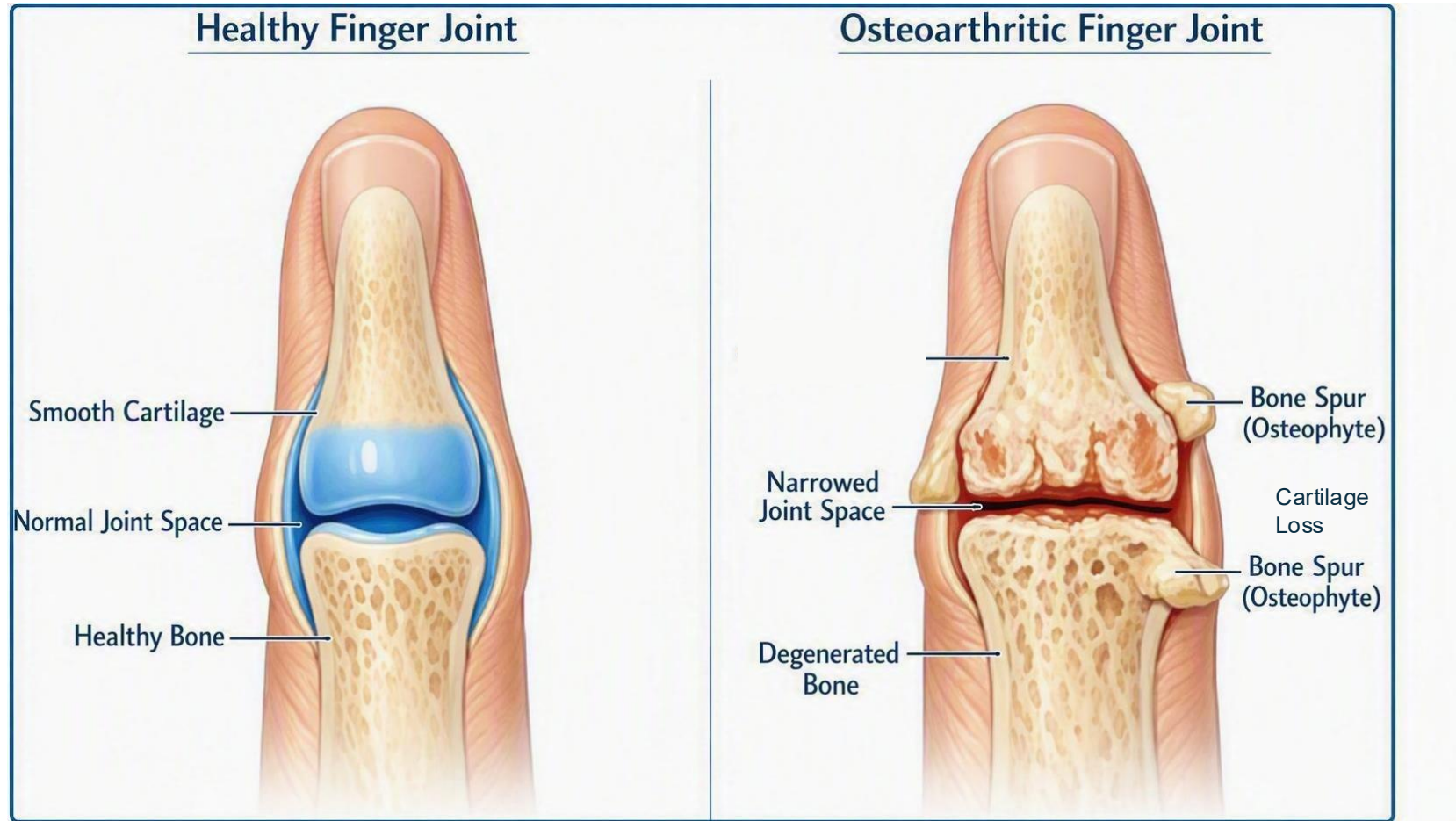




What causes hand osteoarthritis?



Osteoarthritis review



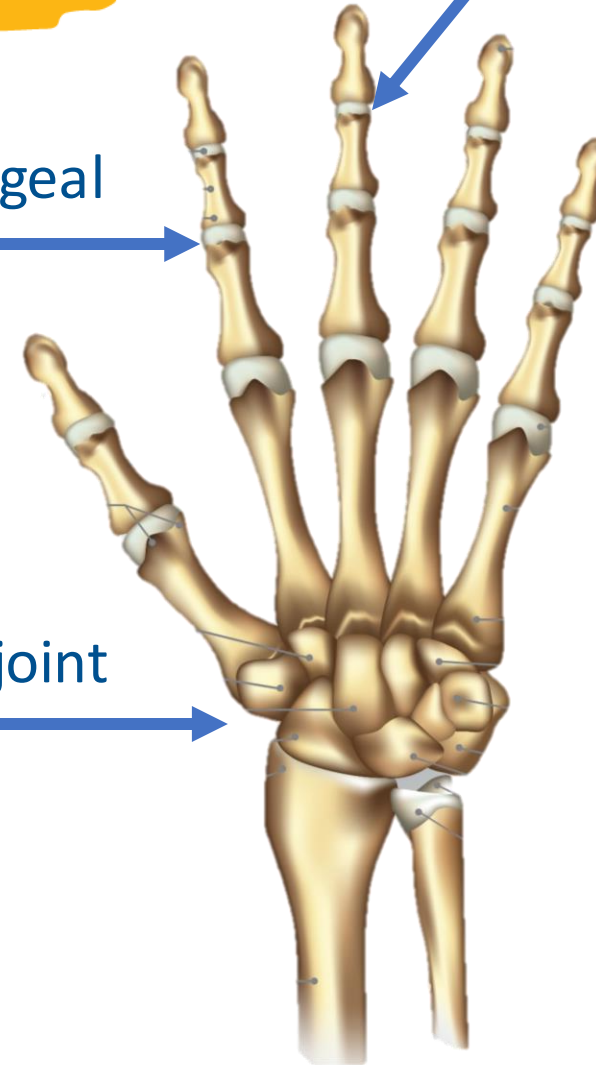
The hand is complex



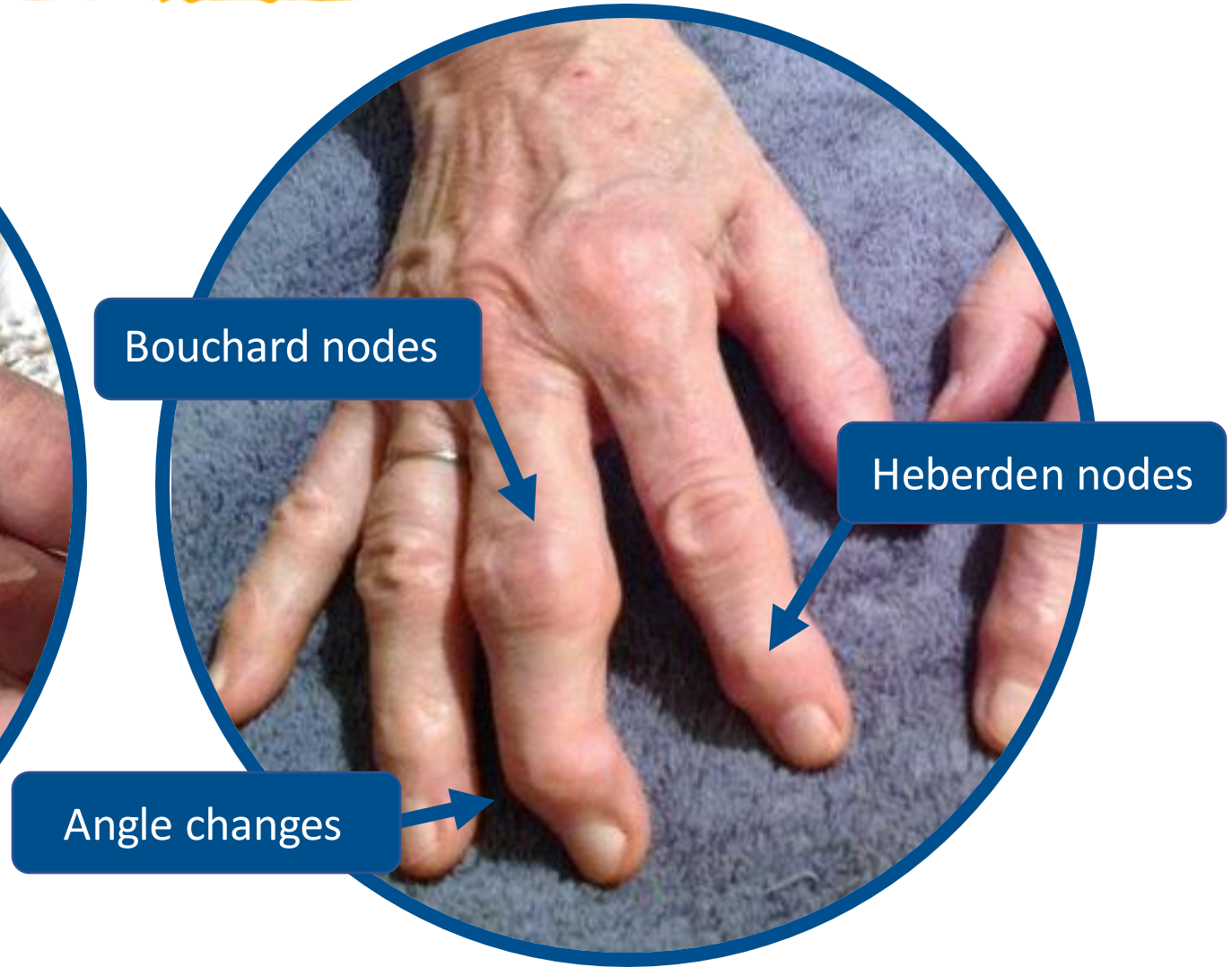
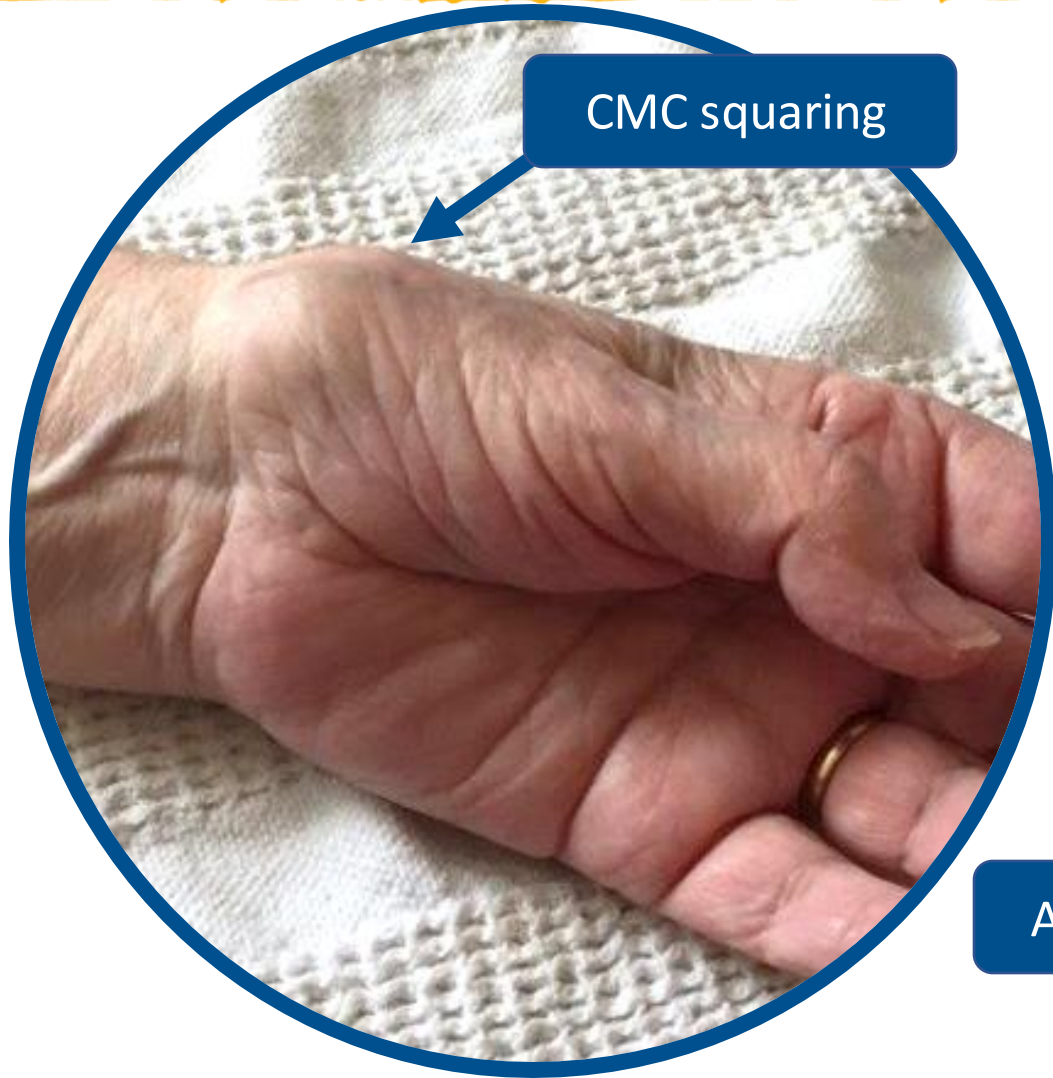
Proximal interphalangeal joint (PIP)

Distal interphalangeal joint (DIP)

Carpometacarpal joint (CMC)



Changes you can see



The good news about hand OA





Are there exercises you can do to slow or stop the progression of hand osteoarthritis?



Physical activity



Exercise guidelines

Listen to your body

Stop if pain is sharp or lasting.

Stay in your comfort zone

Move only in an easy range.

Go slow

Smooth, controlled movements.

Don't force it

Avoid forcing a stiff joint.

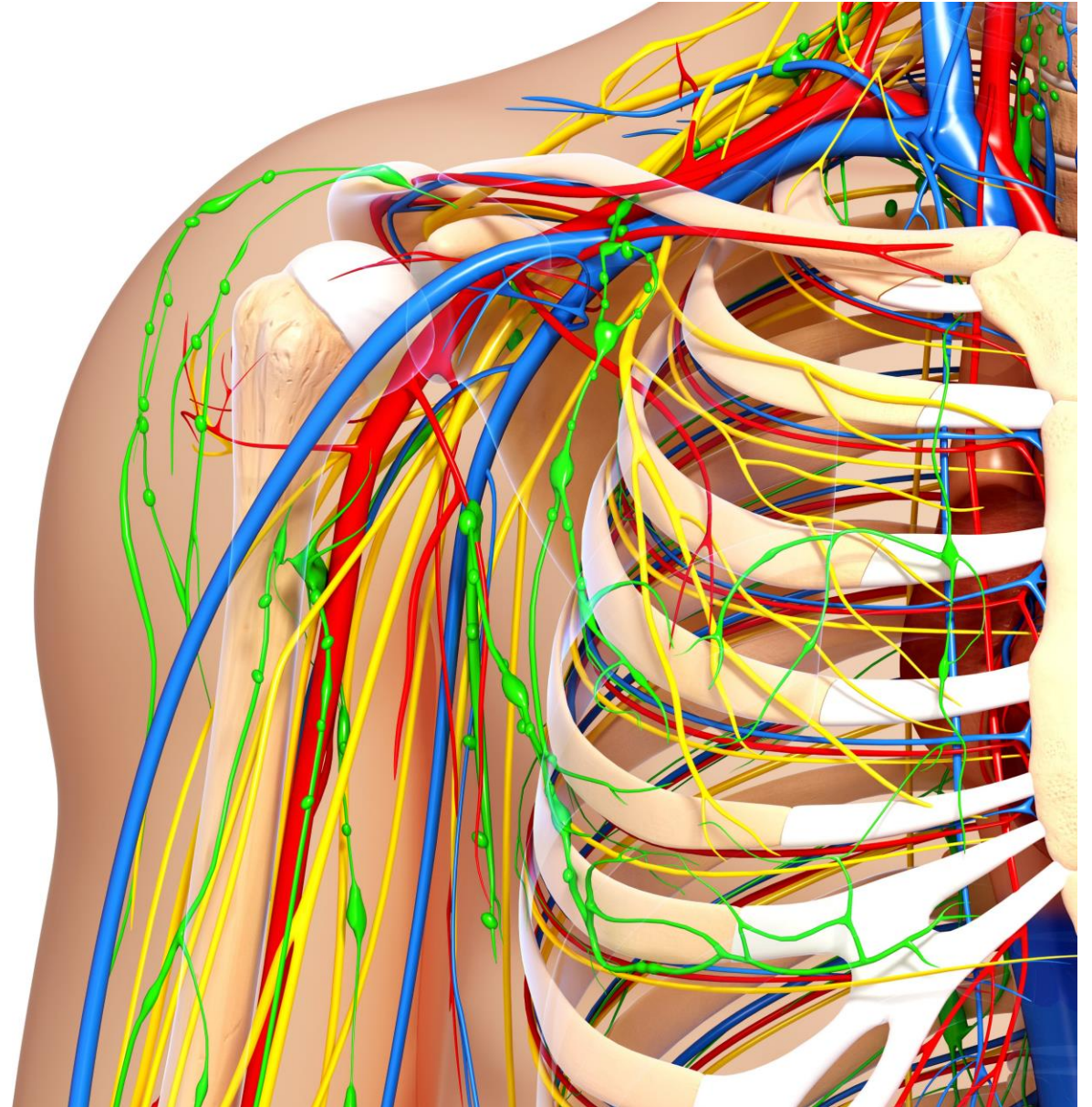
Reduce repetitions

Do fewer on sore days.

Stay consistent

Repeat 5-10 times, once or twice daily.

Position matters



Range of motion

Wrist flexion & extension



Repeat 5-10 times, 1-2 x/day

Range of motion

Finger flexion: "Tuck and roll"



Repeat 5-10 times, 1-2 x/day

Range of motion

Thumb - finger circles



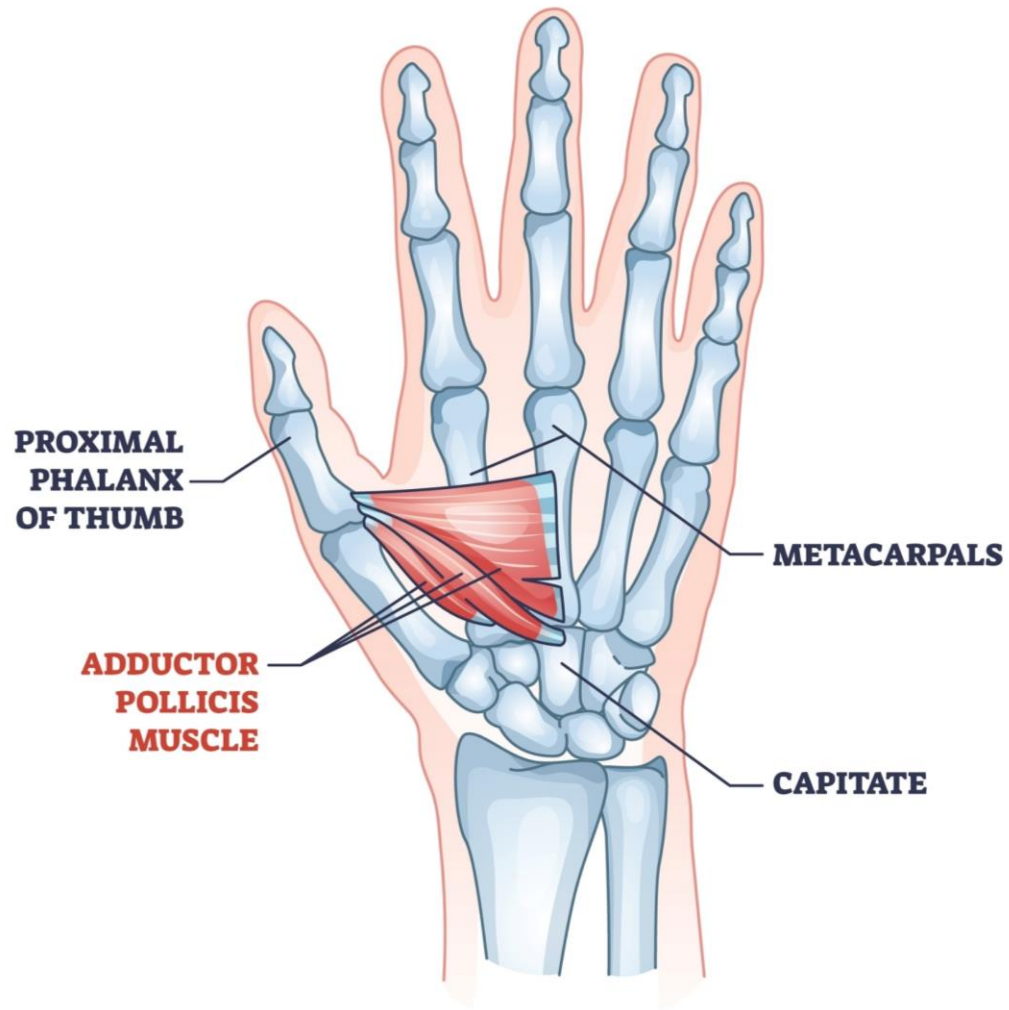
Repeat 5-10 times, 1-2 x/day

Thumb exercises

Why are these important?

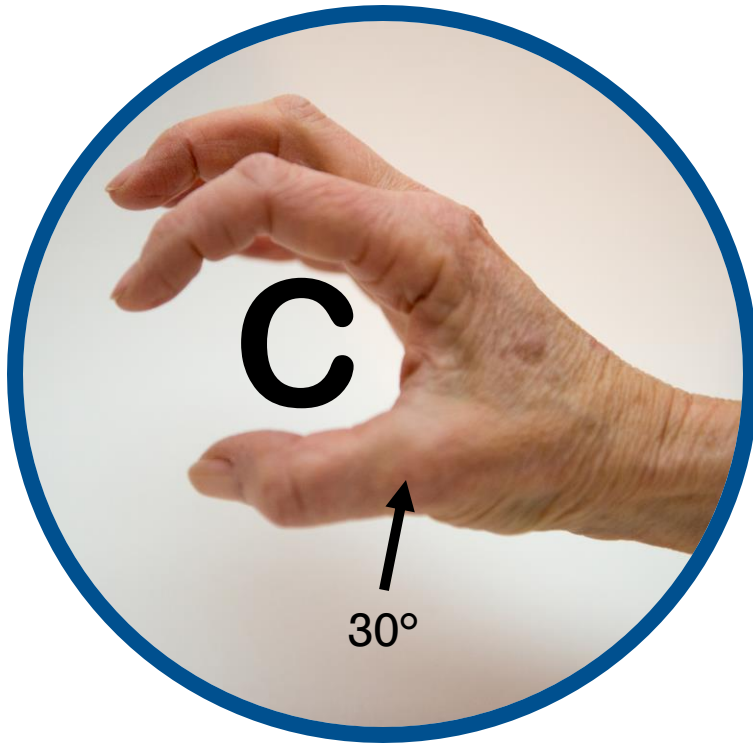


Relax thumb muscle

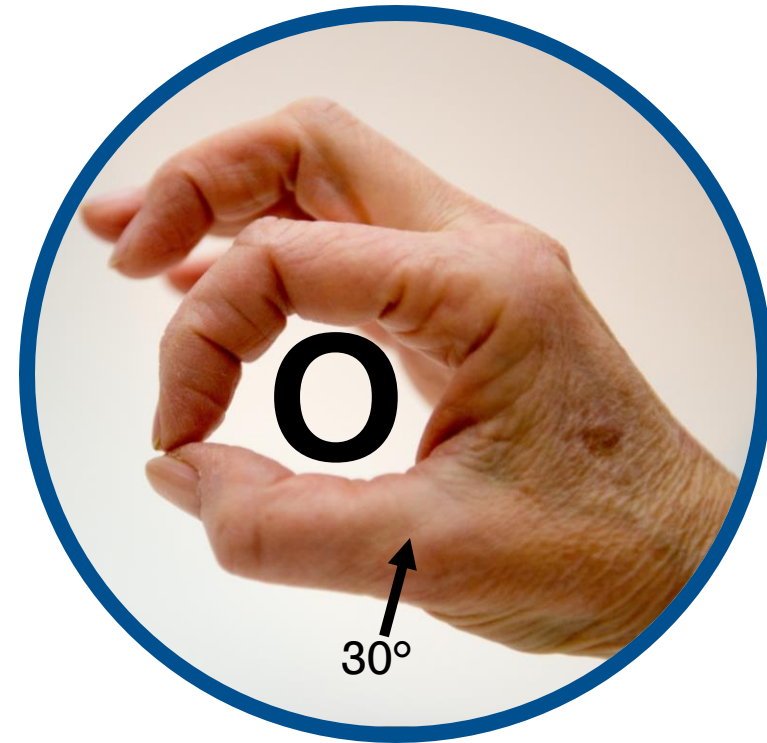


Thumb exercises

The 'C' position

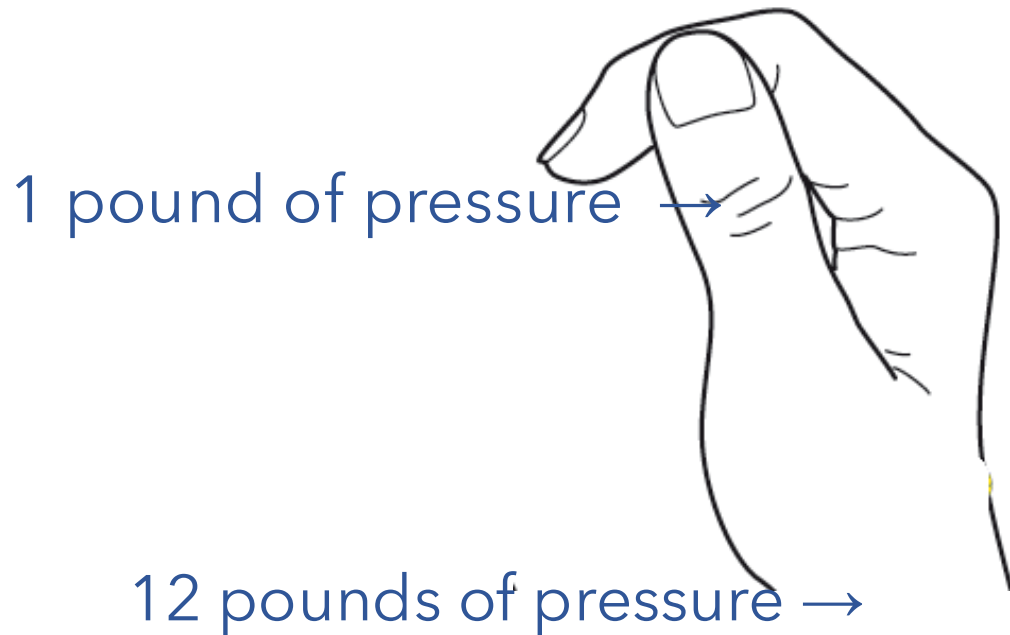


The 'O' position



Thumb exercises

Why are these important?



Use proper positioning

Instead of this:



Try this:



Thumb joint traction

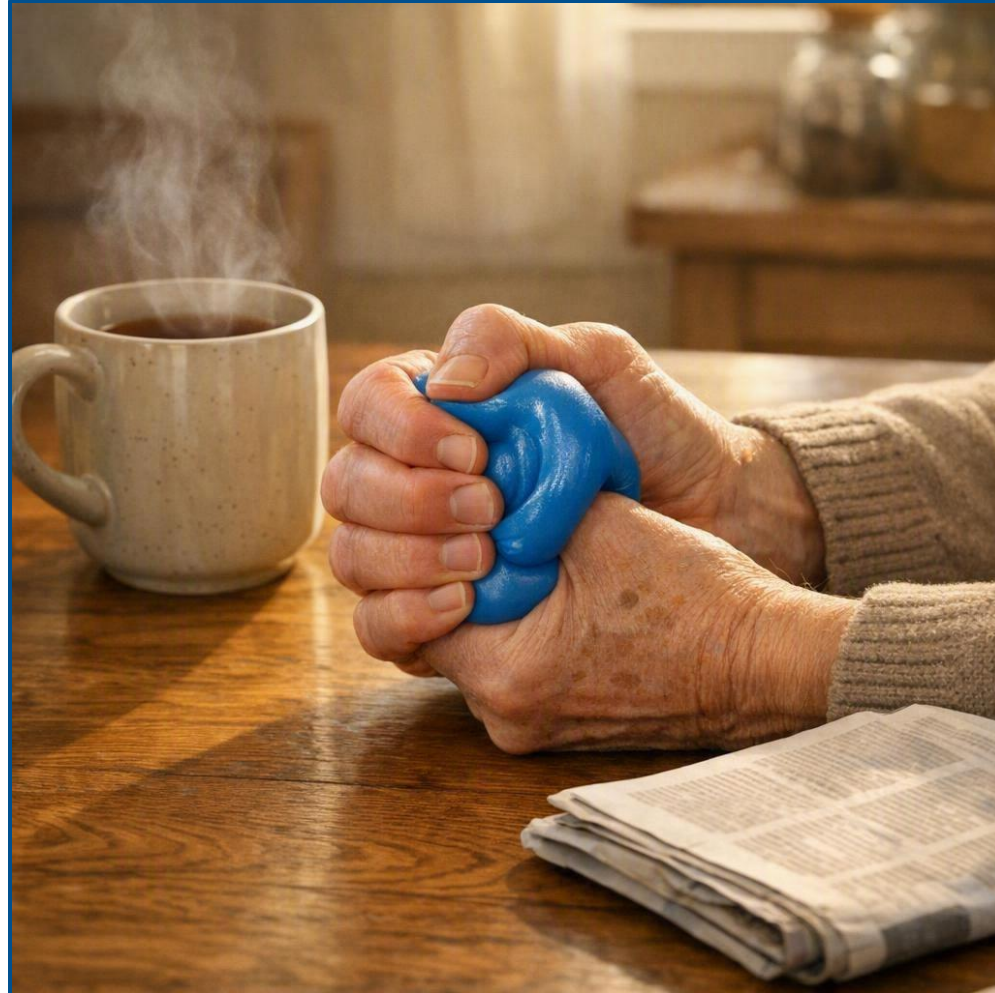


Grip strengthening



Photo credit: WIBBI

Creating habits





What are other strategies you've found helpful to manage hand osteoarthritis?



Activity modification



Prioritize tasks



Pace yourself



Change method



Use devices



Use braces

Activity modification



Prioritize tasks



Pace yourself



Change method



Use devices



Uses braces

Activity modification



Prioritize tasks



Pace yourself



Change method



Use devices



Uses braces

Avoid heavy lifting

Push



Slide



Wheels



Use larger joints



Distribute weight



Activity modification



Prioritize tasks



Pace yourself



Change method



Use devices

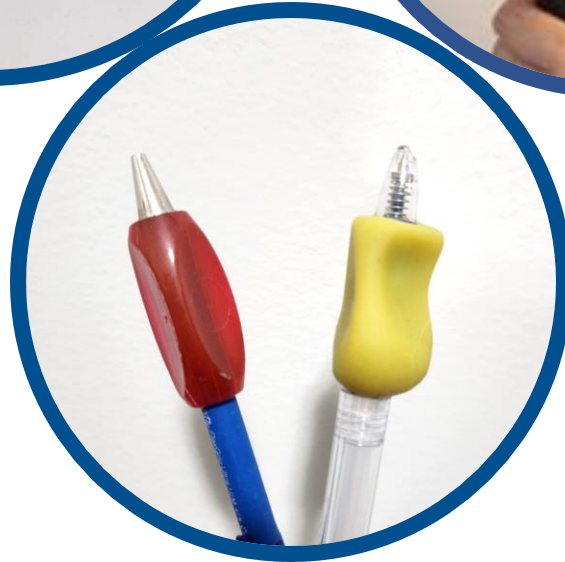
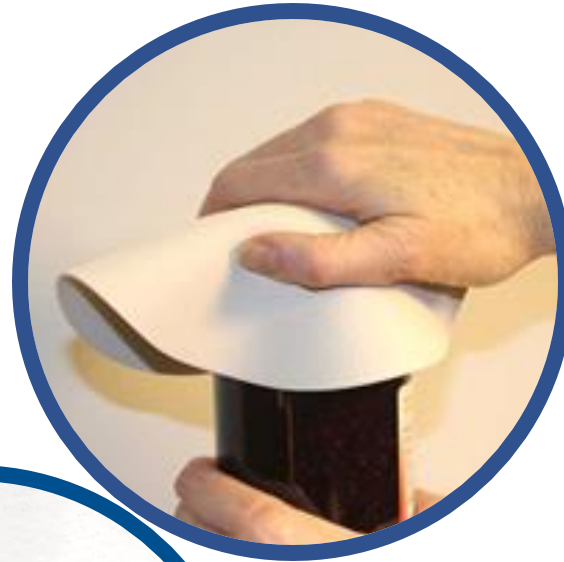


Uses braces

Change the grip



Larger
handles



Non-slip
grips

Use leverage

Key holder



Jar key



Jar opener



Other specialized tools

Battery operated



Ergonomic



Dexterity



Activity modification



Prioritize tasks



Pace yourself



Change method



Use devices

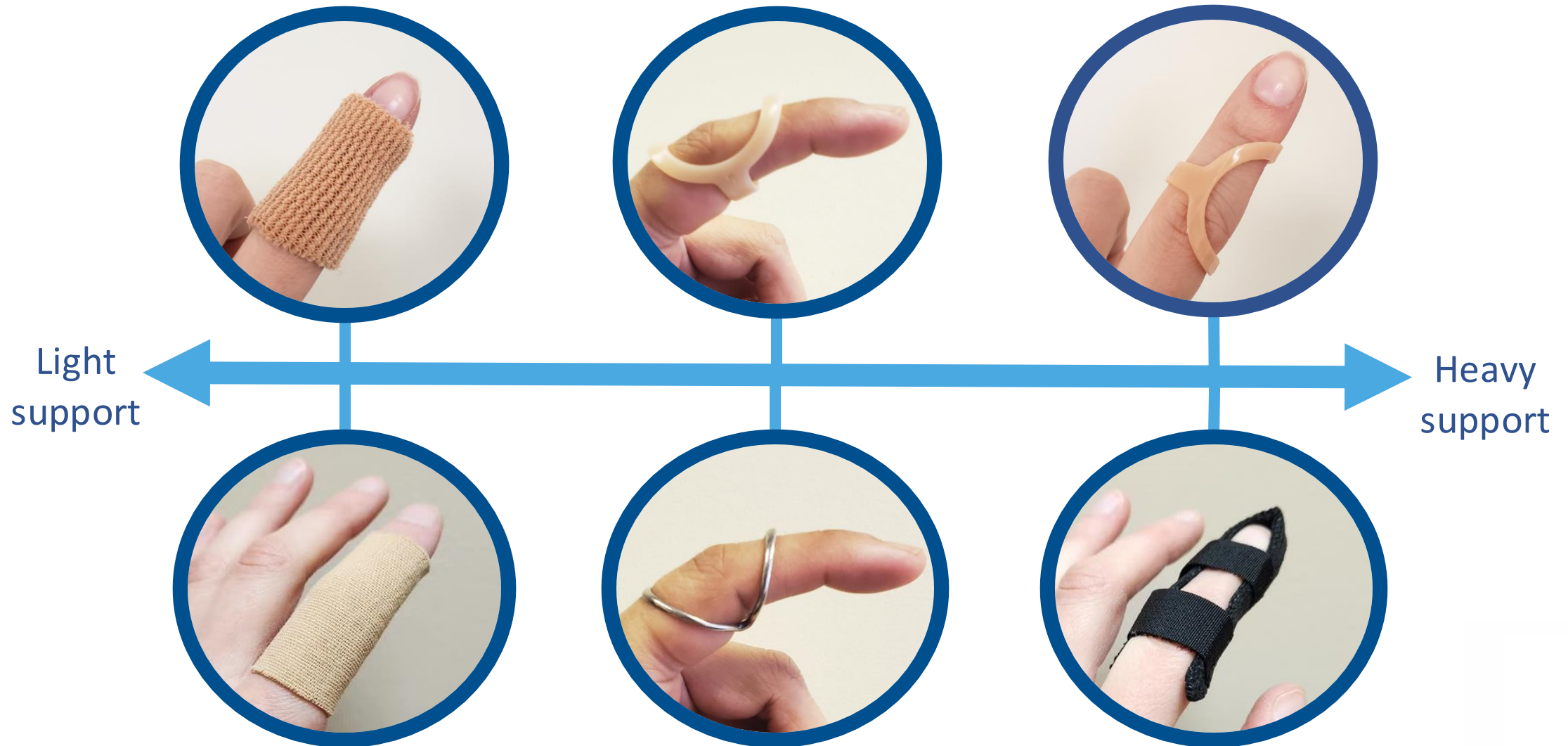


Uses braces

Wrist & Thumb Braces



Finger Braces





Do you have any effective pain management tips?



Pain management



Pain management: Heat and cold



Pain management: Compression



Flare day plan



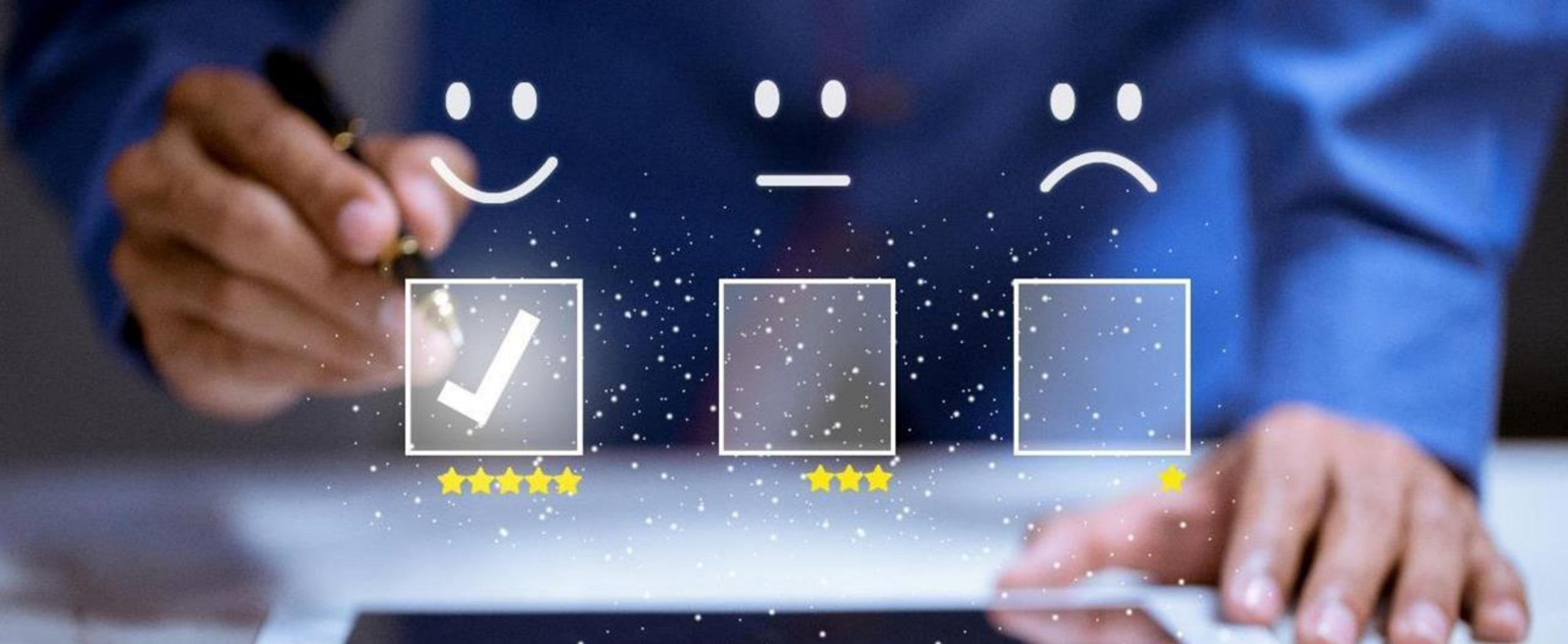
Surgical interventions





Questions





Tell us what you think...



Create a future with less
pain and more possibility.



DONATE NOW

**3X
MATCH**

**ARTHRITIS
AWARENESS
MONTH**



Upcoming webinar



Fall prevention

with Dr. Allyson Jones and Dr. Manuel Ester

October 7, 2026

