

# Reversing RA In The Fingers – Checklist

by Clint Paddison

## **Follow the Paddison Program**

The finger swelling is being driven by a digestive disorder. This must be addressed, or the inflammation will persist. The Paddison Program is a complete step-by-step system to reverse your RA symptoms from the inside out with guidance on all aspects of RA. Once you get your eating right, your exercise right, your supplements appropriate, your stress levels down and you will improve. If you're not doing this, [get started here](#).

## **Daily Cardiovascular Exercise.**

Exercise is 40% of the Paddison Program because without exercise we do not eliminate waste from the body. The lymphatic system must remove the circulating immune complexes from the body, and if you are not moving your body you will not clear the swelling in your fingers (or other joints).

## **Don't load the finger joints**

Compressing into inflamed joints will aggravate them. Groceries, holding handles of heavy pots and pans, holding the leash of a strong dog – these sorts of activities will exacerbate your swollen fingers.

## **Avoid full compression or extension of the fingers**

Do not attempt to force a fist on swollen joints. This creates pressure inside the small finger joints and will aggravate the inflammation. Likewise, do not try and force straighten swollen finger joints, since it also exacerbates the inflammation.

## **Avoid sleeping with your hands under any parts of your body**

Body weight applied on top of swollen fingers will aggravate them. The best sleeping position is on your side, with hands in front of you gently resting on top of each other, or if your other joints allow, on your back with your hands beside you.

## **Minimise NSAID's, PPI's, Prednisone, long-term antibiotics**

These common drugs all have a negative impact on your delicate digestive system. The digestive system is the part of the body we heal in the Paddison Program, so when we are taking drugs that harm this area we have a much more difficult path in trying to reduce pain and inflammation in our joints.

## **Do lots of low-impact finger movement**

Joints are only in our body to move. That's their only purpose. Since they don't get nutrients from blood, we must move them, so they receive their nutrients via gentle natural compression of the synovial fluid. You can do this in many different ways, such as holding your hands up and wiggling your fingers, or dangling them and moving them while walking – whatever suits you. Movement is key. (Note – typing does not seem to create the same relief so do these movements on their own)

☐ **Only do 'morning tests' when warm**

One of the first things most RA sufferers do when they wake up is test the range of motion and pain levels of their finger joints. When the fingers are sluggish and stiff from overnight, they don't tend to move as freely until they warm up a little. It's best to wait until they are warm, say 10 min or so after getting out of bed, before 'testing' them since we can aggravate them by doing so when they are most stiff. If you're monitoring your improvements on the Paddison Program, just choose the same time each morning to do your test.

☐ **Do upper body workouts**

Upper body workouts at the gym or at home can help the finger joints. Working out the chest, shoulders or arm muscles has a very beneficial effect on finger pain relief, as long as the weight is taken in the palm of the hand (not the fingers). In particular, cable 'punches' are excellent. [Here's a video on cable punches.](#) tremendous blood flow is generated through the whole arm, helping to remove inflammatory components as they are released from the finger joints.

Regards,

Clint Paddison

Creator of the [Paddison Program](#), the world's most power RA reversal system.