

Reversing RA In The Fingers – Checklist

- 1.Heal your Gut**
Your Rheumatoid arthritis is being driven by a **digestive disorder**¹ and **oxidative stress**² To heal leaky gut and improve your microbiome health follow the step-by-step Rheumatoid Solutions plan - www.rheumatoidsolutions.com



- 2.Increase Fitness**
Improved Fitness is associated with less inflammation markers such as CRP.³



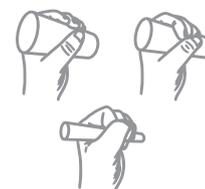
- 3.Finger Reps**
Get rid of achy, sore, stiff fingers and hands. Open and close the fingers of the hand rapidly to get a high number of repetitions through the fingers. Do 100 reps to begin your exercise routine, and do another 900 reps spread throughout your day broken up into 100 rep intervals. (If each rep takes 1 second , 100 reps should take less than 2 min to complete)



- 4.Exercise the whole arm**
Working the chest, shoulders or arm muscles has a very beneficial effect on finger pain relief, via dramatic increase in blood flow to the whole arm, as long as the weight is taken in the palm of the hand (not the fingers) or by grasping thick bars (which spread the finger load broadly).



- 5.Cylinder Grip**
Grip a hard cylinder tightly for 10 seconds. Begin with a thicker cylinder (easier) and as tolerance allows reduce the cylinder diameter. End goal is a full fist grip without the cylinder spacer. (Note - do not use squeeze balls or other objects. Use hard cylinders like a workout bar or household items like an electric toothbrush, flashlight, permanent marker etc)



- 6.Minimise NSAID's, PPI's, Predisone, long-term antibiotics**
These common drugs all have a **negative impact**³ on your delicate digestive system. When we are taking these drugs long term they will likely perpetuate, and even aggravate RA symptoms. Follow the Rheumatoid Solutions guidance as to have to get off these drugs in collaboration with your Rheumatologist



- 7.Don't load the finger joints**
Acute compression into small inflamed joints will aggravate them. Examples include thin grocery bags, holding handles of heavy pans, holding the leash of a strong dog – avoid these.



- 8.Avoid forceful 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 inflammation.



9. Avoid sleeping on your hands

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

 **10. Minimise phone use**

Chronic exposure to EMR radiation emitted from mobile phones may induce oxidative stress and an inflammatory response.⁴

 **11. Earth your laptop**

If your computer is plugged in to the wall it will be earthed if it has an earthing pin. If it does not, or the computer is running on batteries, it is not earthed. An earthing pad can be placed under the laptop to reduce the exposure to your hands as you use your device.



Want some Help?

If you would like some help reducing Rheumatoid Arthritis in your fingers or other joints then visit www.rheumatoidsolutions.com

References

1. Int J Mol Sci. 2018 Oct; "Analysis of Gut Microbiota in Rheumatoid Arthritis Patients: Disease-Related Dysbiosis and Modifications Induced by Etanercept" Andrea Picchianti-Diamanti et al
2. Biomed Res Int. 2016; "Oxidative Stress Relevance in the Pathogenesis of the Rheumatoid Arthritis: A Systematic Review", Celia Marfa Quifionez-Flores et al
3. Kullo, I. J., Khaleghi, M., & Hensrud, D. D. (2007). Markers of inflammation are inversely associated with VO2 max in asymptomatic men. *Journal of applied physiology* (Bethesda, Md. : 1985), 102(4), 1374–1379
4. Singh, K. V., Gautam, R., Meena, R., Nirala, J. P., Jha, S. K., & Rajamani, P. (2020). Effect of mobile phone radiation on oxidative stress, inflammatory response, and contextual fear memory in Wistar rat. *Environmental science and pollution research international*, 27(16), 19340–19351