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Menopause, Andropause And Other Hormone Imbalances  
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**Could This Be Arthritis In My Hands**

**By Rusty Ford**

**Could This Be Arthritis In My Hands**

by: **Rusty Ford**

Ask Rusty

Arthritis Questions answered by Rusty Ford Editor of

Arthritis-Symptom.com

Could this be arthritis in my hands

Your advice is greatly appreciated.

Answer

I wish you good health.

Rusty

<http://arthritis-symptom.com>

Rusty Ford is the editor of

Arthritis-Symptom.com

one of the internets largest arthritis web sites.

**Repetitive Strain Injury**

## Could This Be Arthritis In My Hands

### **By News Canada**

#### Causes:

Repetitive tasks – small, rapid movements that are repeated over and over.

Awkward sitting or standing positions – working in an awkward position or not moving regularly.

Heavy moving – using force or moving heavy loads.

Lack of rest time – no time to take a break during work or activity.

#### Symptoms:

Stiff or tight muscles in hands, wrists, fingers, forearms, elbows or shoulders.

Tingling and/or coldness in hands.

Loss of coordination in hands.

Pain.

#### Solutions:

Make sure your work station feels comfortable.

Take regular breaks before pain or discomfort develops.

Take time to gently stretch and exercise during those breaks.

Slide or roll objects, if possible.

For more information on Arthritis in the Workplace, call us:

The Arthritis Society Information Line – 1-800-321-1433 or log on to

[www.arthritis.ca](http://www.arthritis.ca)

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