



~Lunch N' Learn~

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Occupational Therapist and Certified Hand Therapist, Hackettstown Medical Center

Presents

"Arthritis"

Arthritis of the Hands: Common Problems and Rehabilitation

- Overview osteoarthritis and rheumatoid arthritis
- Symptoms, how these conditions affect our hands
- What OT has to offer which can help alleviate symptoms and improve hand and arm function
- Role of exercises and modalities
- Strategies to protect joints, limit pain including joint protection techniques and use of adaptive equipment
- Indications for custom made or commercially available splints and orthotics

Date: **Monday, March 2, 2020**

Time: 12:00 PM – 2:00 PM

Place: Chester Library

250 W Main Street, Chester

Cost: **Free Complimentary luncheon served**

MUST REGISTER

by calling the library at 908-879-7612

-Seating is limited-

Sponsored by the Senior Resource Center

50 Route 24, Chester, NJ 07930 908-879-2202

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