Tips for Improving Your Morning Routine With RA

by NEWLIFEOUTLOOK TEAM

RA Morning Routine

Rheumatoid arthritis is quite a painful condition that arises from the rigidity of joints and lack of synovial fluid in the joints. Over time, as the pain gets more intense, movement and performing regular tasks become painful. You can follow simple tips during your daily regimen of grooming, which will help you accomplish these with the least amount of pain and allow you to always look and feel your best. Arthritis pain can be quite hard to deal with, but it need not make you look and feel untidy. Often, the lack of movement leads to more problems, so the trick lies in knowing how to do things with less exertion. Now let's look at what you can do for a good RA morning routine.

Choose Easy to Wear Clothing

Shopping for clothes that are easy to wear is the first step. Lined tops, shirts, skirts and pants are easy to put on and take off, making the process of dressing quite easy on the joints. You can buy slip-on rather than laced shoes, but if you like laced ones, get elastic laces. Then, have someone adjust and tie them for you so you can wear the shoes like you do slip-ons.

Shower Safety

When showering, you need to take steps to reduce falls and increase safety. Handrails in the shower, anti-skid mats and handles to hold onto while getting in and out of the tub are all safety options you can consider.

Bathing Safety

Ensure the bathroom is always well lit, too. For some people with rheumatoid arthritis, getting in and out of the tub is difficult. Bring both feet together and swing in and out of the edge of the bath. Use a towel before sitting to make it easier to slide or swing in and out.

Grooming Advice

Nail care is another essential part of grooming. Sometimes, a lot of effort is put into cutting nails, but soaking them to soften them up makes cutting and grooming your nails easier. If you find antiperspirant sprays hard to use, switch to using deodorants available in stick and roll-on forms. Also, get an automatic toothbrush to reduce arm movement while brushing. Gum care and regular flossing are important when you have rheumatoid arthritis.

Keep Accessories in the Right Bag or Wallet

Finding the right accessories is also important when you have rheumatoid arthritis. For many older men, sitting on hard bulky wallets adds to the back pain problem. Consider slim versions or useful ones like the back saver wallet, which has half the thickness with a spring action that allows it to be folded as much as possible when you

sit on it. For women, the AmeriBag Health Bag is a good buy, as it hugs the body and reduces the weight and stress on your back, shoulders and neck area. You can use it as you like as a purse, clutch or bag depending on the occasion. With easy access to main compartments, larger zippers and Velcro pouches, this bag is a treat to use and is great to carry too.

Take a Hot Wax Bath

A hot wax bath is a great idea when you have pain in the joints. Rather than using a heating pad, a hot wax treatment works well as it takes the heat all around the arms, feet, fingers and toes. Sometimes, prioritizing and doing the tasks that need to be done the most is important, so on particularly bad days, give yourself a break. It is fine to put off something for another day. Rest and care are integral to having a better quality of life.

With proper care, planning, buying ergonomic devices that are easy to use and getting the proper rest, you can and will enjoy your life with less pain and more good health. The key is to always think around things and work out the least taxing way to get tasks done at a relaxed pace.