What is your **Arthritis I.Q.?**

- **54.4 million** adults have arthritis
- Arthritis affects daily activities of **22.7 million** adults
- **2/3** of arthritis sufferers are **younger** than 65 (working and not retired)
- Obesity increases incidence and severity of arthritis
- Arthritis is our nation’s **leading cause of disability**

Exercise reduces weight load on joints, relieves pain and improves function.

Keeping joints flexible can be helpful - select the right activity and wear proper supports.

The word **arthritis** comes from the Greek arthron meaning “joint” and the Latin **itis** meaning “inflammation”

Frequent Frustrations:
- swelling
- aching joints
- the inability to grasp and manipulate objects

**IMAK® Gloves** have received the Ease of Use Commendation from Arthritis Foundation. Smart Glove, Arthritis Gloves, Active Gloves and Arthritis Knee Sleeve

Source: Arthritis Foundation www.arthritis.org

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