

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

54.4 million adults have arthritis



Arthritis affects daily activities of **22.7** million adults

obesity increases incidence and severity of arthritis



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.

2/3 of arthritis sufferers are **younger** than 65 (working and not retired)



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



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