

Daily Joint Protection Checklist

Simple habits to reduce unnecessary joint strain

How to Use This Checklist

Living with arthritis often means small daily habits can make a meaningful difference in comfort and energy levels. This checklist is designed to help you stay mindful of common movements, grips, and routines that may increase joint stress over time.

Use this as a gentle reminder tool — not a rigid rulebook.

1. Hand & Grip Awareness

- Avoid gripping objects too tightly
- Use larger handles or ergonomic grips when possible
- Use both hands for heavier items
- Take breaks from repetitive hand movements
- Use assistive tools instead of forcing joints

Notes (optional):

2. Movement & Posture Habits

- Maintain relaxed, neutral posture when sitting
- Avoid locking joints for long periods
- Change positions regularly
- Use slow, controlled movements
- Pause activities before pain increases

Movements or positions that feel best for me:

3. Lifting & Carrying

- Distribute weight across multiple joints
- Hold items close to the body
- Avoid sudden or twisting motions
- Use carts, bags, or aids when helpful
- Ask for help with heavy or awkward loads

4. Daily Task Modifications

- Break large tasks into smaller steps
- Alternate heavier and lighter activities
- Use supportive seating or cushions
- Choose tools that reduce strain
- Stop tasks that cause sharp discomfort

Tasks I may need to modify:

5. Rest & Pacing Reminders

- Schedule short rest breaks
- Avoid pushing through increasing pain
- Plan demanding tasks during higher-energy times
- Prioritize essential activities
- Allow flexibility on difficult days

6. Personal Joint Protection Strategies

Habits that help me most:

Movements I try to avoid:

Early signs I should slow down:

Reminder

Joint protection is about reducing unnecessary strain — not eliminating movement. Gentle, supported activity is often more sustainable than overexertion.

Disclaimer

This checklist is for general awareness and personal support only. It does not replace medical advice. Always follow guidance from your healthcare provider.

About This Resource

Provided by **ArthritisWares.com**
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