



## Joints at Ease

Mercy Therapy Services offers Joints at Ease, a program specially designed for people with auto-immune disorders and osteoarthritis. Joints at Ease can help relieve hand weakness, stiffness and pain. It's available at our Crestwood and Town & Country locations, and is staffed by occupational therapists who are also certified hand therapists.

Patients meet with a therapist once a week for six weeks to receive evaluation, therapy and education.

Those who have gone through our program see a significant improvement in their overall hand strength, dexterity, pain management, and daily function.

***We look forward to helping you.***

[mercy.net](https://www.mercy.net)

Mercy 

# Mercy Therapy Services

## Town and Country

1176 Town and Country Commons | St. Louis, MO 63017  
636-893-1100

## Crestwood

10024 Watson Road | St. Louis, MO 63126  
314-965-7171

### The Joints at Ease program addresses:

- 1. Hand weakness:** Instruction in various types of strengthening exercises, particular to your needs.
- 2. Specific ADL needs:** We explore your ability to perform personal, home, work, and leisure activities. We also assess your need for assistive devices.
- 3. Education:** Learning about flares, energy conservation, work simplification, exercise guidelines and more can make it easier to live with your condition.
- 4. Splinting:** We assess the need for corrective or preventive splints. Many options are available over-the-counter, or custom splints can be made.
- 5. Symptom Management:** Get instruction on how to manage specific symptoms, such as joint stiffness, Raynauds, and sensitivity, depending on your individual need.

**Patients:** Please ask your doctor for a referral to this program.

**Physicians:** Please make the referral for "Occupational Therapy" and request the Joints at Ease program.

Note that these services are offered at the Crestwood and Town & Country locations.

**For more information please call  
Misty Deegan at 636-893-1100.**

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