



# 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 St. Peter's, Tesson Ferry and Town & Country locations and is staffed by occupational therapists who are also hand therapy specialists.

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.***



*Your life is our life's work.*

[mercy.net](http://mercy.net)

# Mercy Therapy Services

## St. Peters

107 Piper Hill Dr. | Suite 110 | St. Peters, MO 63376  
**636.928.7065** | Fax: 636.928.7091

## Tesson Ferry

13303 Tesson Ferry Rd. | Suite 50A  
St. Louis, MO 63128  
**314.842.4400** | Fax: 314.842.5066

## Town and Country

1176 Town and Country Commons  
St. Louis, MO 63017  
**636.893.1100** | Fax: 636.893.1101

## 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.

