



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

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.

