



During an attack: rest the joint, elevate it, and use ice. Start these once the attack has settled.

1 Ankle circles



Gentle movement once the attack settles.

10 each way

Daily

✓ **Should feel**
Free movement

✗ **Should not feel**
Pain during an attack — rest instead



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Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Toe splay



Gentle toe movement to keep the joints mobile.

10 times

Daily

✓ **Should feel**

Free movement

✗ **Should not feel**

Sharp pain

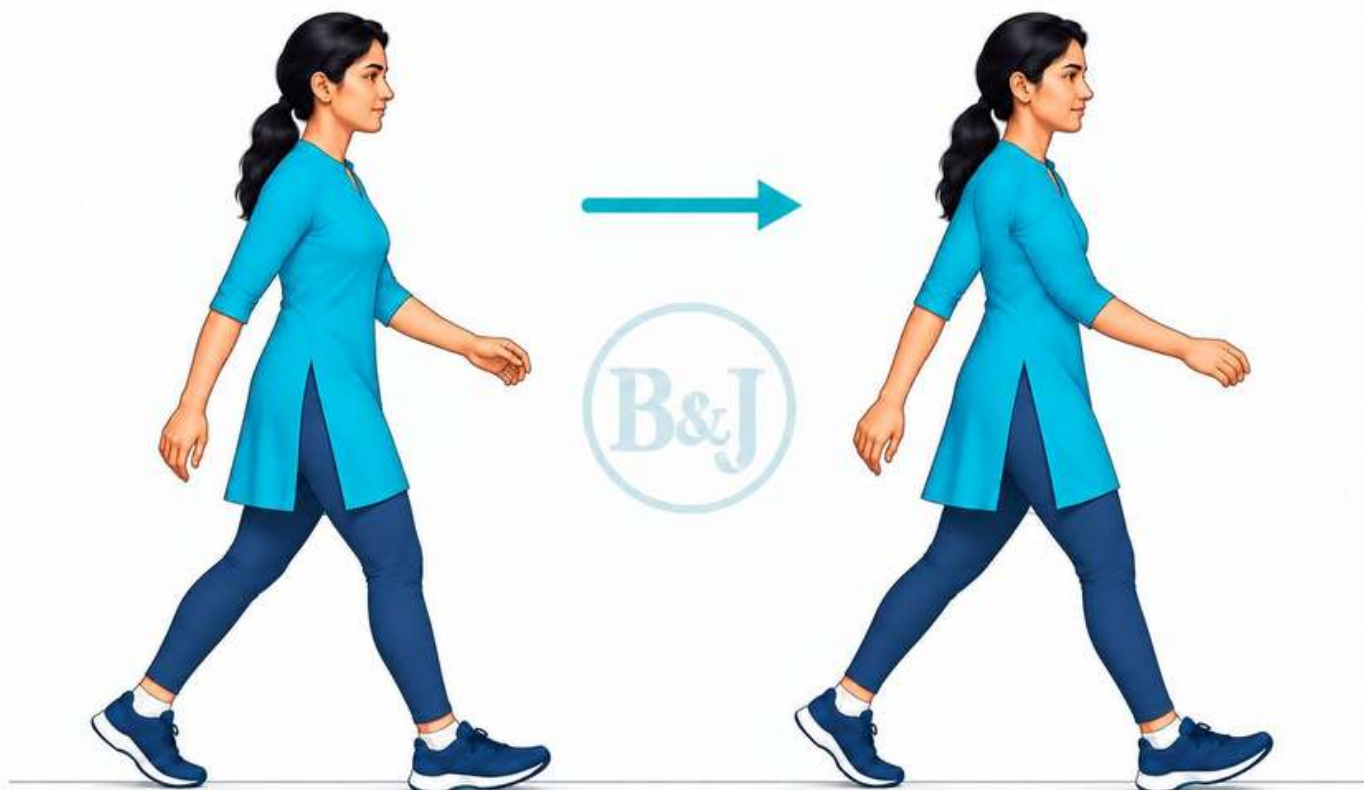
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Regular gentle walking between attacks.

20 minutes

Most days

✓ **Should feel**

Comfortable movement

✗ **Should not feel**

Walking through an acute attack

Stop and telephone us if

- A hot swollen joint with fever — come the same day
- Skin breaking down over a joint
- Several joints at once



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