

Hints and Tips on making it easier to open bottles, lids and jars

It is essential to maintain muscle and joint movement in the hand. As we age, pain and restrictive movement can become a fact of life, but it is important not to avoid the activity.

- > It may be easier to open items if they are below waist height due to the mechanical advantage as you can get your body weight over it to apply downward pressure.
- > You may find it easier to hold the item you wish to open with a cloth or non-slip mat so you get a better grip on it.
- > Most products that help you open bottles and jars will require you to hold the item and the opener in separate hands. If you need help holding the item you may need an extra product to help you hold it in place whilst you open it.
- > Over time you may find the exercises improve the strength in your wrists, so you may not need to ask for help.