



Image Credit: Arthritis Today

## Everyday Hacks

Try these tricks to make routine tasks easier and safer.

Joanne Cleaver

**Achy joints and decreased strength** can make the most mundane tasks difficult. These hacks can help you get daily jobs done while sparing your joints and energy.

**Don't iron, steam instead.**

Toss wrinkled cotton clothes into the dryer with a handful of ice cubes and tumble on high heat for 5 to 15 minutes until wrinkle-free.

**Outwit packaging.**

Keep a set of nail clippers with you: Once you nick the edge of bags and food packages it's easier to tear them open.

**Pop tops with ease.**

Use a fork or spoon to lift metal pull-tabs on canned goods and beverages.

**Increase your grip.**

Run a bead of silicone caulk on frequently used hand tools like cheese graters, rotary cutters, seam rippers, markers and pencils. A little silicone provides a no-slip ridge to grip. Use it also to mark the "sweet spot" where you can grip with maximum force and minimal pain, says Debbie Amini, an occupational therapist with the American Occupational Therapy Association.

**Button shirts with rubber bands.**

Thread a narrow rubber band through a shirt's button hole, then loop it around a button and pull it through the hole.

**Zip with paper clips.**

Slightly open one end of the clip, loop it through the hole in the zipper tab and pull. The clip provides a larger surface to grip than the zipper tab.

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