



**Arthritis in Hands and Arthritis in Fingers.
Rheumatoid Arthritis and Osteoarthritis Included.
Symptoms, Signs, Treatment, Diet, How to Prevent
& Exer**

Lucy Rudford

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The author, a 20 year old female student, suffered from pain in her thumb and simply couldn't believe when the doctor told her she could have RSI, Repetitive Strain Injury, from texting. She had a "Texting Thumb" and she realised, after reading about it, that if she would not be careful, she might get arthritis in her fingers in later life. Millions of people are suffering from arthritis in their hands and fingers. This is another very informative book by Lucy Rudford. She continues with her interest in writing educational guides. This guide is intended to be a tool, one that will give you information and hopefully some pain relief. Symptoms, signs, treatment, diet, how to prevent & exercises and alternative therapies all covered. Readers will surely find much contribution by this book, to relief their pain or even to create a pain free healthy lifestyle. The book is written in an easy to read and understandable style. In a straightforward, no nonsense fashion, Lucy covers all aspects of arthritis in hands and fingers, including lots of exercises. The content is informative, educative and easy to understand.

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