



A Revolutionary Counted Cross Stitch Product.

Easy-Count Guideline™
R&S Designs, INC.

*Cut Cross Stitching Time
by **ONE-THIRD.***

Arthritis and Cross Stitching

When I discovered that I had “arthritis” in my right hand and wrist, I figured that my counted cross stitching days were behind me. Today I can sit in a comfy chair with my needle, thread, Easy-Count Guideline™, and latest cross stitch project, and cross stitch as I did before this little disease decided to make itself known.

At first, I was worried that I would aggravate my wrist and increase the pain, swelling, and discomfort which I had been experiencing. After checking with my doctor, I found that I was not alone; there are nearly 70 million Americans suffering from arthritis, a condition causing pain, stiffness, and swelling in the joints. Arthritis is a chronic (meaning, long term) disease which can disrupt lives both physically and mentally—preventing individuals from participating in activities they normally enjoy, while also affecting work, family life, and relationships.

No cure exists currently for arthritis, but many treatment options are available for short-term pain management. Besides medication, methods such as applying heat or cold, wearing splints or braces, massage, and acupuncture offer relief from pain.

Having arthritis can be particularly challenging for stitchers who must grip a small, slender needle for extended lengths of time. Yet many, like myself, continue stitching, reporting it actually serves as a form of **therapy**, and **helps** rather than hurts stiff, achy hands.

According to the Arthritis Foundation® (www.arthritis.org), individuals with arthritis should continue stitching without worrying about aggravating their condition or making it worse. Doing so will not only help keep your hands mobile, but will also give you pleasure and a sense of accomplishment.



Needle workers with arthritis should remember to:

- Take frequent breaks. After sitting awhile, stand up and stretch.
- Stretch hands and rotate wrists often.
- Change hand positions every once in awhile, if possible.
- Stick with easier projects that do not require overly uncomfortable maneuvering of the hands.
- Look into purchasing items to assist with needlework. Wooden or circular knitting needles, for example, are supposed to be easier on hands. Use a floor stand rather than holding an embroidery hoop. Order rolling scissors or support gloves from a cross stitch vendor.