



## Pair of Arthritis Gloves/Compression Gloves – Medium

Variant code: 22-887M

### Ultimate Recovery: Premium Arthritis & Compression Gloves (Pair)

Experience daily relief with our **Medical-Grade Compression Gloves**, engineered to soothe aching joints, reduce swelling, and restore hand mobility. Whether you are battling **Rheumatoid Arthritis, Osteoarthritis, Carpal Tunnel Syndrome**, or **Raynaud's Phenomenon**, these gloves provide the gentle, consistent pressure your hands need to heal and perform.

#### Key Features & Benefits

- **Targeted Compression Therapy:** Promotes increased blood circulation and oxygen delivery to muscles, significantly reducing inflammation and "morning stiffness."
- **Open-Finger Design:** Maintain full dexterity for everyday tasks like typing, gaming, cooking, or using a smartphone without removing your support.
- **Breathable Cotton-Spandex Blend:** Crafted from a lightweight, moisture-wicking fabric that stays comfortable for 8+ hours of wear—ideal for both day and night use.
- **Smart Stitching:** Designed with minimal, external seams to prevent skin irritation and pressure points on sensitive joints.
- **Temperature Regulation:** Retains natural body heat to soothe tendons and joints without causing sweaty palms.

#### FAQ: Everything You Need to Know

**Q: How long should I wear them for the best results?**  
**A:** Clinical experts and physical therapists recommend the **"8-Hour Rule."** For maximum

relief from swelling and stiffness, wear your gloves for at least eight continuous hours, typically while you sleep.

**Q: Should the gloves be very tight?****A:** They should feel **snug but supportive**, like a firm hug for your hands. If you experience numbness, "pins and needles," or blue tinting in your fingertips, the size is too small and may restrict circulation.

**Q: Can I wash these gloves?****A:** Yes. To maintain the elasticity of the spandex, we recommend **hand washing** in cold water with a mild detergent and laying them flat to air dry. Avoid tumble drying.

**Q: Will they help with Carpal Tunnel?****A:** While these provide excellent support, individuals with severe Carpal Tunnel should consult a doctor, as excessive compression on the median nerve can sometimes be counterproductive.

## Hints for Maximum Relief

- **The Night-Time Advantage:** Wearing your gloves overnight is the most effective way to combat "Morning Hand," allowing you to wake up with looser, more flexible joints.
- **Sizing Tip:** If you are between sizes, we recommend **sizing down** for more intense compression or **sizing up** for all-day comfort and light support.
- **Layering:** For those with Raynaud's, these make an excellent base layer under winter gloves to keep circulation moving in extreme cold.

## Product Specifications

Feature	Details
<b>Material</b>	88% Cotton, 12% Spandex (Latex-Free)
<b>Compression Level</b>	Mild (15–20 mmHg equivalent)
<b>Design</b>	Fingerless / Open-tip
<b>Package Includes</b>	1 Pair (Left & Right)
<b>Best For</b>	Arthritis, RSI, Tendonitis, Carpal Tunnel

**Property****Value**

Size

Medium