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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

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

Property	Value

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Property	Value
Size	Medium