



COPPERJOINT®

JOINT RELIEF

Tried & True Remedies to Decrease Pain
& Increase Function from Wrist to Ankle

A man in a white tank top and black shorts is sitting on a gym machine, smiling. He is wearing a black knee brace with a yellow logo on his right knee. The background is a faded image of a person's legs and feet on a similar machine. The text is overlaid on the top half of the image.

THERE'S A WORLDWIDE ASSUMPTION THAT PAIN IS JUST A PART OF LIFE.

We feel a responsibility to debunk that myth. We've put together a series of guides to help relieve joint pain from the inside out. From head to toe we have you covered. Follow these simple guidelines and start feeling better today.

KNEES

6 Simple Techniques to Relieve Knee Joint Pain

1

STRETCHING & STRENGTHENING

Stretching your knee via traditional stretches and a number of yoga positions are a great way to reduce knee pain by supporting the muscles around the knee. In turn, those muscles are better able to support the surrounding ligaments and tendons. Together, this helps alleviate pressure around the knee so it can function normally and with reduced or eliminated pain.

The Top Three Yoga Positions To Help With Knee Pain Relief Are:

-  **Standing Forward Bend**
-  **Hero Pose**
-  **Bound Angle Pose**

The three most productive muscles to stretch to help your knee are your calves, quads, and hamstrings. By stretching those muscles, you build support to your knee and reduce pressure on ligaments and tendons, which will then relieve pain.

A companion to stretching, strengthening your knee with simple, low-to-no impact, exercises will also reduce painful pressure and inflammation, allowing your knee to function properly. Remember to always start with a quick warm up before moving onto even the simplest exercise. Three simple exercises you can do every day to help relieve knee pain are:

-  **Straight Leg Raises**
-  **Wall Squats**
-  **Step Ups**

Just remember, these exercises should never hurt. If you experience an increase in pain, stop immediately. You should consult your doctor before beginning any new exercise routines, especially if you are being treated for knee pain.



2

TOPICAL PAIN SOLUTIONS



Tried and true methods are great for reducing knee pain topically. Alternating ice and heat and a good old Epsom salt bath are always helpful in reducing swelling that comes from injured, overworked, or arthritic knees. Adding pain relief creams will also help loosen muscles and fight inflammation. When searching for a topical cream for pain relief, find one that has natural oil extracts such as wintergreen, camphor, peppermint, and German chamomile.

3

EAT YOUR WAY TO HEALTHIER KNEES

Eating foods high in omega-3, vitamin C, lutein & zeaxanthin (found in leafy greens), turmeric, and ginger will help reduce pain in your knee by decreasing inflammation and restoring bone and joint health. So chug your OJ at breakfast, add that salad to your lunch, and spice up some fish for dinner. Healing from the inside will not only bring relief to current injuries, but help protect from further ones.

4

SUPPLEMENTAL SUPPORT



Glucosamine, chondroitin, and SAM-e (S-Adenosyl methionine) are the front-runner supplements for knee joint pain, but don't stop there. Adding extract of ginger, marjoram, curcumin (turmeric), and boswellia will bring added benefit in reducing pain and inflammation.

5

COPPER COMPRESSION KNEE SLEEVES

CopperJoint focuses on optimum relief from pain by combining ideal pressure with the added benefits of copper infusion. Copper compression sleeves provide the support you need, while regulating optimal healing temperature. The nylon/spandex mix wicks away moisture, while the copper ions eliminate harmful bacteria, keeping you fresh and odor free. The copper compression knee sleeves are lightweight, yet extremely durable. Built to move with you, these compression knee sleeves can be worn all day and all night. They will become your new best friend.



6

FINAL DO'S & DON'TS FOR KNEE PAIN RELIEF



DO use the RICE method (rest, ice, compression, and elevation), DON'T rest too much! Your muscles will weaken, which can cause worse joint pain. DO moderate exercises until you are ready to go back full force. DON'T risk further injury with high-impact exercises until your knee is ready. DO make sure you are doing exercises correctly to avoid further injury. DON'T wear shoes that are uncomfortable and unsupportive.

HANDS

Three Ways to Give Yourself a Hand

Your hands work hard all day long. They can get stiff to the point it feels crippling. Your muscles tighten up and your joints feel swollen and numb. But taking care of your hands is as easy as 1-2-3. Follow this three step guide and keep your hands clapping along.

1

MOVEMENT

Just like stretching larger muscles in your body, the hand needs to be stretched and exercised. The following exercises are great ways to keep your tendons flexible and your muscles strong. You can do these simple movements anywhere and anytime you need a little relief from hand pain. You can perform most of these 1 to 2 times a day, preferable in sets of 3-5. You might experience some tightness as you exercise, but should not feel pain. If you do, stop immediately.

Open, Close – Make a gentle fist, wrapping your thumb across your fingers. Hold fist for 30 to 60 seconds and release. Spread hand and fingers wide. Repeat.

Finger Exercise – Start with palm up, fingers straight. Keeping fingers straight, bend at your primal knuckles (closest to palm), making a plateau and followed by bending middle knuckles. Straighten the primal knuckles while bending the distal knuckles (tips of fingers), make a hook fist and then a full fist. Repeat 3-5 reps three times a day.

Thumb Exercise – Open palm of hand with thumb stretched out as far as possible. Curl thumb into palm of hand as far as you can. Stretch thumb back out and repeat.

Combined Finger and Thumb Stretch – Start with a fist and straighten whole hand and fingers. With fingers straight, tilt wrist back and bring thumb in front of hand. Bring thumb back away from hand and using a finger from your opposite hand to gently give your thumb an extra stretch.

Grip Strengthener – Using a soft ball or stress ball in the palm of your hand, squeeze and hold for a few seconds and then release. Repeat this exercise 10-15 times only two or three times a week.



2

INTERNAL CARE

SUPPLEMENTS



Vitamins D has been shown to help reduce hand cramping. Spending the recommended **10-15 minutes a day out in the sun** is the best way to produce vitamin D. You can also take a supplement if you're not getting enough. Vitamin B has so many great properties, but **B6** is particularly beneficial to hand pain because it contains pyridoxine, which has been known to suppress muscle cramping significantly.

FOODS



Certain foods can also help relieve hand pain. Foods like **bananas, leafy greens, cantaloupe,** and **tomatoes** are great because they contain **high amounts of both potassium and magnesium**, both of which are shown to help relieve pain and cramping. If you want to be adventurous you can also try **drinking apple cider vinegar and pickle juice!** They contain the right mix of vitamins you need in order to combat pain and cramping. Beware, however, that even though some sodium is beneficial to pain and necessary for your body, pickle juice contains an excessive amount and shouldn't be used by those wishing to reduce their sodium intake.

Last, but certainly never least, **drink your H2O!** Even mild dehydration will cause cramping and your hands are one of the first areas to get hit. We typically write cramping off as overworking our hands, but it can be a sign of onset dehydration.

3

EXTERNAL SUPPORT

CREAMS AND HEAT



External relief for hand pain can come in many forms. **Topical aids**, such as those containing menthol, camphor, capsaicin, and wintergreen offer either a heating or cooling effect. This will temporarily bring pain relief to your hand and allow you to continue with your day.

When you have more time on your hands, doing a **magnesium** salt bath or **hand massage** is a great way to relieve joint and muscle pain. If cold weather is your nemesis, consider carrying **hand warmers** around with you. Just remember never to use a topical cream and then apply heat. You increase the risk of a burn.

COMPRESSION GLOVES

For all day relief from joint pain, **CopperJoint's compression gloves** will be your new best friend. Sized to fit, these compression gloves hug your hands all day, giving your joints and muscles the **right amount of pressure**, while delivering the **added benefit of true copper ions**. The copper ions may **help release pent up electricity**, allowing your joints to function more properly. The nylon/spandex material, along with the copper, provides **breathability, so your hands** stay warm, dry, and comfortable.



WRISTS

Daily Activities to Strengthen Your Wrists

Typically weaker than other joints, wrists require specific attention. They are used in most of our movements, especially when we work out, but are often overlooked in our workout routines. Keeping your wrist strong will help the rest of your body perform better. In order to relieve joint pain in your wrists, follow these simple methods.

1

STRETCHES/EXERCISES

Although you can use the same techniques to stretch and strengthen your wrists as you do for your hands, there are some specific stretches and exercise that target your wrists. These additional quick and easy techniques will strengthen your wrists and relieve pain.

STRETCHES

1. Prayer Stretch: Just as it sounds, hold the palms of your hands together in front of your chest with your arms horizontal. Hold a gentle stretch for 30 seconds and repeat several times. (You can also do the reverse prayer by pointing your fingers down.)

2. Wrist Flexor Stretch: Extend one arm in front of you, palm up. Bending your wrist, point hand down to floor. Apply gentle pressure with other hand, holding for 30 seconds and then switching hands. Repeat as needed.

3. Wrist Extensor Stretch: Like the flexor stretch, but with palm facing down and also bent down to floor. Apply gently pressure with hand and hold for 30 seconds. Switch hands and repeat as needed.

EXERCISES

1. Wrist Curls: Using a lightweight dumbbell, hold it in your hand and rest your arm on your thigh with the hand extending beyond your knee, palm facing up. Without bending your elbow and only using your forearm muscles, raise the lower the dumbbell in a smooth, rounded motion. Work up to three sets of 15 reps a couple times a week.

2. Reverse Wrist Curls: Follow the technique of the wrist curl, but with palm facing down. Let the dumbbell hang limp, then, using only wrist, pull it up level to the rest of your arm. Lower carefully and repeat. Switch arms.

3. Wrist Rolls: Remember rolling up paper for multiple projects while at school? That motion is actually good for your wrists. You can use paper, a small pipe, or the cardboard tube from the wrapping paper. Alternate each hand and roll until mild fatigue sets in. As with most exercises, limit 2-3 times a week. (As a bonus, hold the object straight out from your body, so your shoulders and arms get a workout, too!)



2

SUPPLEMENTS AND DIET

If your wrists are prone to injury or tire easily, you can support them from within. It takes a lot of the right foods in order to get all the nutrients your body needs, so we recommend eating the right foods and supplementing with a multivitamin to work best.

Foods and vitamins high in vitamin C, Calcium, Magnesium, and Omega-3's are at the top of the list. Make sure you are eating your greens, enjoying occasional fish, and taking in some dairy.



Likewise, you'll want to avoid certain foods that can cause inflammation and pain. While some fats are necessary for your body to function properly, avoid trans-fat and limit saturated fat. Sodium needs to be balanced. Low sodium can cause cramping, while high sodium can cause inflammation and result in pain. Processed foods tend to contain unwanted fats and excessive sodium, so cook with fresh ingredients as often as possible. Finally, limit your alcohol consumption as that could cause inflammation as well.

3

TOPICAL AIDS

Creams and lotions intended to reduce pain and inflammation are great to have on hand as you go about your business. If your pain continues into the evening, consider giving your wrists a little extra attention at the end of the day. Along with the stretches and exercises, you can ice your wrists for 10-15 minutes at a time, once or twice an hour. Before bed, you can unwind with a warm Epsom salt soak or an herbal soak. You'll experience the joint pain relief you want and get a better night's rest.



4

COPPER COMPRESSION WRIST SLEEVE

Whether you sit at a computer all day, take care of kids, or are an avid athlete, the best way to support your wrist and help with joint pain relief is to wear a compression wrist sleeve. **CopperJoint's copper compression wrist sleeve** is not only flexible and breathable, but is infused with true copper ions. These **copper ions may aid proper electric flow in your joints**, relieving pain from overuse and injury. The nylon/spandex mix also **wicks away moisture while maintaining optimal temperature**. Now you can wear your sleeve all day and all night, if needed, providing the joint-pain relief you are seeking.



5

COMPUTER CARE

Along with the above recommendations, we encourage you to do the following to protect your wrists from strain and injury while at the computer.

- 🔗 **Take breaks** from typing, include your stretches when you do.
- 🔗 **Limit typing** when possible,
- 🔗 **Watch your posture** – how you sit will determine what kind of strain your wrists are subjected to.
- 🔗 **Support your wrists** with a rest cushion.

ELBOWS

Getting Back into the Swing of Things with Elbow Joint Relief

Elbows can easily become inflamed due to the repetitive motions we do. Inflammation is the leading cause of joint pain. You can experience relief from joint pain in your elbow if you follow this guide.

1

STRETCHES/EXERCISES

If you're familiar with the wrist stretches and exercises mentioned earlier, then you're halfway there! The same stretches and exercises will help relieve joint pain in your elbow. Along with those three stretches, you can add a little twist.

FOREARM PRONATION/SUPINATION STRETCH

Pronation Stretch - Start with arms loose at your side. Bring your left arm up, bending at elbow, until forearm is horizontal, with palm facing up. Put your right hand under your left hand, wrapping your fingers around your left wrist. Use your right hand to gently rotate your left hand away from your body. This is a small stretch-do not twist too hard. Hold for 20-30 seconds. Repeat a 3-5 times, switching arms after each set. Put one arm in front of you at a 90-degree angle with your elbow at your side and your thumb pointed up.

Supination Stretch - Begin the same as above but with left palm facing down. Use your right hand to cup over left wrist and rotate wrist in towards your body. Hold for 20-30 seconds. Repeat a 3-5 times, switching arms after each set.

Elbow Bend

The elbow bend is like a methodical bicep curl without weights. While standing or sitting up straight, lower your arms to your side. Slowly bend one arm towards your shoulder, touching if possible while keeping wrist straight. Hold for 15 - 30 seconds. Repeat for each arm 5-10 times.

2

ICE, REST, AND MASSAGE

When your elbow begins to hurt, icing will help reduce the burning pain from your joint. You can **ice for 15 minutes on and 15 minutes off** for the first 72 hours. During that time, you also want to **let it rest each day** as much as you are able to.

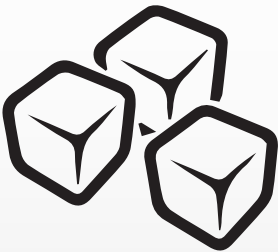
Another great way to relieve elbow joint pain and allow you to keep up with your daily schedule is a **self-sport massage**. (For extra relief, find an all natural topical cream with ingredients such as wintergreen, eucalyptus, peppermint, or lemongrass in it to use while you massage.)

Before you begin, **warm up your muscles** by gently squeezing the area above and below your elbow with your opposite hand.

If your pain is on the outside of your elbow, take two fingers, **gently press against the top of the tendon**, and slowly move it to the end of the tendon (along the place you are experiencing pain). Repeat for 5 minutes once a day. Stop if pain worsens after treatment.

If your pain is on the inside of your elbow, use the **thumb press and roll technique**. Using your thumb, **massage the muscles on both side of your elbow**. Adjust pressure as needed.

Finally, lightly **drum, slap, or tap the muscles** around your elbow and then allow them to **completely relax in your lap**.



3

MAINTAINING BALANCE WITH PROPER NUTRITION

Relief from elbow pain should be managed from the inside as much as it is managed on the outside. Following this simple anti-inflammatory diet:

- ❏ **All types of vegetables**, but particularly green leafy kinds – Loaded with antioxidants, vegetables such as kale, broccoli, and spinach will help fight oxidation, one of the primary causes of inflammation. They are also loaded with vitamin C & K, as well as other helpful minerals.
- ❏ **Clean proteins** – Wild-caught fish, cage-free eggs, and grass-fed beef are examples of “clean” protein, but if that’s not your thing, settle for lean proteins of your choice.
- ❏ **Berries** – Packed with vitamin C to help rebuild collagen, berries are a great addition to your diet. You can also add citrus fruits, squash, bell peppers, and pineapple for more benefits.
- ❏ **High-potassium and magnesium foods** – Tasty examples are coconut water, avocados, and bananas.
- ❏ **Bone broth** – Containing collagen, this alternative benefits the tendons especially and can also help muscle sprains.
- ❏ **Multivitamin** – A good multivitamin can help supplement where we fall short on foods. You can also add chondroitin, glucosamine, St. John’s Wort, and bromelain to the list of helpful supplements.

3

COMPRESSION ELBOW SLEEVE

Your greatest companion for elbow joint pain is **CopperJoint’s copper compression elbow sleeve**. Made to work with you, it can be worn all day (and night if needed), bringing relief to your joint pain. The nylon/spandex mix material allows your skin to breathe, stay fresh, and stay warm. The copper works by eliminating odor-causing bacteria on the outside and has been said to help draw out trapped electricity on the inside.



ANKLES

The Right Steps to Relieve Ankle Pain

Like the wrists, ankles are generally a weaker point on the body and an important joint not to neglect. Keeping your ankles in tip-top shape will allow you to do more and be more active. If your ankles are suffering from inflammation, use this guide to relieve ankle joint pain and get back into step.

1

EXERCISES/STRETCHES

The **RICE technique** is great for ankles, but be sure to focus on rest. It may be unreasonable to rest your ankle 100%, but try to be aware of putting any undue strain on it. If you want to continue working out, **opt for some low-impact activities** like swimming, and work back up from there.

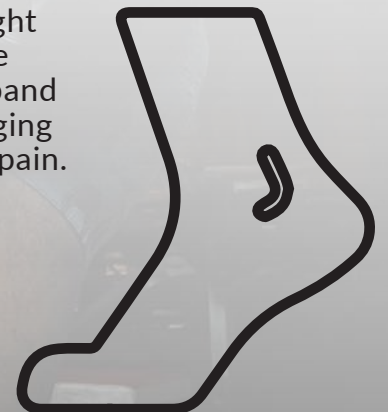
To keep your ankle strong and reduce joint pain, we recommend a few simple exercises. Remember to warm up before you do these. You can warm up by walking around slowly or massaging the area around your ankle, tapping it lightly.

Some great ankle **exercises** are **clockwise and counterclockwise ankle rotation, ankle flex and extend**, and **inward and outward ankle rotation**. All of these can be done while sitting upright in a chair. If you experience pain more than a slight discomfort, stop immediately.

Stretching your ankle will keep it loose and reduce inflammation. Try these stretches to keep your ankle happy and flexible:

Wall Stretch - Standing 1 to 2 feet from the wall, place arms on wall to support you while stepping one foot forward. Your toes should be vertical on the wall, while your heel is planted firmly on the ground. If possible, move your body forward, little by little, as you feel it stretch. Don't overstretch. Repeat using other foot.

Towel Stretch - Sit upright on the floor with legs extended straight out. Using a towel or an exercise band, wrap around one foot while holding one of the ends in each hand. The middle of the towel or band should be at the ball of your foot. Gently pull your arms back, bringing your toes towards you. Only pull enough to feel a stretch, but not pain. Repeat using other foot.



2

TOPICAL AIDS



A fun way to relieve ankle joint pain is to **soak in room temperature tonic water**. The quinine and bubbles are said to help **reduce inflammation**. Add some **grapefruit essential oils** (or other citrus oils) to the water – you'll feel great and enjoy a nice citrusy smell. A warm salt water soak will also do the trick if you don't have tonic water. Make sure to **elevate your feet** daily to reduce swelling from inflammation and promote circulation.

3

INTERNAL SUPPORT



Working from within, it's imperative that you **stay well hydrated**. Keep a count of your daily water intake and increase it if needed. The top two supplements for relieving ankle pain are: **magnesium and calcium**. You can also get these in food such as **leafy greens, dairy, bananas, tomatoes, nuts, and seeds**.

4

COPPER COMPRESSION ANKLE SLEEVE

Your ankles deserve the support that can provide. Made to fit comfortably, our compression ankle sleeve **moves with you** every step of the way. The **nylon/spandex blend will keep moisture out**, eliminating odor while keeping your joints warm. The added **benefit of copper ions** may **release harmful electricity** from your body as you heal. You'll feel a change the moment you put it on.



FEET

Securing Your Body's Foundation

Your feet bear the weight of your world. Because of this, they are prone to conditions such as plantar fasciitis, flat feet, bunions, gout, sprains, strains, arthritis, swelling, and the list goes on and on. Taking care of your feet sets a great foundation for taking care of the rest of your joints. Here's some tips to help keep you balanced.

Foot Massages - You can do these yourself, but if someone is willing to do them for you, even better! Use lotion or even a sport cream and really dig deep.

Foot Soaks - At the end of a long day, a nice foot soak can help you relax and prepare your feet for tomorrow. Although a warm soak is always nice, for some extra care, try alternating between cold and warm water. This dilates and constricts the blood vessels, allowing them to circulate freely. You can add an essential oil, such as peppermint or green tea extra for an added boost.

Limit Sweets and Fats - By reducing sugar and saturated fats that can cause inflammation, your feet will experience better circulation and less swelling. Eat Your Greens - Vegetables and food rich in omega-3 are best for foot health.

Wear Comfortable Shoes - Make sure the fit is right and you have support where you need it.

Compression Socks - And finally, don't leave home without your CopperJoint compression socks! These compression socks are durable, made to fit and stay in place, and will give you just the right amount of compression you need to keep your feet feeling fresh and revitalized.

Utilize these steps for total foot care and your feet will be doing the happy dance.



CALVES

Calf Care Steps to Keep you Hopping

Although not a joint, calf health is a vital part of your overall joint care. **Tight calf muscles** lead to **cramping and muscle compensation**, putting **your joints out of whack**. It's like a domino effect: A tight calf can lead to stepping wrong, which may injure your foot. Walking differently to compensate may also throw off your knees, hips, and back.

Adding to your stretching repertoire, **implement calf stretch into your daily routine**. It's easy to do and can be done almost anywhere. If you're on a stairway and feel a little tight, **stretch your calf using a step**. Place the balls of your feet at the edge of the step and let gravity bring your heel down. Be careful not to overstretch, but keep it a smooth, light stretch. You can turn it into a **calf exercise** simply by raising and lowering your body, using your calf muscles. No steps, no problem. Standing a foot or two from a wall, place your hands on it and step back with one foot until you feel a stretch in your calf. Hold for 15-30 seconds and switch legs.







For **ultimate calf support**, we recommend using **CopperJoint's compression calf sleeve**. The **perfect combination of compression support** coupled with **genuine copper ions** will keep your calves happy. It's like a hug for your legs. The material is **lightweight, breathable, and a natural odor eliminator**. You can easily wear them under clothes, but they were also designed to look great if you want to show them off.



GENERAL JOINT CARE

Final thoughts on joint health to keep you active and pain free

We know you care about your body and want it to continue performing at it's best. When joint pain gets you down, there are ways to get you back up and moving, pain free. We hope you use this guide to help you get there. Compiled below is some general advice to prevent and eliminate joint pain:

-  **Stretch & Strengthen** - If you've read this far, these terms are now ingrained. Take care of your joints and muscles by stretching and exercising. Going "hard core" is fine when you are feeling great. Modify as needed so you don't injure yourself further. And ALWAYS warm up before you stretch or exercise.
-  **Magnesium** - We can't stress it enough. Our bodies don't naturally produce it, so we must digest it in foods and supplements. It relaxes muscles, reduces inflammation, improves circulation (it's actually part of what makes our heart beat!), and helps bone mineralize.
-  **Diet** - The right diet can keep your joints strong and healthy, while the wrong diet can exacerbate your problems. Enjoy the occasional splurges, but remember what you put into your body will greatly affect it's ability to heal and function properly. Supplements - Even with the right diet, our bodies do not get sufficient vitamins and minerals. Taking supplements can help fill in dietary gaps. Besides magnesium and typical vitamins, you want to focus on calcium, capsaicin, glucosamine, and chondroitin.
-  **Grease your joints** - Some people find that rubbing extra virgin olive oil (make sure it's cold pressed) daily on their joints adds needed lubrication. The massaging is an added benefit. You can also use creams and topical lotions made to help sooth sore joints.
-  **Essential Oils** - Among the top anti-inflammatories are peppermint, eucalyptus, frankincense, melaleuca (green tea), juniper berry, wintergreen, Roman chamomile, oregano, rosemary, and clove.
-  **Compression sleeves** - For constant care, use CopperJoint's compression sleeves, gloves, and socks. Take your healing along with you in a convenient garment. The compression gives your joints the support they need by increasing oxygenated blood flow, the thermally stabilized material keeps your skin fresh, and the copper ions eliminate bacteria and may help release damaging electricity from your body to promote healing. Designed to look great and fit comfortably all day and night, you have no excuse not to wear CopperJoint compression sleeves. You won't know how you ever lived without them!

Visit CopperJoint.com today and take an extra **15% OFF** your first purchase with coupon code: **CJOINT15OFF**