

Arthritis Adventurer Holiday Gift Guide



Arthritis Adventurer Holiday Gift Guide

The holidays are right around the corner! If you or your loved ones are dealing with arthritis pains- the list can give you some ideas to help them on their journey to getting out of pain!

Here are some stocking stuffers and gift ideas that will make their joints happy this year.

Cheers to Adventure,
Alyssa

This guide does contain affiliate links that provide us with a small compensation if purchases are made through the links at no extra cost to you.

Stocking Stuffers



Hu Chocolate Bars

Chocolate bars with cleaner ingredients that won't flare up joint pain, like other sweets. There are options for chocolate bars, cookies, and more. Save 15% with code *adventurealive*.

[Check them out](#) >



Ankle Compression Socks

These compression socks can provide relief from foot and ankle arthritis pain, especially when staying active.

[Check them out](#) >



Compression gloves

These gloves can help to reduce the pain and stiffness that can be associated with hand osteoarthritis.

[Check them out](#) >



Motivating Clothing & Accessories

As a part of my exclusive Keep the Adventure Alive merchandise, I have a wide range of t-shirts and sweatshirts to spread the hope of an arthritis adventure this holiday.

[Check it out](#) >

Stocking Stuffers



Car cane device

Know someone who is having difficulty getting out of the car? This can provide support to help get out of the car by giving them something to push up with.

[Check it out](#)



Knee Compression Sleeves

If someone you know has a painful knee- a knee compression sleeve can help to reduce knee pain and swelling while they are out adventuring!

[Check them out](#)



Foaming Body Soak

Partnered with the Arthritis Foundation, this foaming body soak is made to help muscle and joint aches and pains. Give your loved one the gift of a relaxing bath to help soothe their joint pain.

[Check it out](#)



Key Wing Turner

For loved ones that have trouble using keys because of stiff/painful hands and fingers, this tool can make keys so much easier to use.

[Check it out](#)



Arthritis Adventurer Holiday Gift Guide

Gifts



My favorite step for exercise

Build strength and balance to help support the joints with this step stool

[Check it out](#)



Arthritis Friendly Shoes

This shoe brand has worked wonders for SO many of my followers with foot arthritis, knee arthritis, hip arthritis and back pain

[Check them out](#)



Suspension exercise straps

These straps are easily set up in a doorway in a home or outdoors and are one of my FAVORITE ways to provide support for a full body workout with osteoarthritis.

[Check it out](#)



Urban Activator Poles

These poles are a great way to offer support when walking on flat or uneven ground. For the avid hiker in your life, these poles can offer support on both inclines and declines. The special handles allow for more core muscle engagement too.

[Check it out](#)



 Check out my [Amazon Store](#) for more ideas!