

Would you like to know how to examine yourself for tender and swollen joints in rheumatoid arthritis?



I'd like to find out how to measure how active my rheumatoid arthritis is, and to understand how to look for tender or swollen joints.

Type in the link or scan the QR code below to watch the training video – it tells you **how to examine your own joints** and pinpoint which ones are tender and swollen. It also contains some **frequently asked questions**, a **manikin**, and a **table** to record your scores! All done with a healthcare professional.



tinyurl.com/REMORAvideo

