There is a charity to be given for each joint of the human body

Abu Hurayrah (may Allah be pleased with him) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) said: "Charity is due upon every joint in a person's body each day the sun rises: to judge justly between two people is a charity. To help a man with his mount, lifting him onto it or hoisting up his belongings onto it, is a charity. Saying a good word is a charity. Every step that you take towards the prayer is a charity, and removing a harmful object from the road is a charity."

[Authentic] [Narrated by Al-Bukhāri and Muslim]

The Prophet (may Allah's peace and blessings be upon him) clarified that every religiously accountable Muslim should give every day a voluntary charity on behalf of every single one of his bone joints as a form of expressing gratitude to Allah Almighty for well-being and for creating his bones with joints that allow him to grasp and stretch. This charity can be fulfilled not through giving money alone but through all types of righteous acts, which include: Acting justly and reconciling between those in disagreement counts as a charity. Helping someone disabled with his mount by helping him ride on it or lifting his luggage on it counts as a charity. The good word, whether it is Dhikr (remembrance of Allah), supplication, greeting of peace, or otherwise counts as a charity. Every step you take to the prayer counts as a charity. Removing what is harmful from the way counts as a charity.

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