

DeQuervain's Tenosynovitis

- DeQuervain's tenosynovitis is the irritation of this sheath which surrounds the tendons that go to your thumb.
- Usually occurs from overusing your thumb or wrist, especially in activities that move your thumb directly away from your wrist such as hammering.

Symptoms:

- Pain when you move your thumb or wrist or make a fist.
- Swelling and tenderness on the thumb side of your wrist.
- Feeling or hearing creaking as the tendon slides through its sheath.

Treatment:

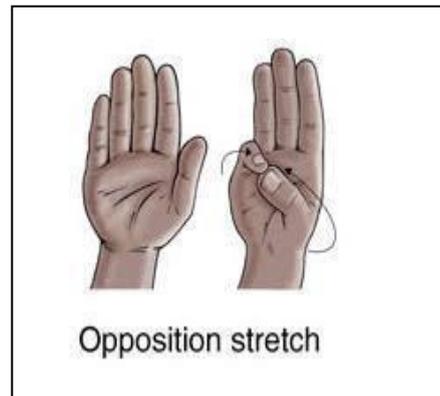
- Doing ice massage for 5 to 10 minutes several times a day.
- Wearing a splint that will cover your wrist and thumb. It is important that you protect your thumb and wrist from activities that worsen your pain.
- Rehabilitation exercises will help speed your recovery and prevent the problem from returning.
- If your symptoms are still present after trying exercises, we may refer you for steroid injection.

Exercise considerations:

- Do all the exercises within pain free limits, stretch pain is common with exercises and that should ease off within 30 minutes-1 hour after having done the exercises
- Post exercise soreness is quite common and could be felt up to 48 hours after having done the exercise regime. This should get better as you continue with the regime over time
- If any exercise worsens your symptoms, stop that exercise and seek advice from your physiotherapist.

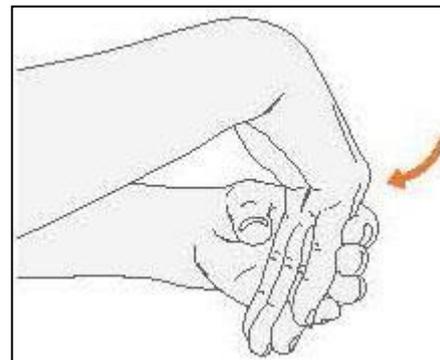
Simple Exercises:

Opposition stretch



Rest your hand on a table, palm up. Touch the tip of your thumb to the tip of your little finger. Hold this position for 6 seconds. Repeat 10 times.

Wrist stretch

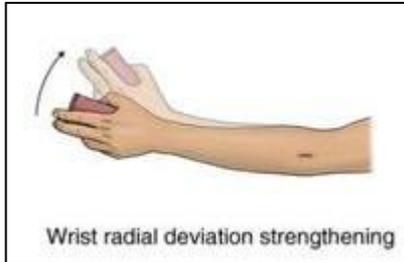


Keeping your arm straight in front with your palm facing down, gently bend your wrist down. Use the opposite hand to press the stretching hand back towards your body and hold for 15–30 seconds.

Straighten your wrist.

Gently bend the stretching hand backwards and use the opposite hand to pull the fingers back. Hold for 15–30 seconds. Do 3 sets with each wrist.

Wrist radial deviation strengthening



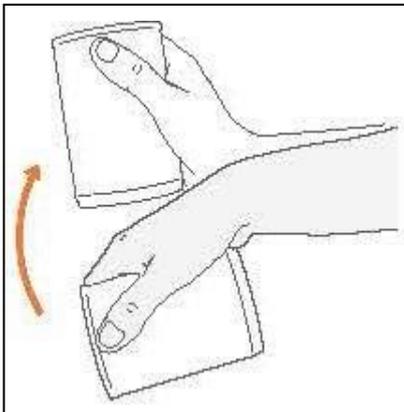
Put your wrist in the sideways position with your thumb up.

Hold a can of soup or a hammer handle and gently bend your wrist up, with the thumb reaching toward the ceiling. Slowly lower to the starting position.

Do not move your forearm throughout this exercise.

Do 3 sets of 10.

Wrist stretch with weight



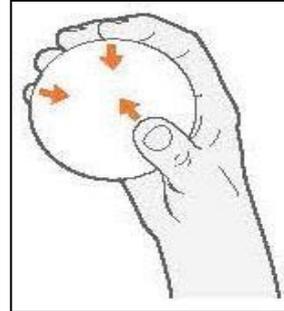
Holding a light weight (e.g. a tin of beans), stretch your arm out in front with your palm down.

Slowly bend your wrist upward, and then return to the starting position.

Do 3 sets of 10 repetitions.

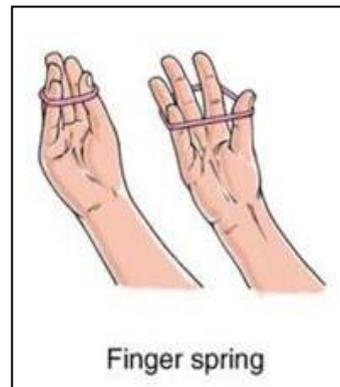
Gradually increase the weight you hold.

Hand squeeze



Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10 repetitions.

Finger spring



Place a large rubber band around the outside of your thumb and the rest of your fingers.

Open your fingers to stretch the rubber band.

Do 3 sets of 10.