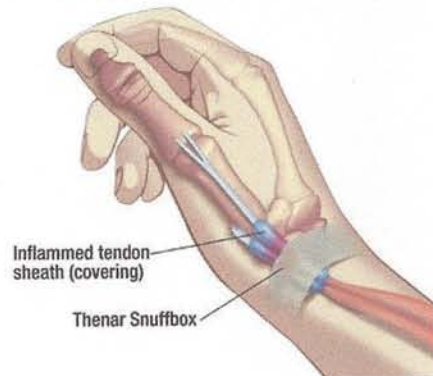




De Quervain's Tenosynovitis



DeQuervain's

Condition characterized by pain on the thumb side of the wrist made worse with thumb and wrist movements.

It occurs when the normal glide of the extensor tendons through their retinaculum is blocked. The tendons actually become thickened and no longer can slide freely in their compartment. This condition can become very painful and will impair thumb and wrist movements on the affected side.

TREATMENT:

Treatment is aimed at reducing the inflammation and tension on tendons while restoring tissue strength and mobility. Initially any painful movements should be avoided and patients must initiate anti-inflammatory strategies (Rest, Ice, Compression, Elevation) and immobilization (bracing). Physical Therapy can offer additional modalities for inflammation (UltraSound, Interferential Current). Patients may require manual therapy techniques to restore normal biomechanics in the wrist/thumb. Once the symptoms are managed a progressive strengthening program should be implemented. On the backside of this page there are instructions for managing the initial symptoms of this condition. If symptoms persist for longer than 2 weeks, it is best to see a Physical Therapist to help manage this condition.

Information taken from Orthopedic Physical Assessment Sixth Edition written by David J. Magee

Notes:

1- Thumb abduction - Sets:2 / Repetition:10 / Hold:10



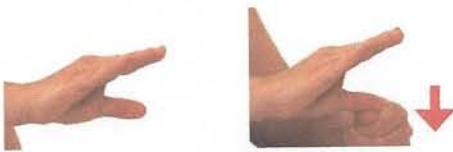
Align your thumb with your index finger and then bring it straight up and away from your palm, in line with your index.

2- Thumb extension - Sets:2 / Repetition:10 / Hold:10



Sit up straight.
Bring your thumb up and back so as to straighten it as much as you can.
Relax your thumb.

3- Isometric thumb abduction - Sets:2 / Repetition:10 / Hold:10



Press on the tip of your thumb with the other hand and try to push your thumb apart from your index as hard as you can while resisting the movement with the other hand.
Relax and repeat.

4- Isometric thumb extension - Sets:2 / Repetition:10 / Hold:10



Press on the tip of your thumb with the other hand and try to extend your thumb as hard as you can while resisting the movement with the other hand.
Relax and repeat.