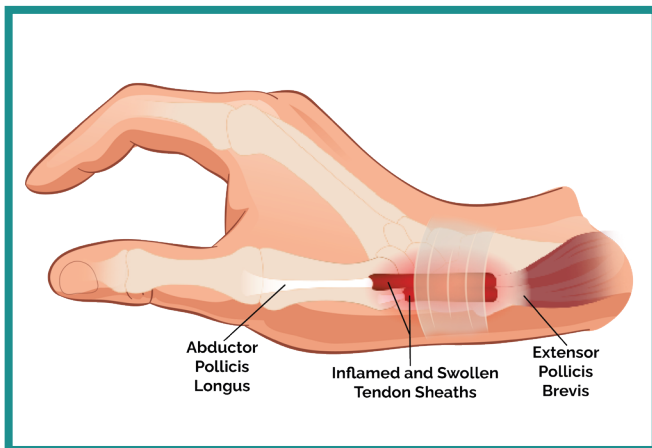


FACT SHEET

WHAT IS DE QUERVAIN'S TENOSYNOVITIS?

De Quervain's tenosynovitis/tendinopathy is a painful condition which affects two thumb tendons (Abductor Pollicis Longus and Extensor Pollicis Brevis) which pass through a small tunnel at the level of the wrist. A person with De Quervain's will usually experience sharp stabbing pain on the thumb side of the wrist with certain activities involving gripping and twisting.



De Quervain's Tenosynovitis

WHAT CAUSES DE QUERVAIN'S?

Highly repetitive or sustained movement of the thumb or twisting of the wrist may contribute to this condition. It is particularly common in new mothers due to the awkward wrist and thumb positions involved in caring for an infant. A person can also develop De Quervain's following trauma to the wrist.

HOW IS DE QUERVAIN'S TREATED?

It is important to rest the involved tendons in a splint which includes the thumb and wrist. A hand therapist can fit you with a custom-made splint which ensures a perfect fit and provides optimal rest. Other treatments may include therapeutic ultrasound, Kinesiotape and a carefully graded exercise program. Your hand therapist will also help you identify which activities may have contributed to the condition and make recommendations to help prevent the condition reoccurring in the future.

If symptoms persist, an injection of cortisone is sometimes recommended. In some cases, surgery may be required to release the tight compartment containing the swollen tendons. Following surgery a hand therapist will assist with wound care, reducing swelling and scar sensitivity and restoring full pain-free motion and strength.



Custom Made Splint