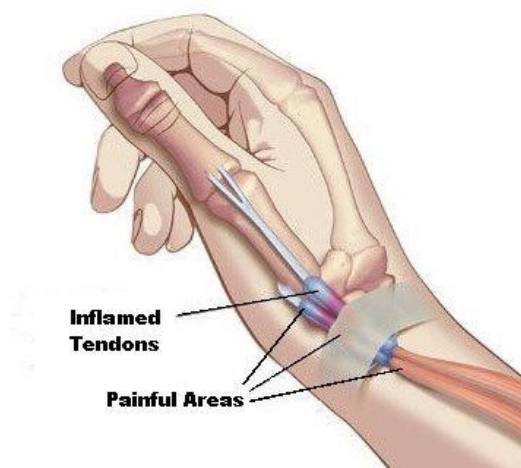




South Eastern Hand Therapy

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DE QUERVAIN'S STENOSING TENOSYNOVITIS



De Quervain's stenosing tenosynovitis is an inflammatory condition that limits movement and causes pain and swelling in the hand, wrist and thumb.

An aching pain may be felt in the wrist region near the base of the thumb. Pain is also often aggravated when pressure is applied to the wrist or when the thumb or wrist is actively moved.

WHAT CAUSES IT?

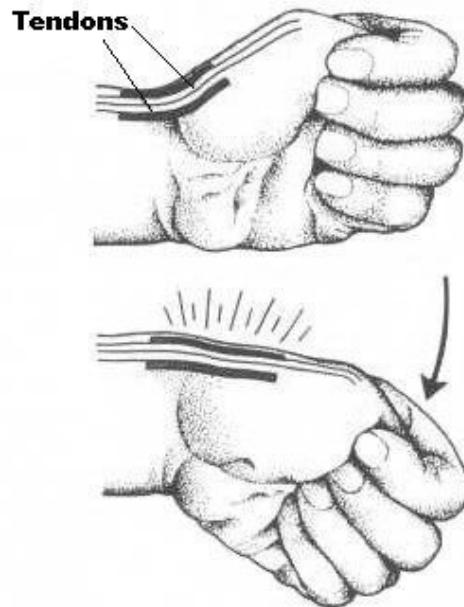
The following may cause the development of De Quervain's stenosing tenosynovitis:

- Overuse or repetitive tasks involving the hand or wrist (E.g. grasping, pulling, lifting or pinching)
- Arthritis
- Injury/trauma to the base of the thumb or wrist area
- Hormonal changes associated with pregnancy

ANATOMY

De Quervain's stenosing tenosynovitis occurs when two tendons that travel from the forearm into the thumb become inflamed and trapped in a compartment near the wrist.

Some people have two separate compartments for the tendons and may be particularly predisposed to this condition.



GOALS OF HAND THERAPY

It is important to rest and allow the inflammation in the affected tendons to settle. Your therapist can then develop a graded return to work / activity program to help increase range of motion, strength and endurance.

CONSERVATIVE TREATMENT METHODS

The following treatment methods may be included in your rehabilitation program:

- Rest / immobilization in a wrist splint
- Work / activity modification
- Massage
- Ultrasound
- Conditioning exercises
- Heat / cold packs
- Corticosteroid injections (via treating doctor)
- Anti-inflammatory medications

It is important that you follow the recommendations made by your therapist to benefit from the treatment and prevent the occurrence of chronic problems in the tendons.

If you have any questions or problems, please phone your therapist on 8560 0293

