

Therapy exercises for deQuervain's tenosynovitis

Introduction

De Quervains Tenosynovitis is inflammation of the sheath around the tendons at the base of the thumb. In De Quervains the sheath becomes thickened and the tendons no longer glide as effectively, this can lead to pain and reduced movement.

Causes

- Repetitive wrist and thumb activity
- New mothers are more prone to developing it due to the increased carrying and flexed postures of the wrist and thumb
- Hormone changes during pregnancy

Symptoms

- Pain and swelling over the thumb side of the wrist
- Pain is often aggravated by gripping and twisting movements

Treatment Options

- Limiting aggravating movements through rest and splinting
- Exercises (see below)
- Anti-inflammatory medication
- Heat
- Massage to forearm muscles
- Injection
- Surgery

Exercises

Do exercises within pain limits as advised by your clinician



Bend your thumb towards the base of your little, bending the top two joints.

PATIENT INFORMATION LEAFLET



Keeping the hand flat spread your thumb out towards the side away from your index finger.



Lift your thumb up away from the palm so that it is pointing upwards.



Bend your thumb towards the base of your little finger and move your wrist downwards.



Bend the tip of the thumb. Resist with your other index finger as you try to lift the thumb up against resistance.



Bend the tip of your thumb. Resist with your other index finger as you try to move the thumb out to the side.



Bend the tip off the thumb. Place an elastic band around the thumb and index finger. Try and lift your thumb up and away from the index finger.



Bend the tip off the thumb. Place an elastic band around the thumb and index finger. Try and lift your thumb out to the side away from the index finger.



PATIENT INFORMATION LEAFLET

Further information

For further information on your procedure please contact:

- the Day Surgery Unit on 024 7696 6861 or 024 7696 6868
- the Day Surgery Unit St Cross Hospital Rugby on 01788 663264

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6861 and we will do our best to meet your needs.

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Document History

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