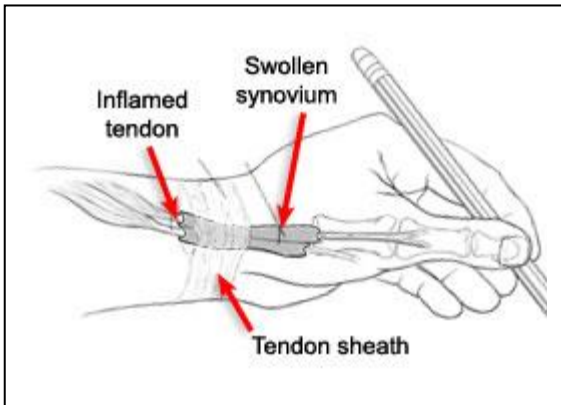## De Quervain's Tenosynovitis

… is a painful condition affecting the tendons on the thumb side of your wrist. If you have de Quervain's tenosynovitis, it will probably hurt every time you turn your wrist, grasp anything involving a stretch to the tendons while your thumb holds the item.

Activity that relies on repetitive movement or sustained holding along with motion— such as working in the garden, moving wet laundry from the washer, pulling files from a drawer or even how you lift your baby — can make it worse.

Symptoms: you may feel swelling and tenderness to touch in your wrist at the base of your thumb.

This condition can worsen significantly and lead to significant micro-tears and irritation as the tendons attempt to glide within their sheath. If left unchecked, the condition can worsen to a degree warranting surgical release of the compartment in which the tendons are contained.

Early Intervention: Ice massage to the area can help to decrease the acute inflammatory response and decrease the pain. It is important to stop the aggravating activities and to rest the tendons. Rest may need to be applied for duration of 8 to 12 weeks.

During the duration of rest: Modify how you perform tasks to allow the tendons to heal; perform basic pain free active range of motion and return of the *glide* of the involved tendons. This will promote healing and return of function.

If your symptoms worsen or will not resolve: it is good to obtain professional guidance to treat this condition. A trained therapist, such as a certified hand therapist, will treat the surrounding and involved soft tissue and guide you as to *how to rest, when to use ice*, *when to use heat, and how to reinstate*:

1. Range of motion and gliding of the involved tendons

2. Regain strength

3. Regain hand and thumb use with good joint mechanics to help reduce a reoccurrence of this condition.

Your hands are critical for function; we want to help you care for them and do what you love to do!

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