

FULL CIRCLE HAND THERAPY

YOU'RE IN GOOD HANDS



DE QUERVAINS TENOSYNOVITIS

DeQuervain tendinopathy involves the tendons that run along the thumb side of the wrist. Tendons anchor muscle to bone, and the tendons associated with this condition help to pull the thumb out and away from the palm. These tendons travel under a "tunnel," known as the first dorsal compartment, as they approach the base of the thumb. The patient will notice pain in this area as wrist and thumb motions move the tendons back and forth under the tunnel.

SYMPTOMS

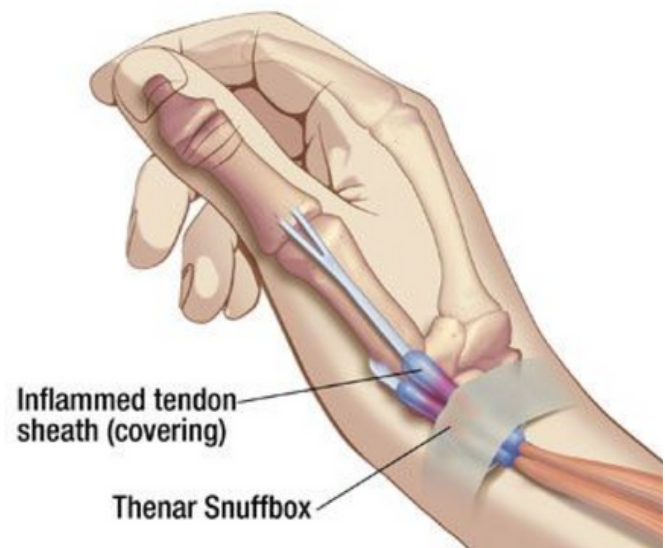
Pain will be noted along the thumb side of the wrist, and can extend down the thumb or up the forearm. Patients will complain of pain when reaching across the palm with the thumb, pinching or with movements of the wrist. A twisting motion, such as wringing out a washcloth, can also create pain.

CAUSES

DeQuervain tendinopathy, also known as DeQuervain tendonitis or DeQuervain tenosynovitis, is thought to be from thickening and narrowing of the first compartment tunnel, or may occur because of inflammation or degeneration of the tendons of the first compartment. This then restricts the thumb tendons from gliding freely and smoothly through the tunnel. It can be associated with overuse, or may develop for no apparent reason. New mothers can develop DeQuervain tendinopathy, thought to be caused by swelling and hormonal changes that occur with pregnancy and delivery.

TREATMENT

Once you have been referred to see a hand therapist, we will assess the severity of your symptoms, and work with you to develop a regime that allows your tendons the opportunity to heal, whilst still being able to complete your usual daily activity. This may include taping, splints, soft splints and exercises. Your doctor may also recommend anti-inflammatory medication or an injection to complement rehabilitation. If symptoms persist, surgery may be considered and we will discuss this with you in depth at the time, and your hand therapy program following surgery.



HOW CAN WE HELP?

We will assist you in determining which activities aggravate the symptoms and help with activity modification. The therapist may recommend a custom-fabricated orthosis, for the wrist and thumb to provide rest for the injured tissues. Following surgery, hand therapy is important to restore range of motion and return the patient to full activity.

