

De Quervain's Tenosynovitis

Advice and treatment

De Quervian's Tenosynovitis is a condition that causes pain around the thumb side of the wrist. Anybody can get the condition, but it is most common in people between the ages of 30 and 55.

Women are three times more likely to be affected than men, particularly those with a young baby.

Signs and symptoms

With De Quervian's Tenosynovitis, the 'envelope' surrounding the two tendons that move your thumb becomes painful.

It is not harmful, and it usually gets better with a combination of rest and strengthening exercises covered in this leaflet.

The exact cause of the De Quervian's Tenosynovitis is unknown, but it's thought to be influenced by the repetitive overuse of the tendons during actions involving gripping and movements of the thumb and wrist.

Common aggravating activities include lifting a newborn baby, DIY tasks and skiing.

- Pain and tenderness on the thumb side of the wrist
- Pain travelling into your thumb and up your forearm
- Movements involving the thumb and wrist such as gripping, pinching can make the pain worse
- Clicking sounds are often heard or felt with these movements, but are not harmful

Treating De Quervain's wrist tendonopathy

Treating the pain may take some time. If your symptoms don't improve within six weeks of following the advice here, please contact your GP who may refer you to a physiotherapist.

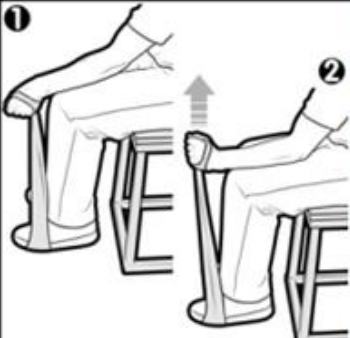
What you can do to help

- Relative Rest – limiting activities and taking regular breaks may help reduce your pain, as well as changing the position of your hand when gripping, pinching or twisting
- Wearing a splint – a thumb-spica splint may ease your pain by limiting the movement of your thumb during repetitive aggravating activities
- Applying heat (for example, a hot water bottle or heat-pack) or cold (for example, a bag of frozen peas wrapped in a damp tea-towel) to the tender area for 10 minutes twice a day can help reduce pain – however please don't do this if your skin sensation is impaired
- Anti-Inflammatory tablets (e.g. ibuprofen) and gels can help reduce painful symptoms. Please talk to your GP or pharmacist for further advice

Depending on your needs, your GP or Physiotherapist may talk to you about a steroid injection into the painful area. This can reduce inflammation and pain.

Exercises

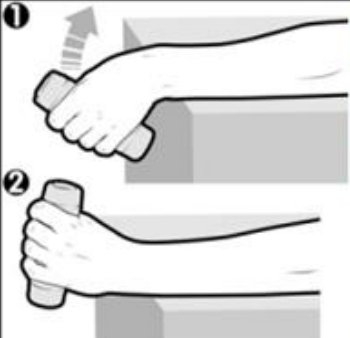
Try the following gentle exercises to help reduce the pain and strengthen the muscles of your thumb and wrist. You may find them uncomfortable for the first two weeks, but if you feel your wrist pain getting worse, take some time out and rest.

1  **RESISTANCE BAND RADIAL DEVIATION**

2 Fix a length of resistance band under your foot and grasp the other end in your hand. Place the side of your forearm flat on your thigh with your hand over your knee. Starting with your wrist bent downwards (1), raise your hand as far as you can, bending your wrist towards your thumb (2). Slowly lower and repeat.

SETS & REPS: 3 x 10-15

FREQUENCY: Every other day

1  **WEIGHTED RADIAL DEVIATION**

Hold a hand-weight, with the side of your forearm flat on the table and hand over the edge. Starting with your wrist bent downwards (1), raise your hand as far as you can, bending your wrist towards your thumb (2). Slowly lower and repeat.

SETS & REPS: 3 x 10-15

FREQUENCY: Every other day

This leaflet is intended to support the advice you've received from your GP and Physiotherapist. Please contact them if you have any further questions.

The exercise diagrams have been created by The Rehab Lab.

Visit Rehab Lab website TheRehabLab.com/

How to contact us

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