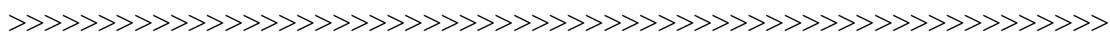


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De Quervain's Tenosynovitis

De Quervain's tenosynovitis is an inflammation of the sheath that surrounds the tendon leading to your thumb. The sheath surrounds two of the tendons, that help move your thumb. There may be swelling and thickening along with pain with any movement such as; writing, gripping, picking up items. It is normal for the pain to refer into your forearm. The tendon becomes irritated because of overload/overuse.

Pacing Physical Activity:

It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify some of your activities to allow your hand/wrist some relative rest in the short term.

Splinting:

We recommend you try a Spica Splint – thumb splint, in the short term to help reduce the load/stress placed through your thumb. It is best to wear this with activity and it is ok to take off when resting. Most chemists will sell appropriate thumb support splints.

Pain management methods:


Speak to your GP/pharmacist about some pain medication if needed

Heat:

Heat is a vasodilator which means it increases blood flow into the painful area, helping the muscular fibres to relax by receiving more oxygen. Should be use for chronic pain or muscle tension. Use it 20/25 min.

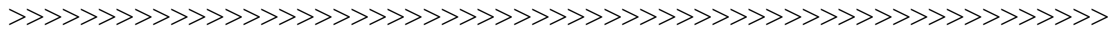
Ice:

Ice helps to reduced inflammation on painful area by decreasing the blood flow, slowing rate of inflammation and this way decreasing the risk of tissue damage. Should be use when affected area is inflamed, hot and/or red. Use it 10/15 min.

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Exercises:

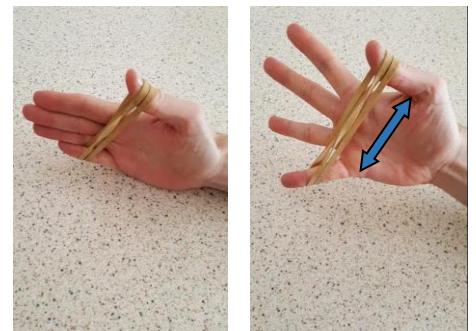
Isometric thumb press – extension:

- Place your thumb into a ‘thumbs up’ position
- Use your good hand to gently apply pressure into your thumb
- Hold your thumb still against the pressure for 20-30 seconds
- 5 repetitions



Finger spring:

- Elastic band or hair band as per photo
- Gently pull thumb outwards against resistance of band
- Relax
- Repeat 4x5 repetitions initially
- Progress amount of repetitions as symptoms allow



Opposition Stretch:

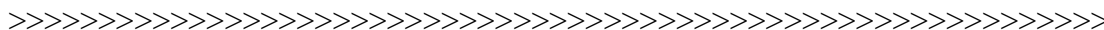
- With your hand rested on a table with palm up
- Touch the tip of your thumb to the tip of your little finger
- Hold 10 seconds, 10 repetitions



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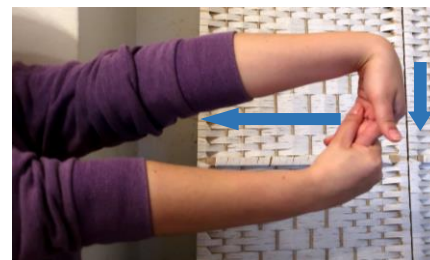


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Wrist Extensor Stretch:

- Keeping your elbow straight and palm down
- Relax your wrist
- With the opposite hand gently bend your wrist downwards
- Hold 20 seconds, 3 repetitions



Wrist Flexor Stretch:



- Keeping your elbow straight and palm down
- Relax your wrist
- Gently bend your wrist upwards with opposite hand
- Hold 20 seconds, 3 repetitions



Extensors Strengthening:

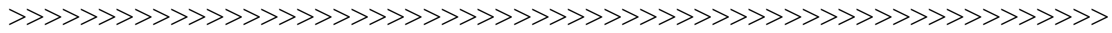
- With your forearm rested on a table
- Hang your wrist and hand off the edge
- Hold a light weight 1/1.5 Kg or a can of beans
- Raise the weight up, moving only your wrist
- Slowly lower it down
- Hold 5 seconds, 10 repetitions, 2 sets



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Handshake Exercise


- With thumb pointing up
- Hold a light weight 1/1.5 Kg or a can of beans
- Imagine you are going to shake hands with someone
- Move the weight up, hold 2 seconds and slowly down
- Keep your arm still and only move your wrist
- 10 repetitions, 2 sets



Grip strengthening:

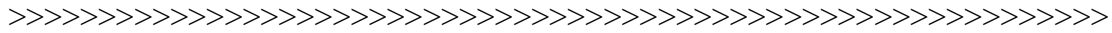
- Squeeze a stress ball
- Hold 5 seconds
- 10 repetitions, 3 sets



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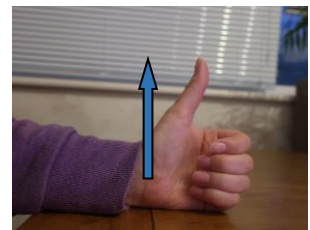


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Thumb lifts:

- Position your hand on a flat surface, with your thumb up
- Lift your thumb up away from your palm making 'thumbs up sign'
- Hold 5 seconds, 10 repetitions



Thumb knuckle bending:

- Position your hand on a flat surface, with your thumb up
- With the other hand, bend your thumb down, till the thumb is in contact with your palm
- Hold 10 seconds, 10 repetitions

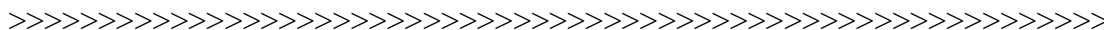


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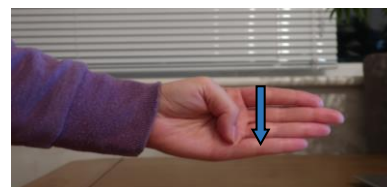


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Finkelstein's stretch:

- Bend your thumb towards the palm of your hand
- Make a fist with your hand, keeping your thumb 'inside'
- Use the opposite hand to gently stretch the thumb side of your wrist
- Hold 10 seconds, 5 repetitions




Palm-down curl:

- Standing with your hands at your side
- Holding a light weight
- Keep your palm down
- Bend your elbow towards your shoulder
- 10 repetitions, 2 sets

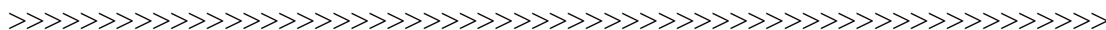


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Forearms rotation:

- Sitting down with a straight posture
- Start with your palms facing downwards on a table
- Slowly rotate your forearms over so that your palms face upwards
- Always keep your thumb relaxed during the movements
- 10 repetitions, 2 sets

