

# DeQuervain's Tenosynovitis

## DESCRIPTION

Painful condition resulting from irritation of the wrist tendons at the base of the thumb. It can result in wrist and forearm pain on the side of the thumb, particularly with certain positions and movements of the wrist



## SYMPTOMS

Pain over the thumb-side of the wrist is the main symptom. Pain may appear either gradually or suddenly. Pain may radiate down the thumb or up the forearm. Hand and thumb motion increases pain, especially with forceful grasping or twisting. Swelling over the base of the thumb may include a fluid-filled cyst in this region.

There may be occasional "catching" or "snapping" of the thumb. Because of the pain and swelling, motion such as pinching may be difficult. Irritation of the nerve lying on top of the tendon sheath may cause numbness on the back of the thumb and index finger.

The Finkelstein Maneuver is helpful in diagnosing DeQuervain's Tenosynovitis

Location of pain when test is positive



When symptoms are severe or do not improve, surgery may be recommended. The surgery opens the compartment to make room for the inflamed tendons during meaningful, purposeful activities.

## FROM AN OCCUPATIONAL THERAPIST'S PERSPECTIVE

### RISK FACTORS

- Cause: irritation of tendons at base of the thumb, usually caused by taking up a new, repetitive activity
- New mothers are especially prone to this type of tendonitis
- A wrist fracture can also predispose a patient to this condition because of increased stresses across the tendons



### OCCUPATIONAL THERAPY CAN HELP

The goal of the therapy is to relieve pain caused by the irritation and swelling using the following techniques:

- Provide a thorough evaluation of the ailment
- Provide a variety of hand splints to support the thumb and wrist and decrease irritation
- Help identify activities which aggravate the ailment and suggest alternative postures, etc.
- Use therapeutic massages, heat, ice and other treatments to decrease irritation and pain

CALL TODAY • SCHEDULE AN APPOINTMENT

VISIT US ONLINE • ACCESSPTW.COM

FOLLOW US



# DeQuervain's Tenosynovitis

## Our Rehabilitation Services include treatment for:

- Back & neck pain
  - Arthritis
  - Orthopedic & sports injuries
  - Balance training/fall prevention
  - Neurological conditions
  - Post surgical
  - Chronic pain
  - Work injuries
  - Hands–Occupational Therapy
  - Pediatrics
  - Vestibular Rehab
  - TMJ
- Industrial Rehab Services (offered in Montgomery, Monroe, Port Jervis, Wallkill):
    - **Functional Capacity Evaluations**
    - **Work Conditioning**



## Our Commitment to you:

- We sincerely care about you & your family
- Experienced in individual patient care
- Comprehensive treatment
- Personalized care

## Physical, Occupational and Speech Therapy

APPOINTMENTS AVAILABLE WITHIN 24 HOURS

Weekdays 7am-8pm

Saturday 8am-12pm

Most insurances accepted

Convenient locations



CALL TODAY • SCHEDULE AN APPOINTMENT

VISIT US ONLINE • ACCESSPTW.COM

FOLLOW US

