

De Quervain's Tenosynovitis

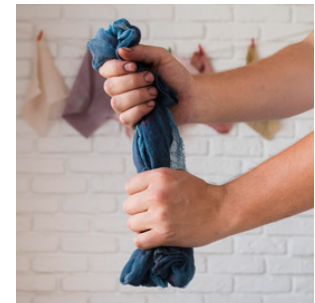
De Quervain's Tenosynovitis

The tendons of the thumb pass through a "tunnel" in the wrist at the base of the thumb where it helps spread the thumb away from the palm. De Quervain's tenosynovitis occurs when the tendons of the thumb are unable to glide smoothly through this tunnel.



Symptoms of De Quervain's Tenosynovitis

Common symptoms include pain in the wrist near the base of the thumb with certain movements of your wrist. You may find difficulty performing simple activities such as brushing your teeth and wringing a towel.



Causes of De Quervain's Tenosynovitis

De Quervain's tenosynovitis is commonly associated with overuse, trauma and awkward movements of the thumb and wrist.



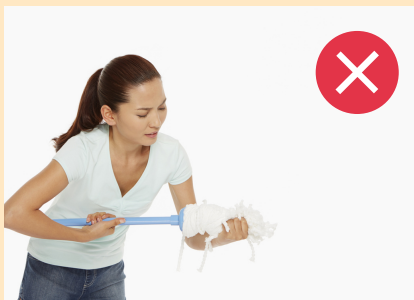
How Can a Hand Occupational Therapist Help You?

A hand occupational therapist will explore your daily activities and suggest ways for you to modify them to relieve your symptoms. To reduce irritation of the tendon, a customised splint may be made for you to either protect, support or prevent undesired movements of your thumb and wrist.



Useful Tips

- Explore and modify - Identify the activities you are doing that will influence the onset and intensity of your discomfort.
- Simplify your work - Plan and prioritise your day, keep things organised and take scheduled breaks in between work.
- Minimise the amount of force necessary to complete the job - Avoid prolonged squeezing, pinching, gripping, and repetitive/awkward wrist movements.
- Wear a splint for night and/or during the day.
- Do not massage over the pain and swelling in the wrist.



Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



Scan QR code to download e-brochure