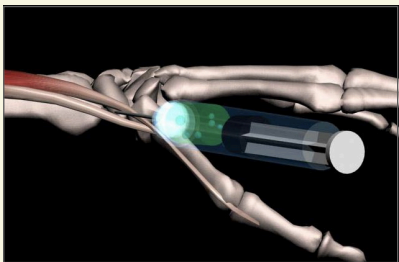


Treatment Options

1. Education: Understanding what DeQuervain's is, and how to prevent it from occurring or worsening is the best treatment currently available.
2. Splint: You may be given a splint to wear. the splint will keep your thumb in a safe position that will prevent you from moving your thumb in ways that may exacerbate your condition, allowing the tendons to relax.
3. Thermal Agents: Use of heat and direct ice may be performed to assist in reducing symptoms.
4. Home Exercise Program (HEP): Performing gentle stretching exercises may assist with the healing process at home.
5. Medications: Anti-inflammatory Drugs (NSAIDs) are often given to reduce inflammation, and may decrease your symptoms.
6. Steroidal patches (Iontophoresis/Hybresis) or an injection into the 1st dorsal compartment of the wrist may be done to locally reduce the inflammation.



7. Surgery: In severe cases, surgery for DeQuervain's involves opening the wrist compartment in order to make more room for the irritated tendons.

Please be aware that this information is provided to supplement the care provided by your physician. It is neither intended nor implied to be a substitute for professional medical advice.

Call Your healthcare provider immediately if you think you may have a medical emergency.

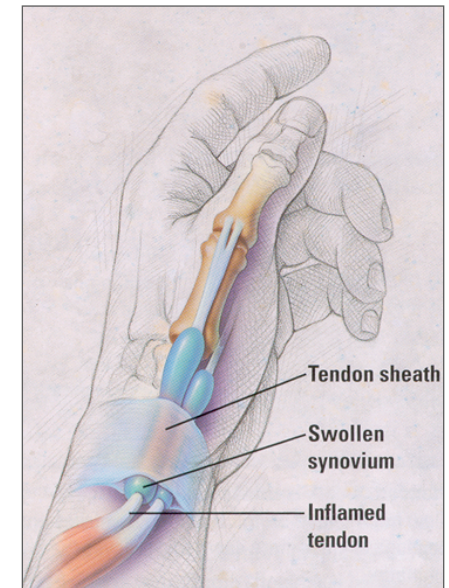
Always seek the advice of your physician or other qualified health provider prior to starting any new treatment or with any questions you may have regarding a medical condition.



Womack Army Medical Center
Fort Bragg, NC 28310

Occupational Therapy Clinic
Patient Information Handout

DEQUERVAIN'S TENOSYNOVITIS



Womack Army Medical Center
Occupational Therapy Service
(910) 907-7383

Consult Required



DeQuervain's Tenosynovitis



DeQuervain's Tenosynovitis is an inflammation of the tissue on the thumb side of the wrist. This is a result of the tendons (cord like fibers that attach muscle to bone), specifically the APL & EPB; and synovium (a slick membrane that allows the tendons to move easily) that become irritated and cause pain.



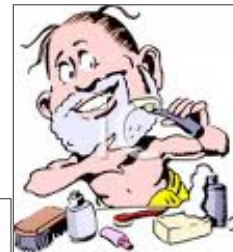
Do you experience any of these symptoms at home and or at work?

- Pain, tenderness, and swelling on the thumb side of the wrist?
- Experiencing difficulty with gripping and pinching?

If so, tell your doctor. There are conservative treatment options available

Activities that can cause symptoms

1. **Lifting:** Lifting everyday objects with your affected hand can further irritate the tendons in your wrist and worsen your condition. Lifting objects must be avoided as much as possible to allow the tendons time to heal and the swelling to subside. If you must lift, try using your unaffected hand or asking someone for assistance.
2. **Sustained Pinch:** Avoid unnecessary grasping and pinching of objects over a prolonged time. Activities like stapling, writing, brushing your hair, shaving, using eating utensils, or even grasping the steering wheel of your vehicle may exacerbate your symptoms. Try using your unaffected hand as much as possible; if you must use your affected hand try to complete tasks while wearing your thumb spica splint and making an effort to keep your thumb still. Consider "building up" handles of objects to make holding them easier.
3. **Repetitive Motion:** Repetitive motions of the affected thumb such as typing will irritate the tendons and should be avoided. Try using a different finger!



Home Exercise Program

A. Splint Wear: Wear the thumb spica splint as directed by your therapist.

Day: _____

Night: _____



B. Stretching Exercises:

1. Hold your affected arm straight out in front of you with your wrist straight, thumb up, and fingers extended and joined, and the thumb against your forefinger.
2. Moving only your wrist, point your fingers toward the ground (ulnar deviation), stretching the thumb side of your wrist and count to 5.
3. Slowly bring your wrist back to neutral and repeat as indicated

Do _____ repetitions _____ times per day.

C. Direct Ice Massage: Follow stretches with direct ice massage. fill a dixie or styrofoam cup with water and freeze. apply ice directly to the skin and massage in a slow, circular motion. You will feel cold, then perhaps aching and/or burning, then numbness. Once your skin is numb, massage for 5 more minutes.

Perform _____ times per day