

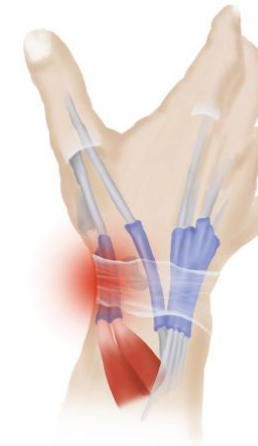
**PATIENT
INFORMATION
LEAFLET**

DeQuervains Tenosynovitis

Airedale NHS Foundation Trust
Bradford Teaching Hospitals NHS Foundation Trust
Bradford District and Craven Clinical Commissioning Group

Introduction

DeQuervain's tenosynovitis is inflammation of the sheath. The sheath wraps around two tendons involved in thumb movement. These tendons run from the thumb down the wrist.



Causes of a DeQuervains Tenosynovitis

The most common cause of DeQuervain's tenosynovitis is overuse. Overuse can be in the form of repetitive thumb movements at work or during sport. Other causes include injury to the area and pregnancy. A specific cause can not always be identified.

Symptoms of DeQuervains Tenosynovitis

The main symptoms of Dequervain's tenosynovitis include pain and swelling at the wrist, near the base of the thumb. Movements of the thumb (such as pinching and gripping) can make the pain worse. Occasionally, a crunching noise can occur when the thumb is moved.

Diagnosis of DeQuervains Tenosynovitis

DeQuervain's is commonly diagnosed with a thorough history and examination. Occasionally, if the diagnosis is uncertain, or your pain does not respond to initial treatment, further investigations may be requested (e.g. ultrasound scan) to confirm the diagnosis.

Self Management of DeQuervains Tenosynovitis

Rest

Limit hand movements that aggravate your pain. It is important to allow time for your symptoms to settle.

Splinting

Splints can be used to limit thumb movement. Splinting helps with resting the thumb. Splints can be bought off the shelf and are often called a thumb spica splint.

Painkillers

Various over the counter pain killers are available for the management of pain. These can be in the form of tablets or gels. If you have any questions your local pharmacy will be able to advise about what is safe.

Physiotherapy

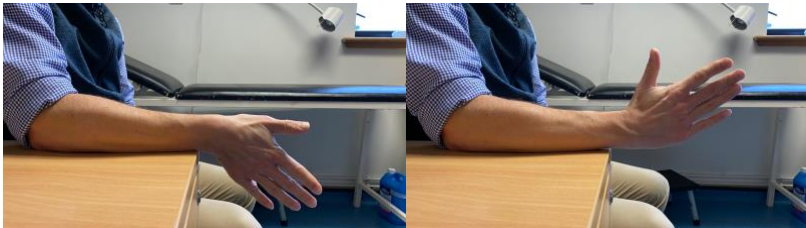
Stretching and strengthening exercises can be used both to treat the initial flare as well as to reduce the risk of relapse.

Steroid Injection

If your symptoms are still present after a referral to physiotherapy and splinting, a steroid injection can be used to help reduce the pain and allow you to continue your physiotherapy.

Exercises for DeQuervains Tenosynovitis

Exercise 1: Wrist Lateral Flexion



- Place your forearm on a surface with your thumb facing upwards.
- Ensure your wrist is not resting on the surface.
- Keeping all your fingers straight, move your hand upwards and downwards in a slow and controlled fashion.

Exercise 2: Weighted Wrist Lateral Flexion



- Place your forearm on a surface with your thumb facing upwards.
- Grasp a weighted object (e.g. water bottle).
- Ensure your wrist is not resting on the surface.
- Whilst holding the weighted object, move your hand upwards and downwards in a slow and controlled fashion.

What Next?

If you are still experiencing symptoms despite following the above advice your GP may decide to refer you to the musculoskeletal clinic or to a physiotherapist. Symptoms can take 6 months to improve. Steroid injections into the knee can help with persistent symptoms. It is important to note that knee washout procedures are no longer performed due to lack of evidence.