

Other Medical Treatment

Your doctor may:

- Prescribe anti-inflammatory medication
- Offer a corticosteroid injection to reduce the inflammation

Surgical Treatment

The doctor may recommend surgery if there is little improvement from non-surgical treatment.

After surgery, please remember to:

- Keep your wound clean and dry by changing your wound dressing as recommended
- Manage your scar as recommended by your doctor or nurse after your stitches are removed
- Manage your pain and swelling as recommended by your doctor or occupational therapist
- Perform hand exercises as recommended by your occupational therapist
- Continue to modify the way you perform your daily activities to minimise the chance of recurrence
- Put on your prescribed splint/brace as recommended

Clinic B1
(Occupational Therapy & Speech Therapy Clinic)
TTSH Medical Centre, Level B1
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Department of
OCCUPATIONAL THERAPY

A Hand Therapy Guide: De Quervain's Tenosynovitis



Understanding De Quervain's Tenosynovitis

De Quervain's tenosynovitis is a condition that involves inflammation of the lining of two tendons [Figure 1]. They are found on the side of the wrist and at the base of the thumb. Symptoms of the condition may include pain and swelling [Figure 2].

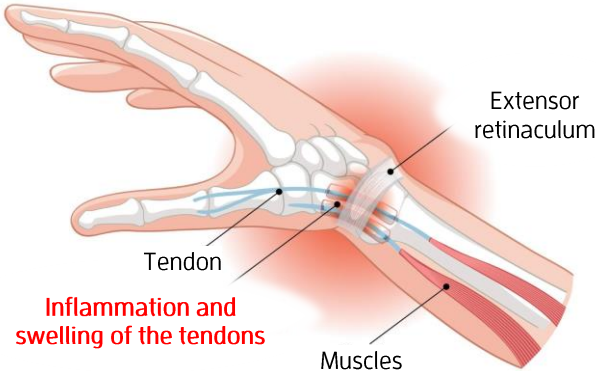


Figure 1.


Above image shows the inflammation of the lining of two tendons



Figure 2.

Above image shows the area where sharp pain may be experienced

Actions That May Cause This Condition

Actions that may cause this condition
 <p>Prolonged and/or repetitive wrist twisting and thumb pinching</p>
<p>Repetitive thumb/wrist movements such as:</p> <ul style="list-style-type: none"> • During housework: wringing of towel, washing dishes, opening jars, carrying loads • During sports: using a racket, bouldering • During leisure/work: crocheting, using a stapler or other tools, prolonged phone scrolling • During caregiving: carrying baby

Signs & Symptoms

- Pain and tenderness over the wrist near the base of the thumb. This is usually worse with repetitive movements of the thumb and wrist.
- Prominence over the wrist near the base of the thumb may be present
- Swelling over the affected area

Your active participation is key for therapy to be effective!

Hand Occupational Therapy

- **REST** and minimise movement or activities that increase pain
- **Modify the way you do your daily activities, for example:**

Squeeze cloth between two hands and drip dry



Keep thumb close to side of index finger during grasping



- Wear a prescribed splint/brace as recommended



- Perform your exercises/heat treatment/massage as recommended by your occupational therapist
- Learn self-management strategies to minimise the chance of recurrence