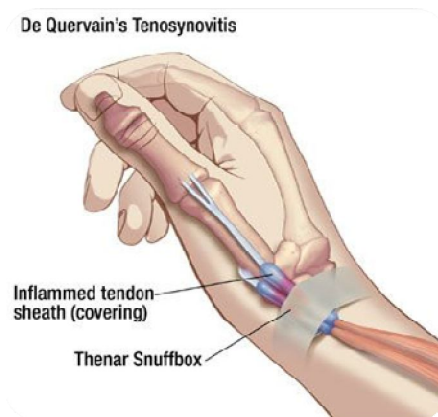


De Quervain's Tenosynovitis

De Quervain's tenosynovitis refers to inflammation of the soft tissues surrounding the tendons which move the thumb. This condition is an overuse injury associated with pain and tenderness over the thumb tendons as they cross the back of the wrist joint. There may also be swelling present at this site and creaking or crepitus of these tendons can be heard or felt as the thumb or wrist is moved.



If you suspect you have De Quervain's tenosynovitis you should try and seek treatment as soon as possible to reduce the likelihood of any long term complications. In the mean time you should try and avoid activities which aggravate your pain as this may lead to further damage of the tendons and a prolonged recovery.

Treatment for De Quervain's tenosynovitis can involve a variety of options. Firstly the physiotherapist will conduct a thorough assessment of your condition to determine the most appropriate treatment program for you, and to rule out the possibility of any secondary complications. At this point the physiotherapist may require the use of medical imaging, such as an x-ray or ultrasound, to truly determine the severity of the condition. Your medical practitioner will assist in this process

Treatment may involve a combination of:

- Icing
- Stretching
- Deep tissue massage
- Taping
- Ultrasound therapy
- Strengthening of certain muscles
- TENS
- Avoidance of aggravating factors

If these conservative treatment options fail, anti-inflammatory medication, cortisone injections or surgical management may be indicated.