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De Quervian's Tenosynovitis

De Quervain tenosynovitis is a tendonitis of the tendons situated along the outer aspect of the wrist in line with the thumb. It causes pain during thumb motion. It is an over-use injury caused by repetitive loading of the tendons controlling thumb movement.

Causes:

- Patients frequently are mothers of infants aged 6-12 months, and symptoms are often noted in both wrists.
- Day care workers and other persons who repetitively lift infants are frequently affected as well.
- De Quervain tenosynovitis can also develop in individuals who have sustained a direct blow to the described area.
- People engaging in over-use type activities, like racket sports, ten pin bowling, rowing and canoeing
- Poor computer ergonomics
- Excessive typing on mobile phones to send text messages.

Your physiotherapy treatment may include:

- Protective bracing
- Taping to off load the over used muscles and tendons
- Massage and myofascial release of the forearm muscles
- Joint Mobilisation to increase movement and reduce pain
- Rehabilitation indicated to strengthen and improve wrist stability
- Electrotherapy for pain
- Acupuncture
- NSAIDS
- Cryotherapy (ice therapy)
- Ergonomic correction
- Corticosteroid injection (referral to specialist)

Medical therapy:

- Splinting of the thumb and wrist relieves symptoms.
- Immobilisation of the forearm in plaster for 4-6 weeks
- Anti-inflammatories e.g. NSAIDS
- Injection of corticosteroid into the tendon sheath.

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