



ANDERSON HAND THERAPY

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Patient Information - De Quervain's Tenosynovitis

What is it?

Inflammation of the tendon sheaths of the Abductor Pollicis Longus, and Extensor Pollicis Brevis tendons at the lateral aspect of the wrist. Patients report pain with pinching and wrist movement / loading. Most common patient population are 30-50 year old women

Why does it occur?

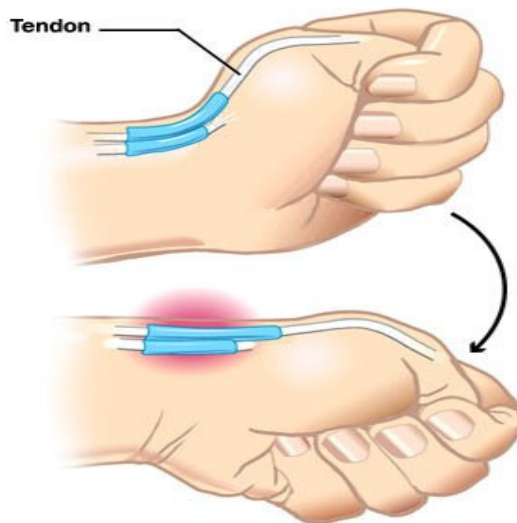
Repetitive loading / movement of the wrist, often mimicking the Finklestein posture as described below. New mothers often get De Quervain's from picking up their babies, or from holding their baby in awkward positions while breast-feeding.

How is it diagnosed?

Finklestein's test (below).

Palpation of the tendons where they form the palmar border of the radial snuff box is painful.

Ultrasound imaging



Alternative diagnoses?

Thumb carpometacarpal osteo-arthritis (rule out with history, x-ray, and/or grind test)

Intersection syndrome (More proximal tenosynovitis)

Carpal tunnel syndrome (sensory disturbance and pain, often causing nocte disturbance)

Treatment

Hand Therapy involving an immobilising wrist and thumb splint, modalities, and soft tissue mobilisation as appropriate.

Patient education in appropriate ergonomics, eg. "Use a scooping motion to pick up your baby. Use pillows to help support your baby while breast / bottle feeding"

NSAIDS

Cortisone injection

Surgery (Conservative management is usually successful, a surgical option is usually a last resort for severe cases)