



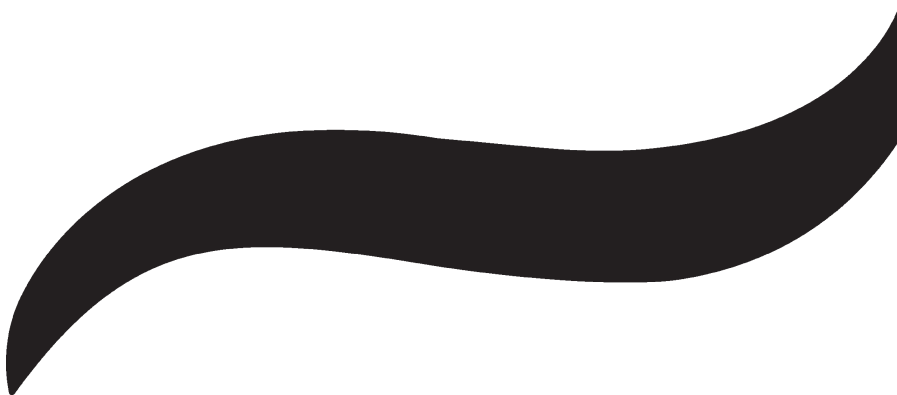
Information and advice about

DeQuervain's Tenosynovitis

A condition affecting the tendons
on the thumb side of the wrist

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Website:



WHAT IS DEQUERVIAN'S TENOSYNOVITIS

DeQuervian's Tenosynovitis is a condition affecting the tendons on the thumb side of the wrist causing pain.

Muscles are attached to bones by tendons. A tendon sheath covers the tendons and stops them getting damaged. In DeQuervian's Tenosynovitis the sheath around the tendons thickens. The tendons that go from the wrist to the thumb become irritated, they are no longer able to move smoothly and this makes them painful.

If you have swollen hands and/or fingers and also notice swelling in your face, have headaches or see flashing lights, call Maternity Triage on 01698 366210.

WHAT CAUSES DEQUERVIAN'S TENOSYNOVITIS

The following can cause DeQuervian's Tenosynovitis

- ❖ Injury to the area
- ❖ Repetitive use
- ❖ A tendon strain

You're more likely to have DeQuervian's Tenosynovitis if you are:

- ❖ Female
- ❖ Pregnant, especially from 27 weeks onwards
- ❖ Looking after your baby - this includes activities such as changing nappies, lifting the baby and supporting the head.
- ❖ Aged between 30-50
- ❖ Manual workers (such as carpenters or professionals using hammers repeatedly)
- ❖ Doing sports with increased risk include golf, racquet sports, wrestling and bowling.

- ❖ Other activities that increase risks for people include using your mobile phone too much, knitting and video gaming.
- ❖ Repetitive hand movements

WHAT ARE THE SYMPTOMS OF DEQUERVIAN'S TENOSYNOVITIS?

- ❖ Pain near the base of the thumb and wrist
- ❖ Swelling
- ❖ Not being able to move your thumb as much

TREATMENT FOR DEQUERVIAN'S TENOSYNOVITIS

The aim of treatment is to reduce pain and swelling at the base of the thumb and wrist

- ❖ Apply ice to the sore area – don't put the ice straight onto your skin, put a towel between the ice and your skin. Keep the ice on for 10-15 minutes, and do this twice a day.
- ❖ Rest
- ❖ Don't move your thumb repeatedly, or make any movements that give you pain
- ❖ Thumb splint – you should wear this during the day and take it off at night. It helps to limit the amount you move your thumb and allows it to rest.

EXERCISES FOR DEQUERVIAN'S TENOSYNOVITIS

You should wait until the pain has settled down before you start doing any exercises. This means doing the treatments listed above before beginning these exercises. This can take time, so don't rush through the treatment.

The first four exercises involve moving the thumb with the other hand.

You should do all four exercises slowly.

Repeat all the exercises 5-10 times.

1. Put the sore hand palm down on a flat surface. With the other hand lift the thumb slowly off the surface and then move the thumb slowly back down onto the table.



2. Put the sore hand palm down on a flat surface. With the other hand move the thumb away from the other fingers along the surface and then move the thumb slowly back to the other fingers.



- Put the sore hand sideways on the flat surface with the little finger touching the surface. With the other hand, lift the thumb slowly up and away from the other fingers and then move the thumb slowly back down.



- Place your hand off the edge of the table with your forearm lying on the table. Slowly move the wrist downwards with the little finger leading towards the floor. Stop if you get any pain.
Use the other hand to bring the wrist back up to the starting position.



You should only move onto the following exercises once you can do the first four exercises without any pain.

Repeat the first four exercises but this time move the thumb on its own. Don't use the other hand to move the thumb.

5. With the affected using your sore hand, take your thumb over to touch your little finger, and then return your thumb back to the starting position. Repeat this exercise taking your thumb over to touch each of your other fingers. Repeat 5 times. After this take your thumb back over to touch your little finger and hold this stretch for 30 seconds.



HOW IS DEQUERVIAN'S TENOSYNOVITIS RELATED TO PREGNANCY

You can get a build-up of fluid in your hands and wrists when you're pregnant. This can increase the pressure around your wrist and tendons.

Women who have had their babies are more likely to get DeQuervian's Tenosynovitis. This is because you are lifting your baby over and over again, and doing things like feeding, changing and bathing them.

Some useful tips to help manage your symptoms:

- ❖ Try and reduce anything that makes your symptoms worse and gives you pain
- ❖ If you're breastfeeding, use a pillow under your hand to support your wrist when holding your baby

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