



ORTHOPEDIC
ASSOCIATES
of HARTFORD

50 Years of Excellence

DE QUERVAIN'S TENOSYNOVITIS

Home Exercises

Avoiding repetitive use and stress to your wrist and thumb are key to decreasing your pain.

MEDICATIONS:

Only take oral anti-inflammatory medications if directed by your provider.

Your provider may determine if a cortisone injection would be helpful. You may experience a temporary increase in discomfort following an injection but in a few days you should feel better. There is no need to wear a splint following the cortisone injection. You can increase your activity level carefully.

SPLINTING:

Your provider or therapist may fit you with a splint. It will immobilize both your wrist and thumb.

Initially wear the splint day and night for two weeks, removing only for washing/bathing. You may then slowly decrease how much you use it. Be aware of what activities tend to aggravate the hand and wear the splint at those times.



ICING:

For pain relief, apply an ice pack to the painful area for 15 minutes. A bag of frozen peas works well as an ice pack. You may do this as often as needed during the day.

TAPING:

Specialized taping is often beneficial to support the area and decrease pain. The brands of tape that we recommend are RockTape, KT Tape, or Kinesio Tec Tape and are readily found in your pharmacy or online. The taping technique our therapists use is pictured below. There are instructional videos you may access on YouTube by typing in "Taping for DeQuervain's Tenosynovitis". Try several different ways to see what works best for you. The color of tape does not matter.



USING YOUR HAND:

Avoid repetitive wrist or thumb movements. Think about your hobbies: instruments, gardening, gaming and how they may be affecting your hand pain. If it is the hand you use on a computer mouse, consider changing the sensitivity of the mouse in the control settings or using it with your other hand.

If you recently had a baby, support the baby's head on a pillow when feeding and avoid picking the baby up under the arms. Try scooping them up by lifting under their bottom.

EXERCISE:

With hand flat on the table, gently slide wrist to little finger side.

Repeat 5-10 Times Hold 5 Seconds

Perform 3 Times a Day



Gently bend thumb down toward the base of the little finger.

You should feel a gentle stretch but avoid painful motions.

Hold 5 seconds. Relax it back to a resting position.

Do not straighten it back out with force.

Repeat 5-10 Times Hold 5 Seconds

Perform 3 Times a Day



Grip your thumb with your fingers and then GENTLY bend your wrist downward. Only go as far as your pain free range.

Repeat 4 Times Hold 30 Seconds

Perform 3 Times a Day

