

DeQuervains

The problem

- DeQuervain's Tenosynovitis is a painful condition caused by inflammation of two of the thumb's tendon sheaths near the wrist
- DeQuervain's Tenosynovitis may develop as a result of repetitive or forceful hand and wrist movements, especially grasping, lifting, and turning. Any of these movements will likely cause some discomfort when the tendons are inflamed

Interesting facts

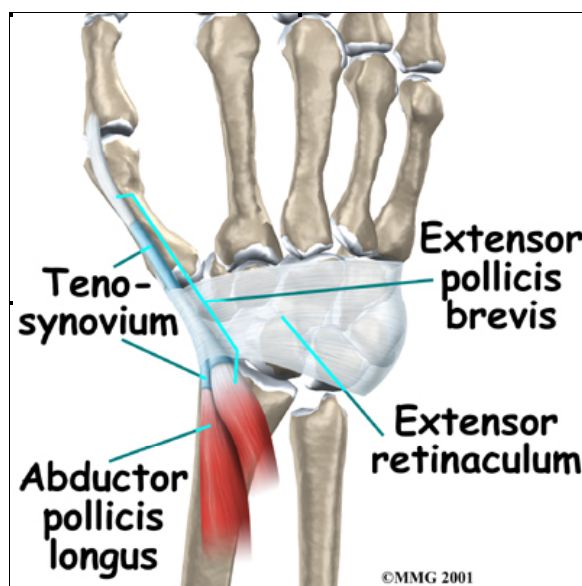
- DeQuervain's Tenosynovitis is the most common condition involving tendon sheath swelling.
- Usually DeQuervain's Tenosynovitis is an overuse injury in individuals whose occupations or hobbies involve repetitive motions. It can also result from direct trauma or inflammatory conditions, such as rheumatoid arthritis
- DeQuervain's Tenosynovitis occurs most frequently in individuals aged 30-50 and is more common in women than in men

What you can expect/look out for

- Pain and swelling near the base of the thumb
- A popping sensation may occur when the thumb is flexed across the palm
- Difficulty moving the hand and wrist when performing activities involving grasping or pinching
- If the condition continues without treatment, pain may progress into the thumb or up the forearm

Hints for self-management

- Rest – avoid repetitive and aggravating movements. A splint may also help ensure a neutral position is maintained
- Ice the affected area
- Anti-inflammatory medications can help reduce the inflammatory response



Management options

- A corticosteroid injection to the area is often used to reduce pain and inflammation
- Physiotherapy to guide gradual return to normal activities and address any underlying biomechanical/ergonomic issues that may have contributed to the development of the condition
- In more severe cases, surgery designed to relieve the pressure in the tendon sheath may need to be considered

More information

- The extensor pollicis brevis and abductor pollicis longus muscles are involved in thumb movements and play an important role in grasping objects
- These two tendons share a common tendon sheath, and normally glide smoothly through a tunnel that connects them to the base of the thumb. If this common sheath becomes inflamed it can cause impingement and affects both tendons