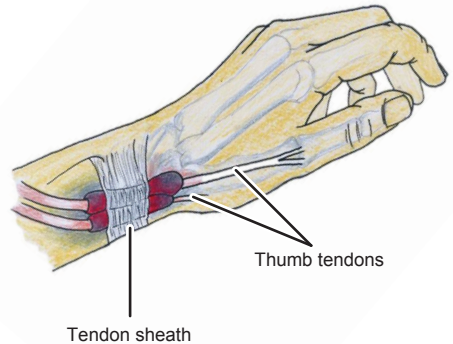


Occupational Therapy for De Quervain's Tenosynovitis



What is De Quervain's Tenosynovitis?

De Quervain's tenosynovitis refers to an inflammation of the tendons on the side of the wrist where the thumb is. These tendons move within a tight tunnel (tendon sheath) during thumb and wrist movement. Painful irritation of these tendons occur when the covering of the tunnel thickens and swells, causing friction when the tendons move.



The main symptom is pain and sometimes swelling over the side of the wrist, limiting motion and function. It can worsen with hand and thumb use, especially through repeated or forceful grasping, pinching and twisting.

What causes De Quervain's Tenosynovitis?

There are many factors that contribute to De Quervain's tenosynovitis. The condition can be aggravated with repetitive trauma or overuse of the thumb and wrist in some daily activities involving:

- The wrist being held in an awkward position in pinching or peeling
- Repeated resistive thumb motion, e.g. cutting with scissors
- Gripping with the fingers and twisting of the wrist, e.g. wringing towels, scrubbing surfaces

The role of Occupational Therapy

Your occupational therapist aims to assist you in improving your ability to perform daily tasks by:

- Providing a custom-made splint to rest your wrist and thumb to facilitate healing
- Providing advice and education on modifying your daily activities to avoid the overuse of your thumb and wrist



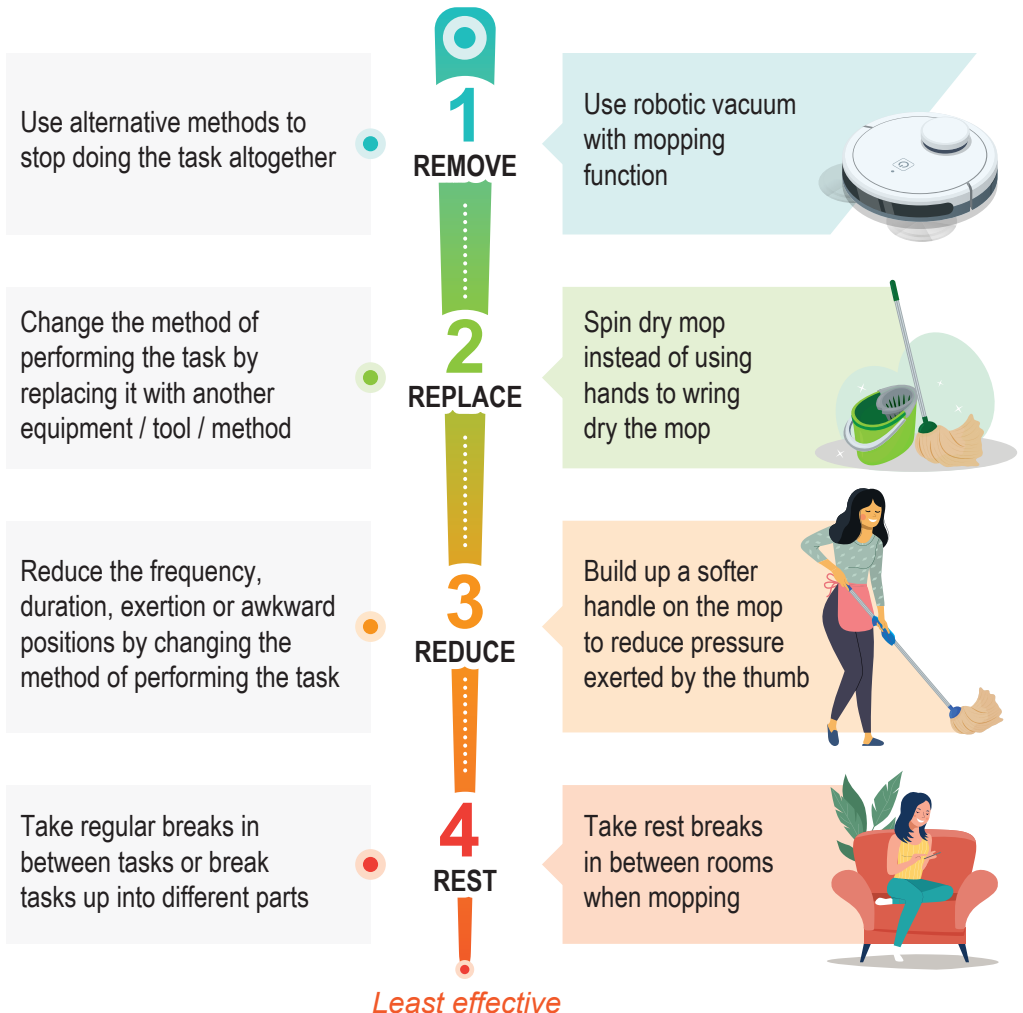
Principles of Activity Modification

Identify and reflect on daily activities that involve awkward thumb positioning or forceful gripping / pinching. You may use the following principles of activity modification to identify solutions which can prevent aggravation of symptoms.

Apply these principles in mopping as a reference:

Mopping

Most effective



Do these exercises
10 - 20 times, 3 - 4 times a day.

Home Exercises

As the pain subsides, you can start the following gentle wrist and thumb exercises to prevent stiffness, as advised by your occupational therapist.



Move wrist
upward and downward



Move wrist
sideways, left and right



Turning forearm
up and down



Move thumb inward
and outward across the palm



Move thumb
inward and outward



Move thumb towards and
away from the index finger

NOTES

A large white area with a blue border and a dotted grid pattern, intended for writing notes. The grid consists of small blue dots arranged in a regular pattern across the entire white space.

**Activity modification for management of
De Quervain's Tenosynovitis**



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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your Occupational Therapist if you have any questions related to the information provided. Information is correct at time of printing (November 2021) and subject to revision without prior notice.

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