

De Quervain's Tenosynovitis



Scan this QR Code to access a detailed video that enhances the information in this handout. It includes step by step guidance and visual demonstrations for each exercise.

What is De Quervain's Tenosynovitis?

De Quervain's Tenosynovitis is a condition that causes pain and tenderness along the thumb side of the wrist. It occurs when the tendons that help move the thumb become irritated or constricted within their sheath. This is often due to repetitive thumb motions, gripping, or lifting activities that strain these tendons. Common symptoms include pain or swelling near the base of the thumb, discomfort with wrist or thumb movements, and difficulty with tasks such as grasping, pinching, or lifting.

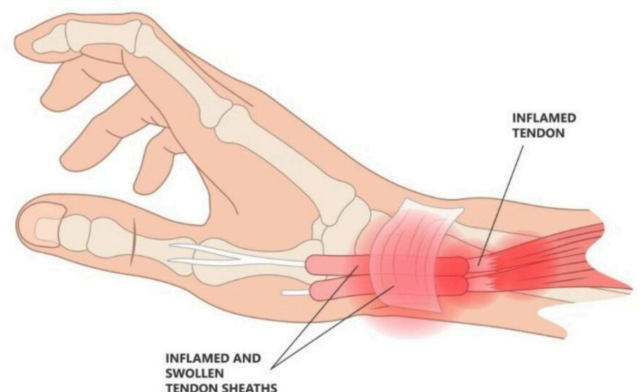
How is it treated?

Initial treatment focuses on reducing inflammation and relieving pain. This may include rest, ice, and the use of a thumb spica splint to limit movement and allow healing. In some cases, anti-inflammatory medications are used for symptom relief. Rehabilitation plays a key role in long-term recovery. A structured program that includes gentle stretching and progressive strengthening of the wrist and thumb muscles helps restore function and prevent recurrence. Ergonomic adjustments at work or during daily tasks are also important to reduce strain on the tendons.

How long is the recovery?

Recovery time varies depending on the severity and duration of symptoms. Mild cases often improve within 2–4 weeks with conservative care, while chronic or severe cases may take several months to fully resolve.

Returning to normal activities should be gradual. Avoid tasks that provoke symptoms until pain subsides, and reintroduce movement with low-resistance exercises before progressing. Consistency in rehabilitation and tendon protection strategies is key to long-term improvement.



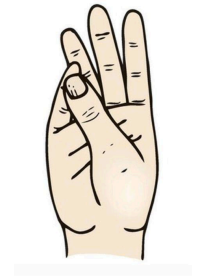
De Quervain's Tenosynovitis Rehabilitation Exercises

Consistent rehabilitation can accelerate recovery and prevent recurrence. The following program should be done daily for at least 4-6 weeks.

Elbow and Wrist Warm Up

Opposition Thumb Stretch

- Objective: Improve flexibility and mobility of the thumb muscles
- Hold your hand out in front of you with the palm facing up. Slowly bring your thumb across your palm to touch the tip of your pinky finger. Hold for a moment, then return to the starting position.
- Repeat 10 times.



Wrist Flexion Stretch

- Objective: improve range of motion and mobility of forearm muscles
- Extend one arm in front of you with the palm down. Using the other hand, gently pull the fingers back towards you until a stretch is felt along the upper part of the forearm.
- Hold for 30 seconds.



Wrist Extension Stretch

- Objective: improve range of motion and mobility of forearm muscles
- Extend one arm in front of you with the palm up. Using the other hand, gently pull the fingers back towards you until a stretch along the forearm.
- Hold for 30 seconds.



Elbow and Forearm Strengthening Exercises

Weighted Wrist Flexion

- Objective: strengthen wrist flexors, improves strength and stability
- Rest your forearm on a table with the hand off the edge and the palm facing upwards. Hold a light weight (water bottle, light dumbbell) and flex the wrist upwards. Pause briefly at the top and then gradually lower to the starting position.
- Perform 3 sets of 10 repetitions.



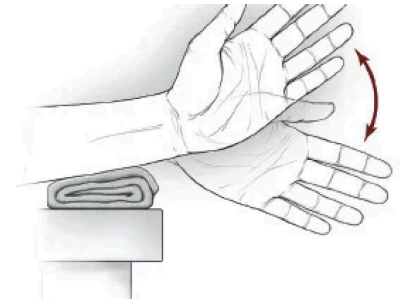
Weighted Wrist Extension

- Objective: strengthen wrist extensors, improves strength and stability
- Rest your forearm on a table with the hand off the edge and the palm facing downwards. Hold a light weight (water bottle, light dumbbell) and flex the wrist upwards. Pause briefly at the top and then gradually lower to the starting position.
- Perform 3 sets of 10 repetitions.



Radial Deviation

- Objective: improve wrist mobility and strengthen the wrist muscles
- Hold your forearm steady and upright (like you're giving a thumbs-up), either unsupported or resting on a table's edge. Hold a light weight and gently move your hand toward your thumb side then return to the center.
- Perform 3 sets of 10 repetitions.



Grip Strength

- Objective: improve grip strength and forearm endurance
- Squeeze a stress ball or similar object firmly, hold for a few seconds, then release.
- Do this for 30 seconds.



Finger Spring With Rubber Band Exercise

- Strengthen the extensor muscles of the fingers to improve grip balance and support thumb and wrist function
- Place a rubber band around all five fingertips with your fingers together. Slowly spread your fingers apart against the resistance of the band, like opening a flower. Hold briefly at the end range, then return to the starting position.
- Perform 3 sets of 10 repetitions.

