



De Quervain's Tenosynovitis

Body Part

Wrist

Condition:

De Quervain's Tenosynovitis is a painful condition that affects the two tendons (Abductor Pollicis Longus and Extensor Pollicis Brevis) on the thumb side of the wrist. These two tendons pass through a sheath near the thumb, which is filled with a slippery fluid to enable the tendons to 'glide' as they move the thumb. Inflammation of the tendons and fluid is known as 'tenosynovitis'. In De Quervain's Tenosynovitis, movement of the thumb is affected.

Summary

DeQuervain's Tenosynovitis is usually caused by overuse, or poor wrist posture. One of the most common populations to suffer this condition are new mothers, who commonly lift their babies while also tilting their wrists. Repetitive thumb motions such as pinching, squeezing or grasping can also aggravate this condition. So too can sustained positions which compress the tendon (eg. poor wrist posture at a computer keyboard).

Symptoms:

The most common symptoms of DeQuervain's Tenosynovitis include:






- Pain over the thumb-side of the wrist, commonly also extending up the forearm and into the thumb
- Burning sensation in the thumb / hand
- Difficulty gripping / handwriting
- Swelling over the thumb side of the wrist



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Treatment:

Treatment commonly includes:

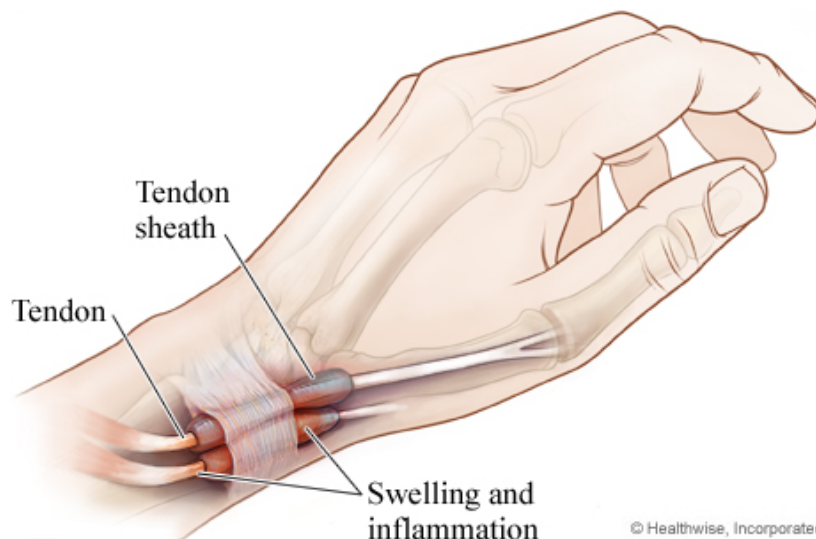
- Splinting
- Reducing aggravation to allow inflammation to settle (eg. changing lifting techniques, correcting keyboard posture)

Prognosis:

The key factor for treatment of this condition is to act early! When De Quervain's Tenosynovitis is detected in the early phase, it has a much better chance of resolving quickly. Most commonly, a splint needs to be worn for 6 weeks, and then a re-strengthening program commenced to prevent reinjury. For injuries that are not addressed in the acute stage, this process can become more lengthy and require further interventions.

Further information:

For further information, please contact our friendly team at Gen Health.







<https://www.sportscarept.com/de-quervains-tenosynovitis/>



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