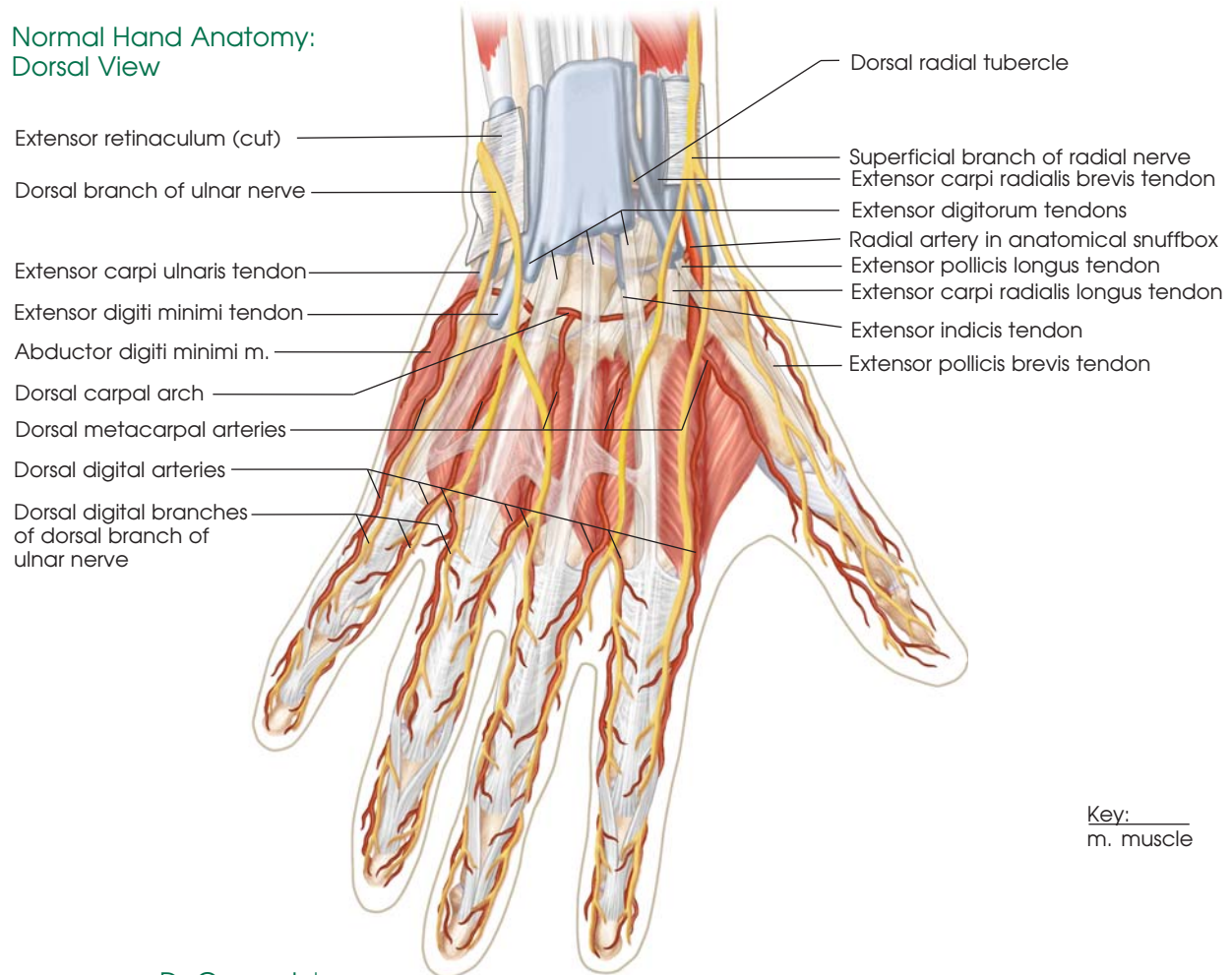
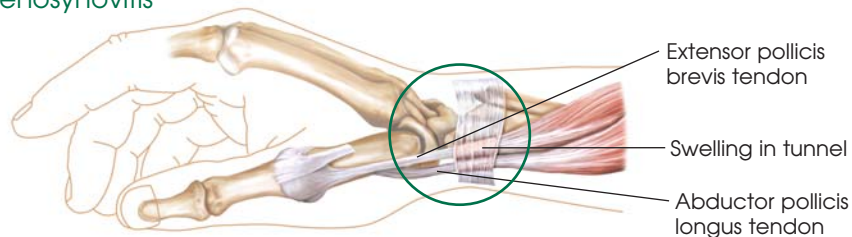


DeQuervain's Tenosynovitis

Normal Hand Anatomy: Dorsal View



DeQuervain's Tenosynovitis



DeQuervain's Tenosynovitis is inflammation or swelling of the sheath of the tendons on the thumb side of the wrist. The condition can be caused by repetitive hand and thumb motions in activities such as pitching a baseball, skiing, gardening, hammering, knitting or playing music. This can cause pain and swelling near the base of the thumb and discomfort when turning the wrist, grasping items or making a fist. If left untreated, pain could spread up the forearm and there may be a squeaking sound as tendons move within the sheath.

Common Treatment Options

- Immobilize the thumb and wrist with a splint or brace to protect against movements that may worsen the symptoms.
- Apply ice packs to the wrist for 20-30 minutes every 3-4 hours for the first 2-3 days.
- Take anti-inflammatory medications such as ibuprofen or naproxen as prescribed by your doctor.
- Steroid injections may be recommended by your physician.
- Do rehabilitation exercises as directed by your physician.
- Surgery is sometimes required if symptoms persist despite treatment.

