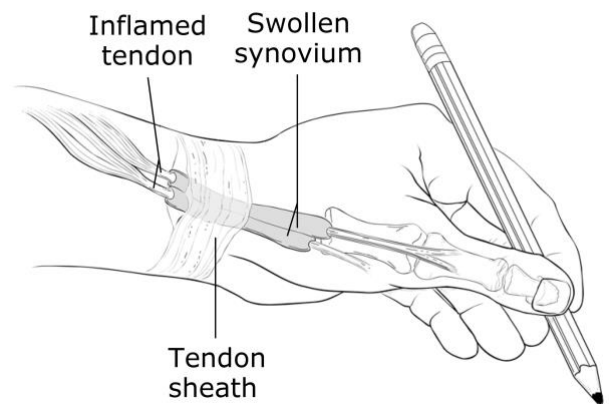


# DE QUERVAIN'S TENOSYNOVITIS

de Quervain's affects two thumb tendons called the abductor pollicis longus (APL) and extensor pollicis brevis (EPB). As the tendons travel down the inside of the forearm they pass through a tunnel, or sheath, along the inside edge of the wrist. The tunnel is lined with a slippery coating called tenosynovium which allows the tendons to glide easily within the tunnel as the thumb moves. If the tenosynovium becomes inflamed this is known as tenosynovitis.



Tenosynovitis can occur as a result of:

- Repeated hand and thumb motions: grasping, wringing, squeezing, carrying etc.
- Arthritic diseases
- Scar tissue from a previous injury

Sometimes the cause of de Quervain's tenosynovitis is unknown.

It is extremely common in young mothers who perform lots of repetitive lifting and holding.

The 'Finkelstein test' is a diagnostic tool used for de Quervain's.

## Symptoms:

- Pain (and/or swelling) on the thumb side of the wrist, either gradually or suddenly
- Pain with grasping objects, making a fist or turning the wrist
- Crepitus (noises on the thumb side of the wrist)
- A catching or snapping sensation

## Treatment

- Anti-inflammatories and ice
- Immobilising the wrist and thumb with a splint or brace to rest the tendons
- Avoiding repetitive thumb movements as much as possible
- Manual therapy to release any muscle tightness in the arm
- Strengthening exercises