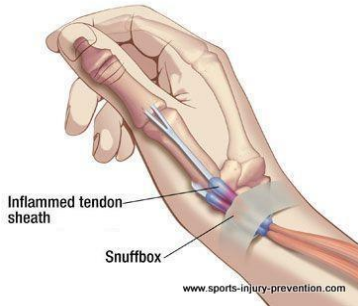


De Quervain's tenosynovitis

De Quervain's Tenosynovitis



What is De Quervain's tenosynovitis?

De Quervain's is caused by friction between the extensor pollicis brevis (EPB) and the abductor pollicis longus (APL) tendons of the thumb. This creates a thickening and narrowing of the area in which they are housed. This causes inflammation and pain.

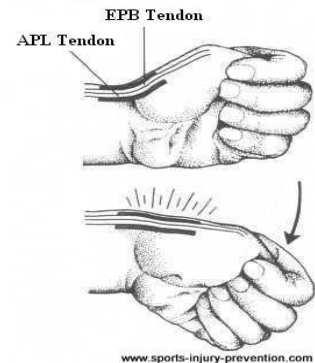
What are the symptoms of De Quervain's?

- Pain and tenderness at the side of the wrist beneath the base of the thumb
- Pain on moving the thumb and wrist

How is De Quervain's treated?

Treatments for De Quervain's include these options:

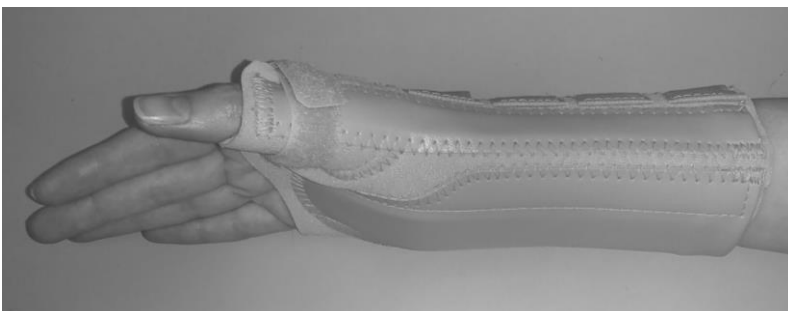
- Steroid injection followed by use of a thumb/wrist splint for 2 weeks e.g. pictured below to rest the thumb.
- Use of a thumb/wrist splint only for 6 weeks.
- Steroid injection only, with 2 weeks of relative rest of the thumb.
- Surgery (usually only if the above treatments don't help).



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<http://www.arthritisresearchuk.org/>

Steroid injection combined with splinting is favoured at Poole Hospital as the most effective treatment. This is supported by current research evidence.

Research has shown splinting alone or steroid injection alone can also be effective and comparable to each other in treatment success.



Aims of steroid injections

Steroid injections work as a potent anti-inflammatory to help reduce pain. Normally, it takes 2-4 weeks to be effective.

Aims of splinting

To prevent movement of your thumb and wrist which allows the tendons to rest and reduces pain.

Activity modification

Avoid using your thumb in a wide span combined with a wrist that is very flexed towards the palm, especially for prolonged periods of time.

Avoid repetitive thumb movements e.g. texting /gaming console.

Avoid using your wrist and thumb strongly in grip combined with a sideways movement of the wrist to the little finger e.g. saucepans/ steering a child's buggy one handed.

Once symptoms are improved, avoid prolonged repetitive activities that might provoke recurrence.

References

Cavaleri R, et al. (2016) Hand therapy versus corticosteroid injections in the treatment of de Quervain's disease: A systematic review and meta-analysis. *Journal of Hand Therapy* (29) 3-11.

Contact details

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For further general health-related information, please ask the relevant department for an Information Prescription or contact:

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We can supply this information in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499 or the Health Information Centre on 01202 448003 for further advice.