



Understanding De Quervain's Tenosynovitis

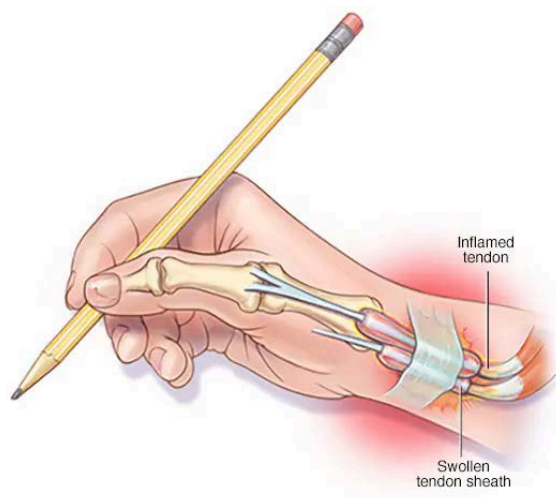
A Patient Information Pamphlet

Introduction :

We are providing you with important information about De Quervain's Tenosynovitis. Please read this information sheet carefully and feel free to ask any questions or seek clarification from us.

What is De Quervain's tenosynovitis?

De Quervain's tenosynovitis is a condition characterized by inflammation of the tendons located at the base of the thumb, typically causing pain and swelling in the wrist and thumb area. This condition can make simple movements of the thumb and wrist painful and challenging.



What are the causes and symptoms?

Causes

De Quervain's tenosynovitis is often caused by repetitive hand and wrist movements, particularly activities that involve gripping, grasping, or twisting motions. Certain factors such as overuse, injury, or underlying inflammatory conditions may contribute to the development of this condition.

Symptoms

Common symptoms of De Quervain's tenosynovitis include:

- Pain and tenderness at the base of the thumb or along the wrist.
- Swelling or inflammation over the thumb side of the wrist.
- Difficulty moving the thumb or wrist, especially when grasping or making a fist.
- A "catching" or "snapping" sensation with thumb or wrist movements.

Diagnosis and Treatment Options :

Treatment for De Quervain's tenosynovitis typically involves a combination of conservative measures and, in some cases, medical interventions. These may include:

- Resting the affected hand and avoiding activities that exacerbate symptoms.
- Applying ice packs to reduce pain and inflammation.
- Wearing a thumb splint or brace to immobilize the thumb and wrist.
- Taking nonsteroidal anti-inflammatory medications (NSAIDs) to alleviate pain and reduce inflammation.
- Corticosteroid injections to reduce inflammation and provide temporary relief.
- Physical therapy to improve hand and wrist strength and flexibility.

Managing and Preventing :

To manage and prevent De Quervain's tenosynovitis, consider the following tips:

- Avoid repetitive hand and wrist movements, particularly activities that involve gripping or twisting motions.
- Take frequent breaks during activities that strain the thumb and wrist.
- Use proper ergonomic techniques and equipment to reduce strain on the hand and wrist.
- Perform stretching exercises to improve hand and wrist flexibility.
- Maintain a healthy lifestyle and manage any underlying conditions that may contribute to inflammation.



If you have any questions or require further clarification, please do not hesitate to reach out to us.

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