

Surgical Treatment

The doctor may recommend surgery if there is little improvement from non-surgical treatment.

After surgery, please remember to:

- Keep your wound clean and dry. Change your wound-dressing as recommended.
- Manage your scar as recommended after your stitches are removed.
- Manage your pain and swelling as recommended.
- Perform hand exercises as recommended.
- Change the way you perform your daily activities.
- Put on your prescribed splint/brace as recommended.

Clinics B1C

(Occupational Therapy Clinic)

TTSH Medical Centre, Level B1

Contact:

6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

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Department of OCCUPATIONAL THERAPY

DeQuervain's Tenosynovitis



Understanding DeQuervain's Tenosynovitis

DeQuervain's tenosynovitis is a condition that involves inflammation of the lining of two tendons*.

They are found on the side of the wrist and at the base of the thumb respectively.

Symptoms of the condition may include pain and swelling.

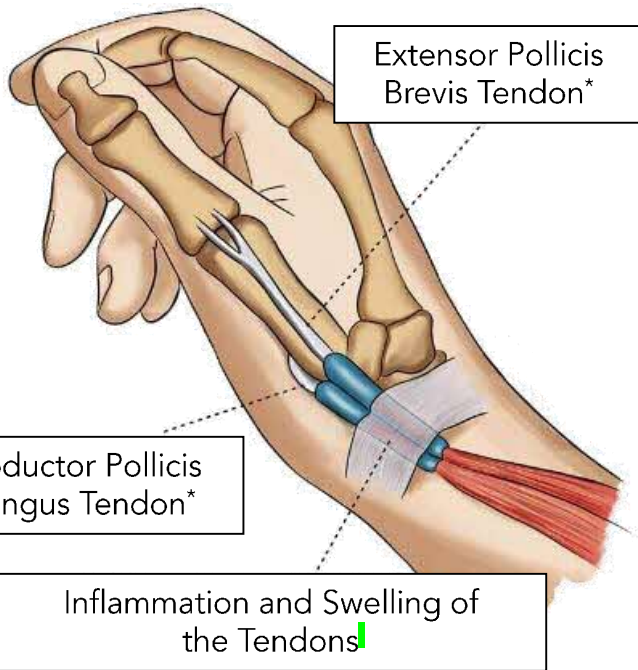


Image retrieved from <https://www.spoc-ortho.com/patient-resources/education/blog/dequervain%E2%80%99s-tenosynovitis>

Above image shows the inflammation of the lining of two tendons.*

Potential Causes

- Injury or trauma to the wrist region such as fractures.
- Repetitive movement of the wrist and thumb.
- Prolonged and repetitive wrist twisting and thumb pinching.

Signs and Symptoms

- Pain and tenderness over the wrist near the base of the thumb. This is usually worse with repetitive movements of the thumb and wrist.
- Prominence over the wrist near the base of the thumb may be present.
- Swelling may be present at the affected site.

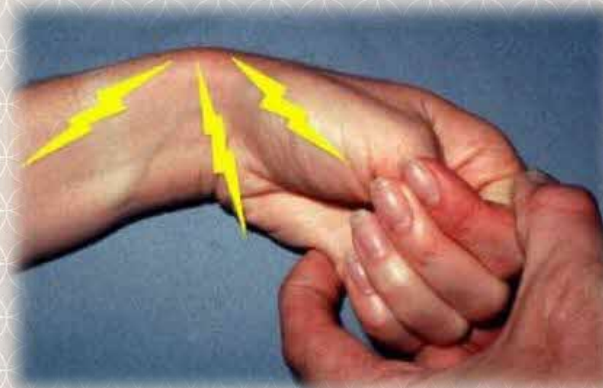


Image retrieved from <https://emedicine.medscape.com/article/1243387-clinical>

Sharp pain may be experienced over the wrist near the base of the thumb.

Occupational (Hand) Therapy

- **REST!** Avoid activities that trigger symptoms.
- Wear a prescribed splint/brace as recommended.
- Change the way you perform your daily activities.
- Perform your exercises as instructed.
- Perform heat therapy and/or massage as recommended.
- Learn self-management strategies to prevent condition from happening again.

Your Compliance Is Essential for Therapy to Be Effective!

Other Medical Treatment

- Your doctor may prescribe you anti-inflammatory drugs.
- Your doctor may offer you a corticosteroid injection to reduce your inflammation.