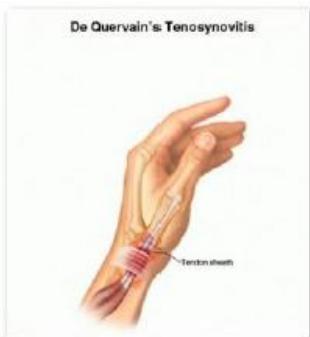


INFORMATION FOR PATIENTS

De Quervain's Tenosynovitis

What is De Quervain's Tenosynovitis?

De Quervain's was discovered in 1895 by the Swiss surgeon Fritz de Quervain. It is a painful swelling of the tendons on the side of the wrist which move the thumb up and sideways away from the palm. It can result in wrist and forearm pain on the thumb and side of the wrist.



What causes it?

It is most noticed after overuse or after an activity you wouldn't normally do. It can often be caused by repeated lifting or side to side motion of the wrist. It can also develop for no clear reason.

The problem is due to an irritation of the two tendons at the point where they run through a tunnel of connective tissue from the forearm to the thumb.

The pain gets worse with the use of the hand and thumb especially during gripping e.g., holding a hammer, pinching and twisting. It may appear overnight or gradually, and swelling may also be present.

Splintage

A brace which supports the wrist and thumb may be issued to place the thumb and wrist in a rested and supported position. This is usually worn continuously until symptoms settle. Splint use can then be reduced.

Treatment

Your therapist may advise you to:

- Wear the splint as often as possible to rest the painful area.
- Avoid wrist positions and activities that are painful if possible.
- Avoid repetitive wrist actions.
- Cool the area for 20 minutes at a time, three times a day.
- Check with your pharmacy/GP regarding necessary pain relieving medications.
- Wear a pressure glove and discuss elevation to reduce swelling in the area.



Other treatment

Your consultant may inject the area with a steroid to help decrease the inflammation. Surgery can help if the symptoms persist to release the pressure on the tendons.

You may need to visit Therapy Services after your operation for continued advice and treatment. Your consultant will refer you if necessary.

If you have any questions or concerns about your exercises or your condition please contact your therapist:

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On:

- (01623) 622515, extension 4271 for **King's Mill Hospital**.
- (01623) 622515, extension 5885 for **Newark Hospital**.

For appointment queries please contact Therapy Services reception on (01623) 622515, extension 3221.

You should not miss your appointment with the hand specialist or hand therapist if one has been requested.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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