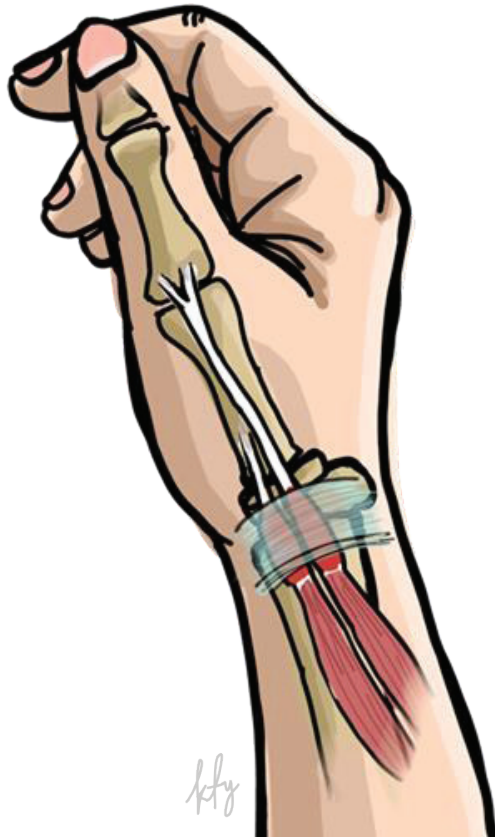


Occupational Therapy for De Quervain's Tenosynovitis



WHAT IS De QUERVAIN'S TENOSYNOVITIS?

De Quervain's Tenosynovitis is a condition where there is inflammation of the two tendons that control movement of the thumb and their tendon sheath. These tendons move within a tight tendon sheath during thumb and wrist movement. The inflammation causes pain and swelling on the thumb side of the wrist and can worsen with repetitive movement of thumb and wrist.

WHAT CAUSES De QUERVAIN'S TENOSYNOVITIS?

- Repetitive movement of the thumb e.g., cutting with scissors
- Prolonged and repetitive thumb pinching and wrist twisting e.g., wringing towels
- Injury or trauma to thumb side of the wrist e.g., fractures

WHAT ARE THE TREATMENTS AVAILABLE?

Conservative Management

Your doctor may refer you to an occupational therapist for hand therapy to manage your symptoms and improve your ability to perform your daily activities by

- Educating you on activity modification techniques to allow rest and recovery at the affected thumb and wrist
- Fitting you with custom-made splint / orthosis to rest the affected areas
- Teaching you exercises to facilitate and regain thumb and wrist movements

If the pain and symptoms persist after a few months of hand therapy, a corticosteroid injection may be advised by the doctor.

Surgical Management

Surgical release of the tendon sheath may be advised by the doctor if conservative management fails to alleviate symptoms.

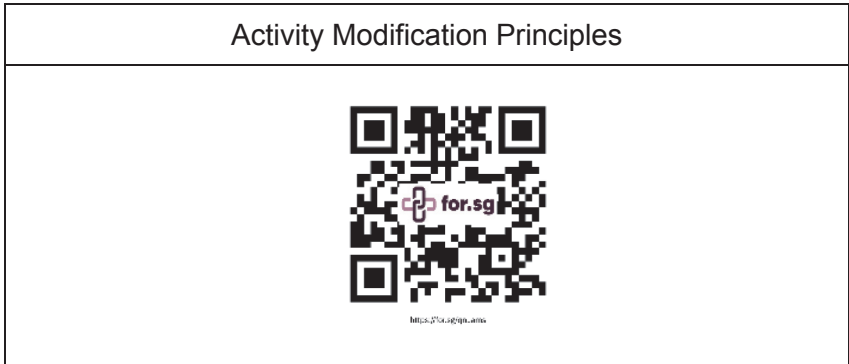
ACTIVITY MODIFICATION PRINCIPLES

Modifying how you use your hands in daily activities may help reduce pain intensity and prevent future recurrence of this condition.





To begin, identify, reflect, and write down the daily activities which will involve repetitive wrist and thumb motion, and prolonged forceful gripping.

Adopt the following **Activity Modification Principles** to allow rest and recovery of the affected thumb and wrist.

Scan the QR code to find out more:



Using the activity of floor mopping as an example, you are applying the Activity Modification Principles when you:

	<p>REMOVE by engaging others to complete the task</p>
	<p>REPLACE by using alternative methods to complete the task</p> <p>For example: Use a spin bucket to squeeze dry the head of the mop or use disposable wet wipes for cleaning the floor</p>
	<p>REDUCE the frequency and duration and awkward thumb and wrist posture when performing tasks</p> <p>For example: Reduce the number of days that you mop the floor and keeping the thumb and wrist in neutral posture while holding the mop stick</p>
	<p>REST by taking regular breaks in between tasks or breaking tasks up into different parts</p> <p>For example: Take short rest breaks after mopping each room</p>

Pen down some ways by which you can apply the Activity Modification Principles to two of the activities that you have identified earlier.

SPLINT / ORTHOSIS WEARING REGIME

Use of splint / orthosis helps to limit your thumb and wrist movement, in turn allowing the inflamed tendons to rest. This further reduces irritation and the resultant pain.





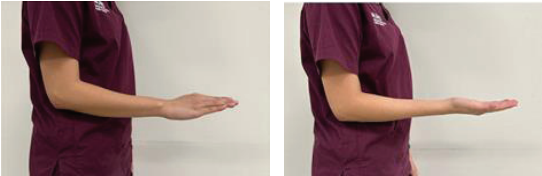
For maximum result, the splint / orthosis should be worn at all times, daily, for at least 3 weeks. For more severe cases, your occupational therapist may advise you to wear the splint / orthosis for 6 to 8 weeks.

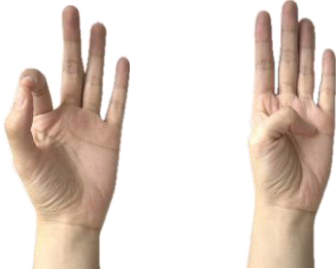


The splint / orthosis can be taken off for the following activities:

- Simple self-care activities such as hand hygiene, showering and feeding
- Performing home exercises for the affected thumb and wrist

HOME EXERCISES

- As the pain subsides, you can use the following gentle wrist and thumb exercises to prevent stiffness.
- Do 10 repetitions, hold for 10 seconds, 3 to 4 times a day

	1. Move wrist forward and backward
	2. Move wrist sideways, left and right
	3. Turn the forearm up and down

	<p>4. Touch each fingertip and move towards base of little finger</p>
	<p>5. Place palm flat on table, move thumb outward and inwards</p>
	<p>6. Place hand perpendicular to table, move thumb outward and inwards</p>

Scan the QR code to find out more:

<p>Home Exercise Programme and Splinting</p>
 <p>cpa for.sg</p> <p>https://www.cpafor.sg</p>

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

www.nuh.com.sg

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East Street 21, Singapore 609606

www.ntfgh.com.sg

www.jch.com.sg

Alexandra Hospital

378 Alexandra Road, Singapore 159964

www.ah.com.sg

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

This patient information leaflet was jointly created by Occupational Therapy from National University Hospital, Ng Teng Fong General Hospital and Alexandra Hospital.

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