

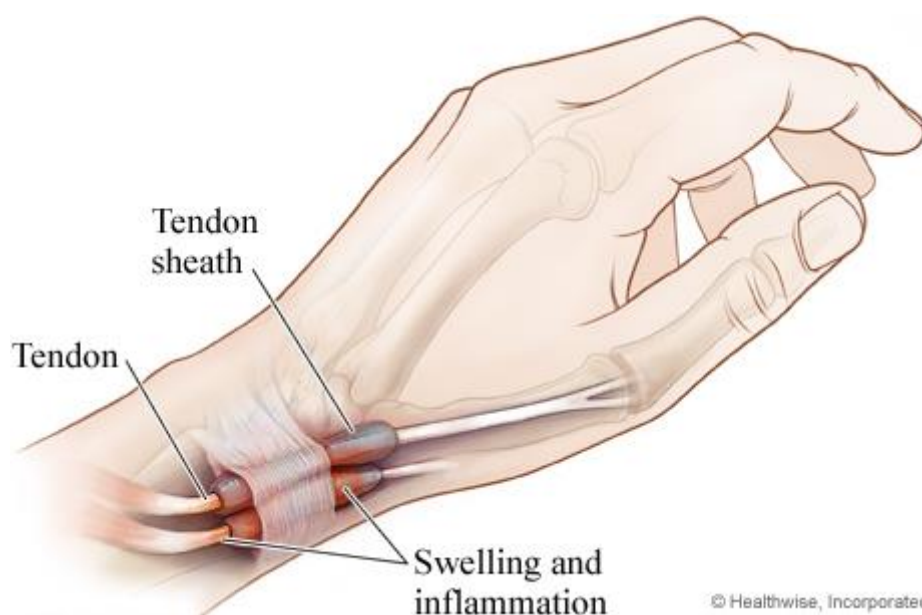
De Quervains tenosynovitis

De Quervain's tenosynovitis is an inflammation of the tendon sheaths of two muscles that move the thumb – abductor pollicis longus and extensor pollicis brevis.

The symptoms include pain over the thumb side of the wrist, swelling, decreased movement of the thumb and occasionally a 'snapping' sensation as the thumb is moved.

It is often caused by repetitive tasks such as writing, typing, hammering, sewing, grasping, etc. It occurs mainly in people aged 30-50 years and is 10 times more common in women. The incidence also increases post-partum, possibly due to mothers repeatedly picking up their babies.

Treatment includes immobilising the wrist in a splint, massage of the wrist muscles, stretches, strengthening exercises, anti-inflammatory medications and ice. In rare cases in which physiotherapy treatment is not effective, a cortisone injection or surgery may be appropriate.



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