

# Wrist/ Hand Pain: DeQuervain's Syndrome

## What is it?

DeQuervain's syndrome causes pain along the thumb side of the wrist which can be caused by overuse or repetitive motion. These motions cause the thumb tendons to become irritated or inflamed.

## What are symptoms associated with it?

A person with DeQuervain's syndrome may have pain, tenderness, and swelling over the thumb side of the wrist, as well as difficulty gripping, wringing, or grasping.

## Management:

- Stop the activities that are causing the pain until symptoms are better.
- Avoid moving the hand and wrist.
- Your doctor may recommend wearing a brace to keep you from making the painful movements. If so, wear your brace as instructed.
- Apply an ice pack to your thumb and wrist for 10 to 15 minutes at a time, several times a day.

## Exercises:

**Note:** Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain. Your doctor or occupational therapist will tell you when you can start these exercises and which ones will work best for you.

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## Thumb Lifts

1. Place your hand on a flat surface, with your palm up.
2. Lift your thumb away from your palm to make a "C" shape.
3. Hold for about 6 seconds.
4. Repeat 8 to 12 times.



## Thumb Knuckle Bending

1. Position your hand out in front of you or rest it on a flat surface.
2. Use your other hand to bend your thumb down at the point where your thumb connects to your palm.
3. Hold for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.



## Finkelstein's Stretch

1. Bring your arms out in front of you. (Your hand should be in the position used for shaking someone's hand.)
2. Bend your thumb toward your palm.
3. Use your other hand to gently stretch your thumb and wrist downward until you feel the stretch on the thumb side of your wrist.
4. Hold for at least 15 to 30 seconds.
5. Repeat 2 to 4 times.

