

Grade Level 5 (recommended)

**HOSPITAL FOR SPECIAL SURGERY
HAND THERAPY CENTER**

Hospital for Special Surgery
(212) 606-1660

Integrative Care Center
(212) 224-7900

Therapist: _____

Date: _____

DeQuervain's Tendonitis
Home Program

What is it? DeQuervain's tendonitis is inflammation of the tendons that help to straighten and open the thumb. Tenderness and swelling where the thumb meets the wrist are signs of inflammation. Thumb and wrist motion are painful.

1. **The splint** supports your wrist and the base of your thumb to rest your inflamed tendons.



- Wear the splint all the time, including at night.
- Remove it for bathing or showering.
- Other: _____

2. **Icing** helps decrease the inflammation.



- Remove the splint to apply a cold pack for 10 to 15 minutes ____ times a day.
- Massage the painful area for 5 minutes ____ times a day.
 - Use a large ice cube or freeze water in a paper cup.
 - Massage in small circles.
 - Keep moving to avoid freezing your skin.

3. **Avoid** doing things that make your pain worse. These include:

- Gripping
- Pinching
- Twisting
- Bending your wrist toward the little finger side of your hand.

4. If your pain is not better after 6 weeks, go back to your doctor.

5. Other: _____