DeQuervain’s Stenosing Tenosynovitis
Conservative Management Guidelines

Definition: DeQuervain’s is a tendinitis involving the tendons of the muscles that straighten and open the thumb. It involves pain, tenderness, and swelling of the tendons where the thumb meets the wrist, resulting in painful movement.

1. SPLINT:
   Purpose: To immobilize the wrist and the base of the thumb for complete rest of the inflamed tendons.
   Wearing schedule:
   - To be worn at all times, including nighttime
   - Remove for skin care/hygiene as needed

2. ICING:
   Purpose: To aid in decreasing the inflammation.
   A. Remove splint and apply cold pack for 10-15 minutes ___x/day.
   B. Massage the painful area for 5 minutes ___x/day.
      - Use a large ice cube or freeze water in a dixie cup
      - Massage with ice in small circles
      - Keep moving to avoid over freezing

3. TASK MODIFICATION:
   Purpose: To avoid positions/activities that can aggravate the tendons that are inflamed.
   The activities/positions listed below increase the stress on the tendons that are already inflamed, especially combined with movement towards the pinky side of the hand.
   - Gripping
   - Pinching
   - Twisting

4. If your pain does not resolve after 6 weeks, return to see your physician.

5. OTHER: _____________________________________________________________