

De Quervain's Tenosynovitis



ALCHEMY
IN MOTION

What is it?

DQT occurs when the tendons at the base of your thumb become inflamed and swollen.

Causes

- Overuse & repetitive movements which involve thumb abduction and extension
- Mothers tend to use their thumbs in this way when they are lifting, breastfeeding and carrying their babies
- Pregnant women can experience DQT due to excess fluid

Symptoms

- Pain, tenderness & swelling at the base of the thumb
- Symptomatic movements can include:
 - Lifting & holding baby
 - Breastfeeding
 - Turning / grasping objects
 - holding onto the steering wheel

Physiotherapy Treatment

- Effleurage massage - manages fluid at the base of thumb
- Lymphatic drainage - to stimulate the lymphatic system to drain the affected side
- Compression - controls fluid build up & provides support
- Splinting / bracing - keeps the thumb in a neutral position - preventing extension & abduction
- Hot / Cold therapy - helps to manage inflammation & pain
- Ergonomic alteration - especially during lifting, carrying, breastfeeding

Other Treatment Options

- Anti-inflammatory medications - consult your doctor or pharmacist for advice
- Corticosteroid injections - reduces local inflammation and pain
- Surgery - opens up the sheath around the tendons at the base of the thumb so that they can slide and glide without restriction

References: See website

Who to see



Zoe Mills



Ocean Kabikwa



Alice Mackenzie