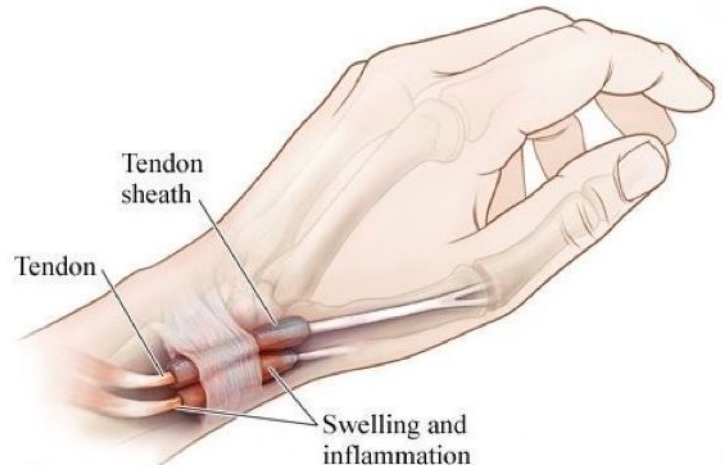


DE QUERVAIN'S TENDINOPATHY

Symptoms

- Pain and swelling at the thumb side of the wrist
- Pain with wrist/thumb movements
- Difficulty moving the thumb upwards.



Anatomy/Cause

De Quervain's Tendinopathy affects the two tendons responsible for moving the thumb up and out. Repetitive or excessive strain on the thumb and wrist tendon sheath leads to irritation and swelling, making it hard for the tendons to glide smoothly. This results in pain when moving your thumb and wrist.

Treatment

The goal of hand therapy is to alleviate pain and inflammation, facilitating the healing process. At Hand Works, we can assess your symptoms and determine the best treatment and therapy going forward. Here's how our therapists can assist you:

- Provide a wrist and thumb splint to offload and settle the inflamed structures.
- Guide you through gentle exercises when appropriate and when/how to wean from your splint.
- Exploring therapeutic options like massage, stretches and taping.
- Collaborating with you to adapt your daily activities to minimize strain on the affected area.

Typically, symptoms show improvement within 8-12 weeks of therapy. If not, our therapists will collaborate closely with your GP to explore additional options. These may include corticosteroid injections or referral to a hand surgeon for further evaluation.

Referral

Date: ____/____/____

Patient Name: _____

D.O.B: ____/____/____

Patient Mobile: _____

Therapy Requested:

Medical Centre: _____

Provider Number: _____

LOCATIONS

MURDOCH

Suite 16, Level 1
Wexford Medical Centre
3 Barry Marshall Parade

WEST PERTH

Level 1, 1 Havelock Street

SOUTH PERTH

Suite 6, 77 South Terrace

DUNCRAIG

3/64 Arnisdale Road

MT LAWLEY

61 Walcott Street

MANDURAH

271 Pinjarra Road

ROCKINGHAM

24 Pedlar Circuit