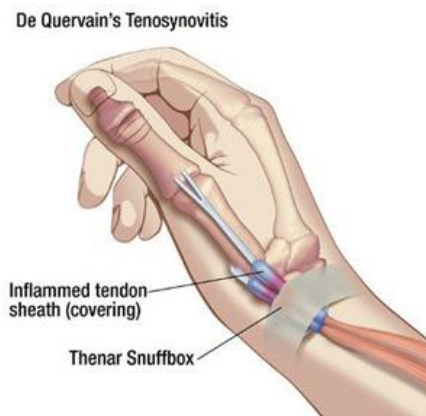




DeQuervain's tenosynovitis:

What is it?

DeQuervain's is a tendinosis of the sheath or tunnel that surrounds two tendons that control movement of the thumb. It can be caused by overuse injuries, including repetitive movements of the thumb, or it can be unknown.



What is the Treatment?

- Rest from any aggravating activities & movements (pinching, twisting, gripping, etc)
- NSAIDs – Ibuprofen, Aleve, or topical Diclofenac (Voltaren) gel
- Physical therapy/hand therapy
- Thumb spica splint x 4-8 wks
- Cortisone injection
- Orthobiologic injections – Prolotherapy and Platelet Rich Plasma (PRP) are experimental
- Surgery – rarely needed

