

my diagnosis

DE QUERVAIN'S TENDINITIS

*Understand your condition.
Know your next steps.*

What is de Quervain's Tendinitis?

This condition is characterized by inflammation of some of the tendons that extend the thumb. These tendons pass through a narrow, close fitting cover of tissue. The tight space can cause irritation. Once tendons are inflamed, the pain-inflammation cycle can be difficult to overcome without treatment.

Inflammation can be caused by a number of things. Starting new activities in which there is significant repetitive motion of the thumb or wrist can cause irritation. Fractures, various types of arthritis, and a tight cast can also predispose you to developing tendinitis in this area. De Quervain's tendinitis is also very common in new mothers or those caring for very small children.

What are the symptoms?

There is a range of symptoms associated with tendinitis. They include, but are not limited to:

- Pain at the base of thumb and/or wrist
- Painful clicking and popping
- Swelling over the irritated area of the wrist
- Weakness with certain movements
- Burning pain or tingling over the tendons in this area

How did my specialist diagnose it?

Diagnosis was predominately based upon your symptoms and physical examination. X-rays can also reveal anything unusual in the bone structure and may help confirm or eliminate a diagnosis.



For expert advice on how to stay healthy and active, visit summitortho.com.



APPOINTMENTS (651) 968-5201

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What are the treatment options? What does my specialist recommend?

Your hand specialist has developed a treatment plan based on your specific situation. His or her recommendation for you has been selected from the treatment options below.

| | TREATMENT | DESCRIPTION | MY NEXT STEP |
|--------------------------|------------------------------|---|--|
| <input type="checkbox"/> | ACTIVITY MODIFICATION | Avoid movements and actions that cause pain. | Contact us if symptoms do not improve: (651) 968-5201 |
| <input type="checkbox"/> | ANTI-INFLAMMATORY MEDICATION | Over-the-counter medications such as Aleve, Advil, Motrin, and Bayer aspirin may be effective at reducing the amount of inflammation in the tendon. | Pick up medication, and start regularly taking it as your specialist recommends. |
| <input type="checkbox"/> | BRACING | The proper brace can immobilize the irritated tendons, prevent further irritation, and result in a decrease in inflammation of the tendon. | Set up a bracing appointment: (651) 968-5201 |
| <input type="checkbox"/> | INJECTIONS | Your specialist may wish to inject cortisone into the area of the tendons to decrease the inflammation. | Set up an injection appointment: (651) 968-5201 |
| <input type="checkbox"/> | THERAPY | A therapist can work with you to strengthen your hand and calm the irritated tendons. This can be accomplished through the use of modalities like ultrasound and directed exercises. | Set up a physical therapy appointment: (651) 968-5600 |
| <input type="checkbox"/> | SURGERY | If you fail to improve after nonsurgical care, your specialist may wish to intervene surgically. In this procedure your hand specialist will release the sheath that is irritating the tendons. Your specialist can discuss the details of the surgery with you should it become necessary. | Set up surgery appointment with the patient coordinator: (651) 968-5201 |

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