

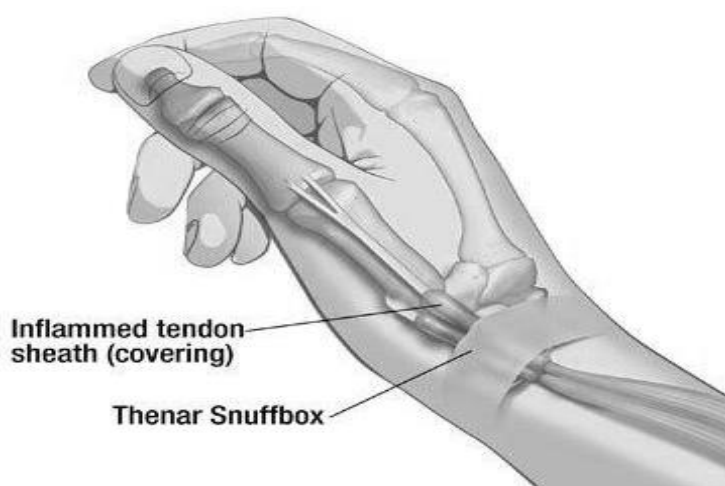
Patient information

DeQuervain's Syndrome

Therapies Department

What is DeQuervain's Syndrome?

- It affects the two tendons which move the thumb out from the palm.
- These tendons pass along the thumb side of the wrist and are enclosed in a small compartment / tunnel.



Cause

- Symptoms are due to the irritation of these tendons as they run through the compartment.
- This may be due to the position that you hold your wrist and thumb during movement.

Symptoms

- Thickening / tenderness over the tendons as indicated in the diagram above.
- Aching down into the thumb and / or up into the forearm.
- Pain is usually aggravated by movements of the thumb and / or wrist towards the little finger and thumb movements away from the palm.
- Reduced wrist and thumb movements which may affect the use of the hand.
- Patients may describe a "Crackling" of the tendons during movement.

Treatment

- Can vary depending on the severity and duration of the condition.
- Mild symptoms may go away by themselves.
- If appropriate, you may be referred to physiotherapy or occupational therapy, treatment may consist of re-addressing the position of your hand during use, muscle re-education and massage.
- Occasionally, a splint may help to relieve symptoms.
- Steroid injections may be given by your consultant.
- Where symptoms are persistent, your doctor may consider surgery to release the tendons.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Hand Therapy Units

Royal Liverpool Hospital and Broadgreen Hospital

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

Aintree Hospital

Tel: 0151 529 3335

Text phone number: 18001 0151 529 3335

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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