

# iMedix: Your Personal Health Advisor.

## De Quervain's Tenosynovitis

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### Overview

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#### What is it

Understanding De Quervain's Tenosynovitis (Mummy Thumb) What is De Quervain's Tenosynovitis? De Quervain's Tenosynovitis is a painful condition affecting the tendons on the thumb side of the wrist. It is caused by inflammation of the sheath that surrounds the two tendons responsible for thumb movement. This inflammation results in pain and tenderness at the base of the thumb. What Causes De Quervain's Tenosynovitis? The exact cause is often unknown, but it can be associated with repetitive thumb or wrist movements, chronic overuse, direct injury to the wrist or thumb, inflammatory arthritis, and in some cases, pregnancy. What are the Symptoms of De Quervain's Tenosynovitis? Symptoms include pain and swelling near the base of the thumb, difficulty moving the thumb and wrist when doing activities that involve grasping or pinching, a "sticking" or "stop-and-go" sensation in the thumb, and a feeling of fluid or swelling in the thumb and wrist. How is De Quervain's Tenosynovitis Diagnosed? Diagnosis is primarily based on medical history and a physical examination, including the Finkelstein test, where the patient makes a fist with the thumb placed inside, and then bends the wrist towards the little finger. If this maneuver provokes pain at the wrist's thumb side, it suggests De Quervain's Tenosynovitis. What are the Treatment Options for De Quervain's Tenosynovitis? Treatment options include rest, splints to immobilize the thumb and wrist, anti-inflammatory medications, corticosteroid injections, and physical therapy. In severe cases, surgery may be required to release the tendon sheath and reduce pressure on the tendons. Can De Quervain's Tenosynovitis be Prevented? Preventive measures include avoiding repetitive thumb movements, using ergonomic tools, performing exercises to strengthen the muscles around the wrist and thumb, and taking frequent breaks during activities that strain the wrist and thumb. Is De Quervain's Tenosynovitis a Chronic Condition? It can be chronic if not treated properly. However, with appropriate treatment, most people recover completely without long-term effects. It's important to follow a treatment plan and avoid activities that may aggravate the condition. Individuals with De Quervain's tenosynovitis often experience pain and tenderness along the thumb and forearm, which may worsen with certain hand and wrist movements. The condition typically occurs as a result of repetitive hand or wrist activities, such as lifting, gripping, or pinching, leading to irritation and swelling of the tendons. Treatment for De Quervain's tenosynovitis usually involves a combination of rest, immobilization of the wrist, anti-inflammatory medications, and physical therapy exercises. In severe cases, surgical options may be considered to relieve the symptoms and restore healthy tendon function. Beneficial Insights These drugs are all brand names of various medications used to treat different conditions. For example, Zovirax is an antiviral medication used to treat herpes infections, while Daklinza is used to treat chronic hepatitis C. Addyi is a medication used to treat hypoactive sexual desire disorder in women, and Xyzal is an antihistamine used to relieve allergy symptoms. Each drug brand name represents a specific treatment and medical purpose. With proper management and a gradual return to activities, most individuals with De Quervain's tenosynovitis can expect significant relief from their symptoms and a return to normal hand and wrist function. Thumb pain Pain and swelling near the base of the thumb Difficulty gripping or pinching objects Increased pain with thumb and wrist movement Tenderness or discomfort when touching the affected area A popping or snapping sensation when moving the thumb Weakened grip strength Numbness or tingling in the thumb or fingers To diagnose De Quervain's Tenosynovitis, a healthcare professional may use the following information and methods: Medical History: The doctor will inquire about the patient's symptoms, duration, and any previous hand or wrist injuries. They

may also ask about activities or occupations that involve repetitive thumb or wrist movements. **Physical Examination:** The healthcare provider will perform a physical examination of the affected hand and wrist. This may involve evaluating the range of motion, checking for swelling or tenderness, and assessing the specific movements that elicit pain. **Finkelstein Test:** This is a specific test for De Quervain's Tenosynovitis. The patient will be asked to make a fist with the thumb positioned inside the closed fingers. Then, they will bend their wrist towards the little finger side. If this movement elicits sharp pain or discomfort on the thumb side of the wrist, it may suggest De Quervain's Tenosynovitis. **Imaging Studies:** In certain cases, imaging studies like X-rays or ultrasounds may be ordered to rule out other causes of wrist pain or to assess the severity of the condition. X-rays can help detect any bone abnormalities, while ultrasounds can visualize the thickening of tendon sheaths and the presence of inflammation. **Differential Diagnosis:** It is crucial for the healthcare provider to differentiate De Quervain's Tenosynovitis from other conditions with similar symptoms. These may include wrist tendonitis, arthritis, carpal tunnel syndrome, or ganglion cysts. Appropriate diagnostic tests may be performed to eliminate these alternatives.

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