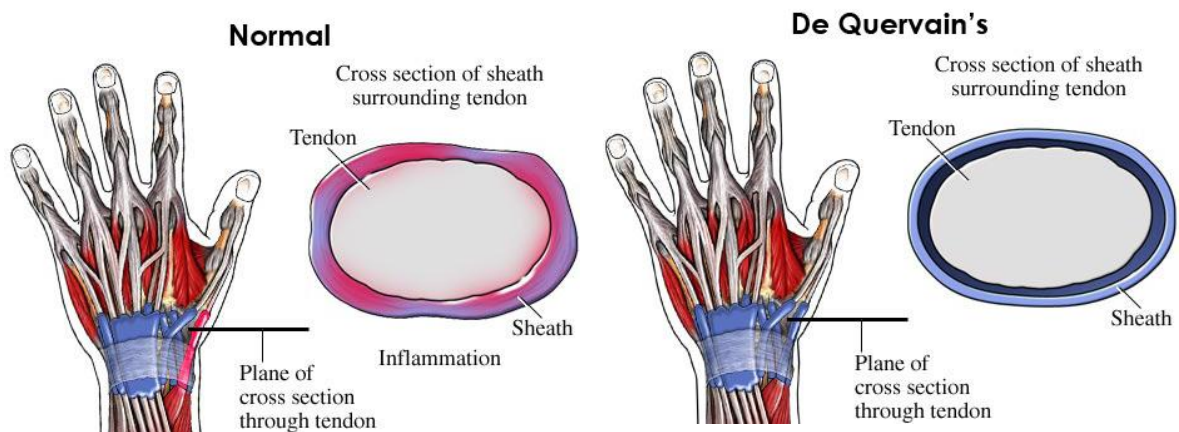


DE QUERVAIN'S TENOSYNOVITIS

WHAT IS IT?

- It is the inflammation of the tendon sheath of one or both of the two of the muscles that move the thumb (extensor pollicis brevis and abductor pollicis longus)



WHAT DO I LOOK FOR?

Pain, tenderness and/or swelling at the base of the thumb, wrist or into the forearm

- Pain with lifting, bringing your thumb to touch your palm or wrist, grasping objects or during a golf swing

WHAT CAUSES IT?

- Repetitive activities and overuse of the thumb/wrist muscles such as tennis, rowing, lifting, grasping objects or golf
- Weakness of the thumb muscles

WHEN DO I SEE A PHYSIO?

- Physiotherapists can assess your condition, use a variety of techniques, bracing, electrotherapeutic modalities and provide you with appropriate exercise program. Feel free to ask any of our friendly physios about your problem

DO I SEE MY DOCTOR?

- If symptoms persist, your doctor may be able to assist with issues such as anti-inflammatory medications. Your physiotherapist will also advise you when you need to see your doctor