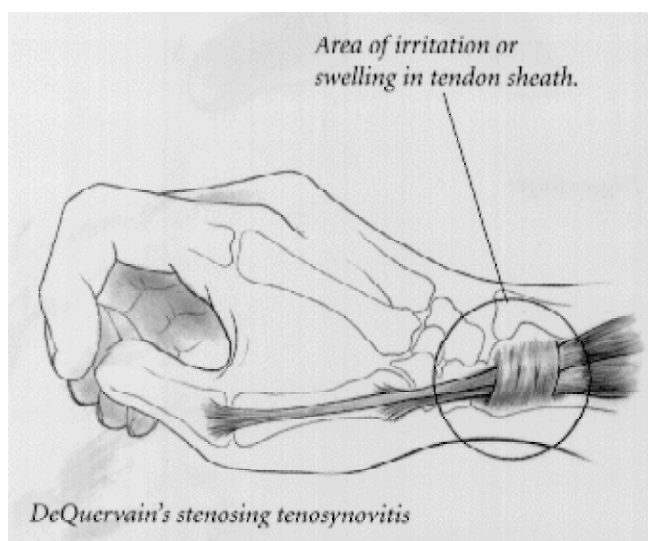


## DeQuervains Tenosynovitis

This condition is due to inflammation of the tendons of extensor pollicus brevis, abductor pollicus longus as they pass through the tendon sheath at the wrist. Patients present with pain & swelling in the region of the tendon sheath as shown below.

The diagnostic test used is called 'Finkelsteins test'. Flex the thumb, closing fingers over it in a fist. Gently passively move the wrist into ulnar deviation. Crepitus is felt in the area of the flexor sheath. The patient will experience pain at the same time.



### Management

- Advise patient of diagnosis.
- Inform them that condition may take couple of weeks to settle
- Give wrist brace with thumb extension
- Prescribe NSAIDs if able to tolerate/no contraindications
- Advise GP follow up for ortho referral if not settling