DeQuervain's Tenosynovitis

Ever heard of DeQuervain's Tenosynovitis? I hadn't until several months ago. Most of us know about Carpal Tunnel Syndrome and this problem can seem similar, but involves different tendons. The tendons involved are the abductor pollicus longus (APL) and the extensor pollicis longus (EPL). It is also causes by repetitive activities that cause inflammation of the tendons and the covering around the tendons. This inflammation makes it difficult for the tendons to slide back and forth and can cause swelling. It can also be caused by rheumatoid arthritis. The first signs may be soreness of the thumb and wrist area. The Finklestein Test is used to make the diagnosis. If you perform this test (put your thumb in to the palm of your hand and wrap your fingers around it. Then bend your wrist down. If this hurts, then the problem may be DeQuervain's tenosynovitis.

Obviously, the preventative measures are some of the same ones for Carpal Tunnel Syndrome. Try to take breaks or, if possible, limit activities where you have to perform repetitive tasks like wringing, grasping, turning or twisting of the wrist. Ibuprophen or other NSAIDS can help as well as cortisone injections. If all this fails, then the recommendation may be to surgically correct it by releasing the roof of the tunnel.

So a word to the wise, try to prevent it from becoming a problem in the first place!