

MIKE FOSTER

Hand Wrist and Elbow

De Quervains

Problem

- The extensor tendons are inflamed over the radial side of the wrist.

Cause

- Inflammation of the tendons overlying the radial side of the wrist. This usually occurs after repetitive activity, eg lifting newborn baby

Diagnosis

- There is pain on the radial side of the wrist.
- Pain is exacerbated with thumb flexion and ulna deviation, Finkelsteins Test

Treatment

- Splintage and hand therapy helps.
- Steroid injection gives good relief
- If recurrence after injection then surgery.
- Surgery – GA- Day Surgery
Release of 1st compartment

Potential Complications

- Infection, haematoma, neurovascular injury
- Further stiffening and inflammation

Post Op Care

- Light Dressings and splint.
- Hand therapy to regain active and passive range of motion, for up to three months.