

De Quervain's Tenosynovitis Initial Management

Below please find a sample of early techniques to manage Golfer's Elbow. For best results, discuss this plan with your occupational therapist, physiotherapist or physician.

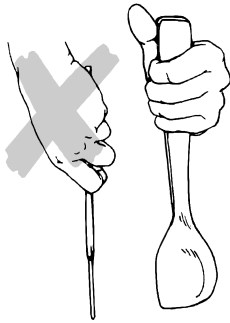
Ice

Apply a small cold pack wrapped in a damp tea towel to the base of your thumb for 5 to 10 minutes. Reapply every 2 hours as required.

Modify Activities

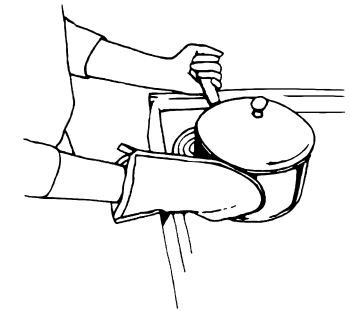
Identify and adapt painful hand movements.

Avoid grasping objects with thin handles for prolonged periods.



Solutions: Choose objects with thicker handles. Relax fingers every ten minutes during activity.

Avoid picking up heavy items with one hand.



Solution: Use both hands and slide items whenever possible.

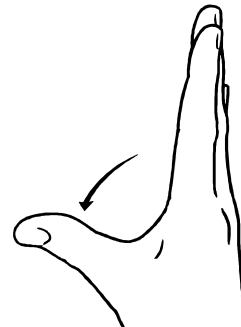
Thumb Exercise I

Place palm of hand on table. Spread your thumb away from your fingers as far as you can tolerate. Repeat 3 times.



Thumb Exercise II

Move your thumb away from your palm as far as you can tolerate. Repeat 3 times.



Splint

If pain persists see an occupational therapist for fabrication of a splint.

See your occupational therapist, physiotherapist or physician for further management.