

De Quervain's Tenosynovitis Treatment Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 2/10 whilst completing this exercise programme.



1. Thumb/De Quervain's stretch

- Tuck your thumb into the palm of your hand and lightly grip.
- Tilt your hand away from you until you feel a light stretch into the base of your thumb and/or wrist area. Hold for 20 seconds.
- **Perform this exercise up to 5 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



2. Thumb/De Quervain's isometric hold

- Start with your thumb lifted away from your fingers.
- Use your opposite hand to resist this position.
- Hold for 5 seconds.
- **Perform this exercise up to 5 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Stress ball squeeze

- Hold a soft ball or a balled-up piece of tissue.
- Squeeze the ball tightly holding for 5 seconds.
- Relax your hand and forearm muscles between repetitions.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**