DEQUERVAIN'S TENOSYNOVITIS
NON-OPERATIVE REHABILITATION PROTOCOL

The patient is usually given an injection of Celestone in the office.
The patient is often placed on treatment with a non-steroidal anti-inflammatory.
The patient is normally fitted with a custom fabricated forearm based thumb spica splint to be worn at all times.

Therapy
2-3 times a week for approximately 4-6 weeks

Phase I
- Evaluation and instruction of HEP.
- May initiate Ultrasound or Iontophoresis.
- Patient to perform wrist flexion and extension exercises in neutral, protected position 1/day. Patient encouraged to perform exercise during shower/bath.
- Soft tissue mobilizations to the forearm muscles as needed. Avoid direct massage over the first dorsal compartment.
- Patient instructed to ice 4 times per day for 10 minutes. (i.e. Ice packs, Slush, cold packs, etc)
- Patient educated regarding activity modification techniques and symptom management techniques.

Phase II
When patient has complaints of pain rating 2/10 or less for 3-4 visits:
- May increase wrist exercises to BID if wrist presents with tightness
- May initiate gentle AROM to wrist in radial and ulnar deviation; (i.e. 10 reps 1/day)
- Initiate isometric PRE'S with theraputty; see handout
- Modalities, Soft tissue mobilizations, and Icing continued PRN

Phase III
- If patient continues to rate pain at 2/10 or less, may progress theraputty strengthening exercises
- Patient to continue therapy as needed for strengthening
- Patient to gradually wean from splint as tolerated
- Patient to discharge to home exercise program

Patient to follow up with MD.

Considerations:
- If patient has an increase in pain and cannot complete isometric exercises, patient to be referred back to the MD.

- If patient does not demonstrate a significant improvement in symptoms after 6-8 ultrasound treatments or 3-5 iontophoresis treatments, OT will consult with physician regarding continued plan of care.
- Patient should be completed with protocol within 9-12 visits.
- Discharge to home exercise program as appropriate