



RADIAL WRIST AND THUMB PAIN. WHEN IS IT DEQUERVAINS?

Radial wrist pain from a repetitive task? New Mum with wrist pain?

deQuervains tenosynovitis is a painful aggravation of the tendons in the first dorsal compartment of the wrist (APL and EPB). This can be caused by repetitive tasks, increased fluid or swelling, and hormonal changes. Symptoms include pain and tenderness on the radial side of the wrist below the base of the thumb and swelling localised to the area.

Other symptoms can include pain that radiates up the forearm, difficulty with pinch and grip activities, pain with thumb use as well as wrist ulnar deviation.

Finklestein's test (thumb flexion and wrist ulnar deviation) is a provocative test used in diagnosis. Ultrasound imaging can be helpful to determine if there is any thickening of the two tendons involved.

Splinting, compression and education form part of conservative management +/- steroid injection when indicated. Specialist referral for surgical opinion can be considered if conservative treatment is not successful.

