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De Quervain's Tenosynovitis Rehabilitation Exercises

You may do all of these exercises when the initial pain is gone.

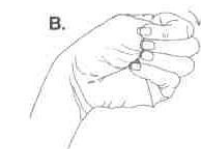
1. Opposition stretch: Rest your injured hand on a table, palm up. Touch the tip of your thumb to the tip of your little finger. Hold this position for 6 seconds. Repeat 10 to 12 times.



Opposition stretch



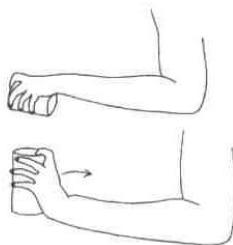
A.



B.

Wrist rock

2. Wrist rock stretch: Hold your injured hand out in front of you in the handshake position. Make a fist with your injured hand, but tuck your thumb inside your palm. Move your wrist down, hold for 5 seconds, then move your wrist up and hold for 5 seconds. Repeat 10 to 12 times.



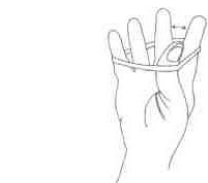
Wrist extension

3. Thumb extension: Hold a small weight (a soup can, for example) in your injured hand. Rest your forearm on a table with your wrist and hand hanging over the edge of the table. Starting with your hand in the handshake position (thumb up), move your wrist up and down. Repeat 10 to 20 times.



Thumb extension

4. Wrist extension: Start in the same position as for the thumb extension (holding a small weight, resting your forearm on the table), but this time turn your hand palm down. Bend your wrist up, hold for 2 to 3 seconds, then bend your wrist down and hold for 2 to 3 seconds. Repeat 10 to 20 times.



Finger spring

5. Palm-down curl: Stand with your hands at your side, holding a small weight palm down in your injured hand. Keeping your palm down and bending your elbow, slowly curl the weight up toward your shoulder as far as possible. For each repetition, move your hand down to the starting position more slowly than you lift your hand up toward your shoulder. Repeat 10 to 20 times.



Palm-down curl

6. Finger spring: Place a large rubber band around the outside of your thumb and the rest of your fingers. Open your fingers to stretch the rubber band. Repeat 10 to 20 times.

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