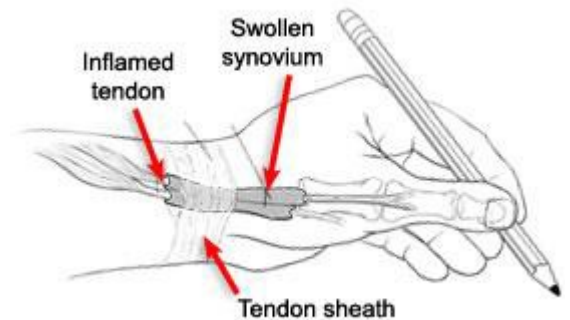




## De Quervain syndrome

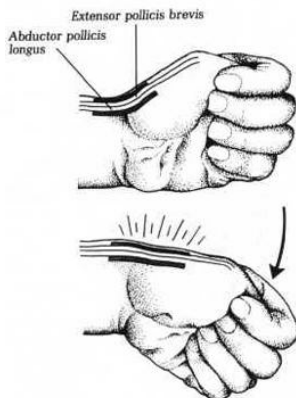
### What is De Quervain syndrome?

De Quervain syndrome is a tendonitis of the first dorsal extensor compartment sheath at the wrist. It is a common cause of wrist and thumb pain. Swollen and inflamed tendons that move the thumb have difficulty gliding through the first dorsal compartment. This constriction leads to more inflammation, thus progressing the condition.



### Who gets De Quervain syndrome?

It is a common overuse tendonitis. It can happen in those that perform a repetitive activity. It is also common during or after pregnancy—it is also called “mommy thumb”. Most often, the cause is unknown.



### How is De Quervain syndrome diagnosed?

Diagnosis is usually quite easy. Patients will have pain over the first dorsal compartment at the wrist. They will also have pain with some provocative tests. Thumb arthritis, wrist arthritis and ganglion cysts must be ruled out. Often an x-ray is taken.

### How is De Quervain syndrome treated?

60-80% of the time, a simple injection followed by a period of rest will cure someone. We usually use a simple brace over a 3-week period after injection. If that is unsuccessful, a simple surgical procedure will be required. This is done as an outpatient and even can be done under local anesthesia.

