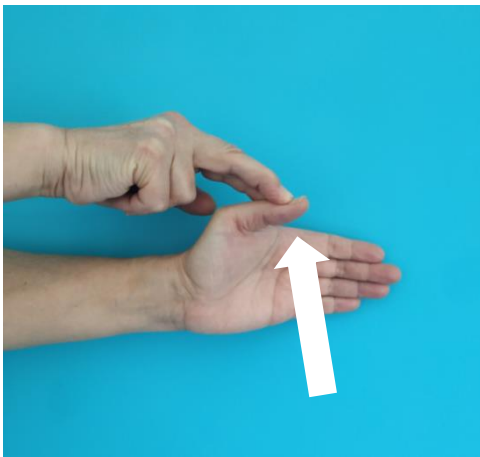


Exercises for De Quervains

These exercises are designed to slowly increase your movement and strength. The exercises should be done slowly, with controlled movement, to get the best results. Start with the Isometric exercises several times a day, and gradually build up, working through the sheet. You should feel like the muscles are working and stretching, but they should not be painful. Some discomfort after the exercises is expected, but this should wear off within 20 minutes. If you are experiencing sharp or lasting pain, please contact us.

Isometric Exercises

Contracting the Affected Muscles, Without Movement



Isometric thumb extension (pushing up): With your hand resting on the little finger side, place your thumb in the position in the picture. Use your other hand to resist (or block) your thumb from trying to push up towards the ceiling. Push against this resistance 3 times, at about 10 % of your full force, for 5 seconds to start with. Gradually build up the force of the contraction, the time you hold it, and the repetitions when able.



Isometric abduction (pushing out): Staying in the same position, move your thumb outwards and use your other hand to resist or block the movement. Push against this resistance 3 times, at about 10 % of your full force, for 5 seconds to start with. Gradually build up the force of the contraction, the time you hold it, and the repetitions when able.



Isometric adduction (pulling in): This time resist the movement of the thumb pulling in **towards** the fingers. Push against this resistance 3 times, at about 10 % of your full force, for 5 seconds to start with. Gradually build up the force of the contraction, the time you hold it, and the repetitions when able.

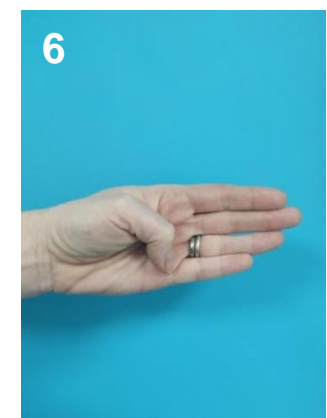
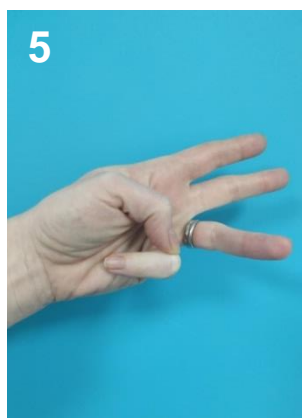
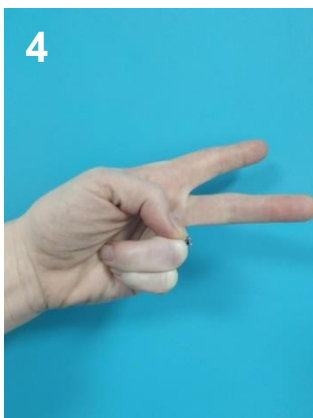
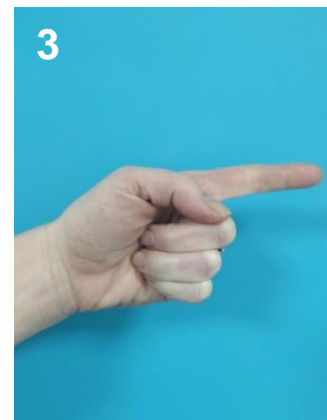
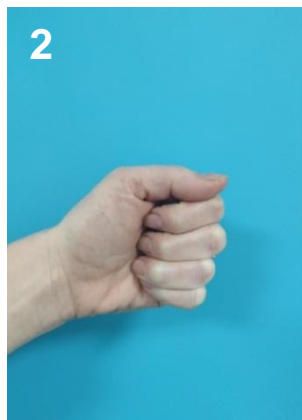
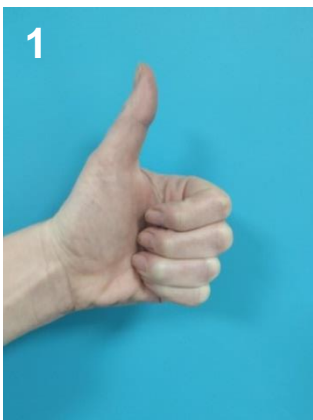


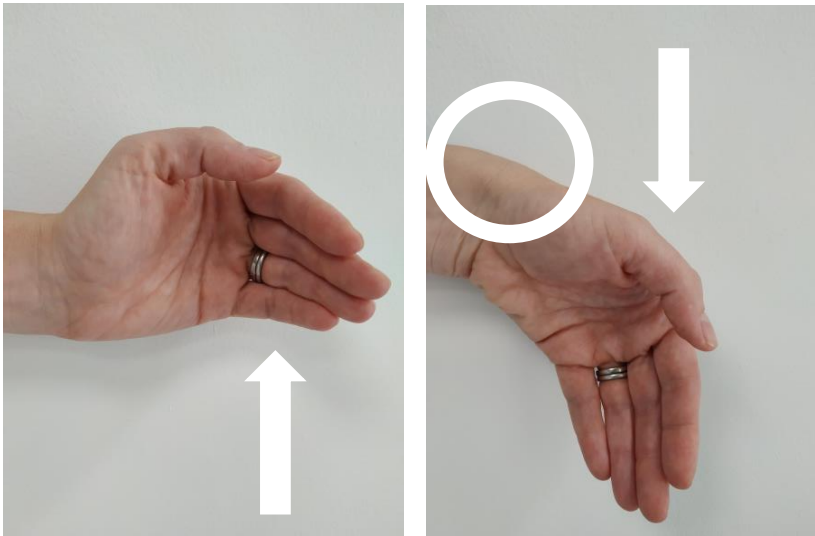
Isometric wrist strengthening: With your elbow at 90 degrees and your wrist straight, hold a bottle of water (filled to the right weight for you) or a dumbbell. Start with a 5 second hold, for 5 repetitions, and again build up weight and time as you are able.

Progressive isotonic thumb flexion (increasing bend)

This exercise gradually increases the amount your thumb bends, by working against your fingers. Your wrist should be straight, and can be supported on a flat surface.

Start in position 1, bend your thumb to position 2, then back up to 1. Repeat 5 -10 times. Once this is comfortable, start in position 1, bend down to position 3, then back to 1. Always end the movement with your thumb up. Increase the amount of bend gradually within your pain limits, until you can bend your thumb to the base of your little finger (position 6). Again aim to reproduce only mild discomfort that settles within 20 minutes of completing the exercise. As these get easier, you could add some resistance by pressing down on the finger for a few seconds, with each repetition.

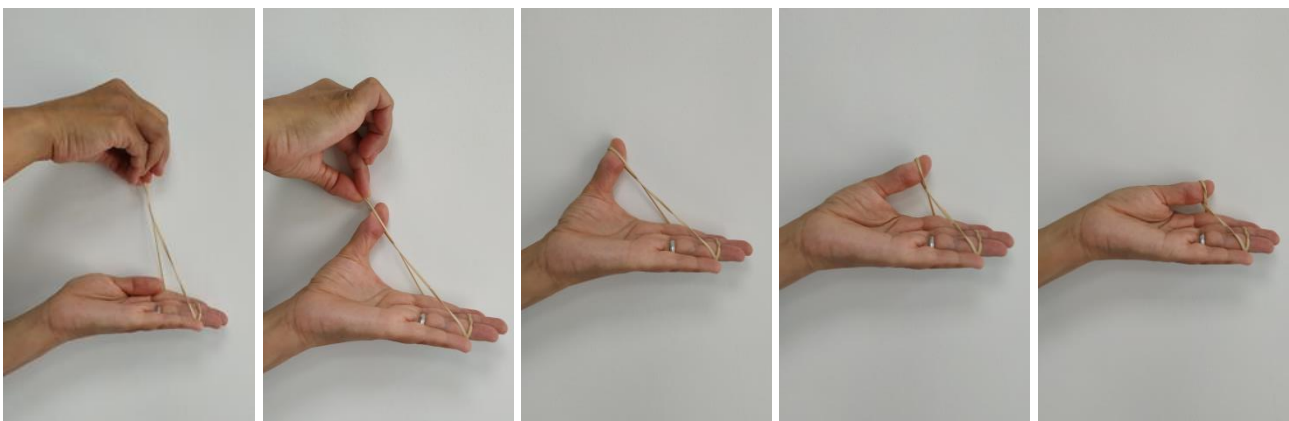




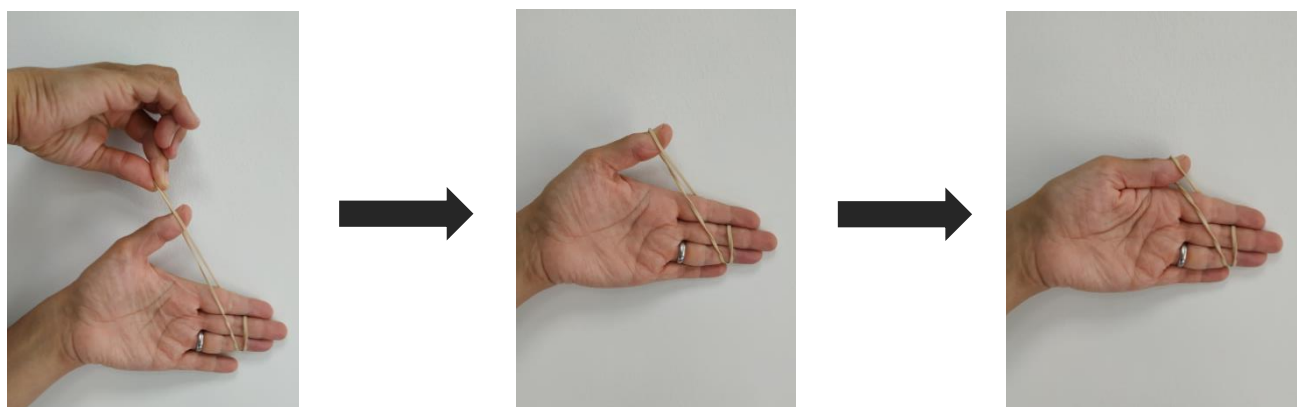
Radial and Ulnar deviation (moving the wrist side to side): With your elbow and forearm supported, slowly move your hand up to the ceiling and then down to the floor. This is not a big movement. Try to do this in a controlled manner, working through tightness but not into pain. **Stop just behind the pain.** You may find that gently massaging the tendons (in the circled area), as you lower your hand down, helps to reduce pain and improve movement during this exercise.

Concentric and Eccentric Loading Putting Controlled Tension through the Tendons

Use an elastic band to create resistance. Your palm should be facing the ceiling and your wrist straight. Use your other hand to stretch the band, and then place it on the tip of your thumb (picture 2). In a slow and controlled manor, lower your thumb down, to meet your fingers. This should take 3 to 4 seconds.



Do the same exercise, in the same sequence, but this time with your palm facing the wall. Again, your wrist should be straight, and the movement should be slow and controlled.



To progress these exercises, you could use the resistance of the band in both directions, up to the ceiling and back down to the fingers.