

# DEQUERVIAN'S TENOSYNOVITIS



## **WHAT IS DEQUERVIAN'S TENOSYNOVITIS**

Dequervian's Tenosynovitis is characterised by inflammation of the first extensor compartment of the forearm. It refers to the irritation of tendons around the base of the thumb. Symptoms include pain during certain movements of the arm and occasional swelling over the affected area.

## **WHAT CAUSES DEQUERVIAN'S TENOSYNOVITIS**

It is usually caused by over and repeated use of the affected muscles. Activities such as typing, golfing and lifting of heavy objects like new born infants, repeatedly at an angle, can aggravate the condition. Females are more prone to dequervian's tenosynovitis, it sometimes can occur during or after pregnancy.

## TREATMENT OPTIONS

### 1. Medications

Painkillers and anti-inflammatories can be used to treat dequervian's tenosynovitis. Ample rest is also highly recommended. If swelling is present, cold compression of the affected area can be performed. Once the pain alleviates, it is advisable to strengthen the muscles of your forearm with simple exercises to prevent recurrence.

### 2. Steroid Injection

Your doctor may recommend steroid injection should the pain be severe and persistent. This method of treatment will be much faster and patient recover quicker.

### 3. Surgery

Surgery will be recommended only in extreme cases of dequervian's tenosynovitis.



*Cold compression of the affected area*



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