

# De Quervain's tenosynovitis

Also called: radial styloid tenosynovitis

A painful condition affecting the tendons on the thumb side of the wrist.

## Common

More than 200,000 US cases per year

-  Treatable by a medical professional
-  Requires a medical diagnosis
-  Lab tests or imaging not required
-  Medium-term: resolves within months

Repetitive hand or wrist movements can make the condition worse.

The main symptoms are pain and tenderness in the wrist, often below the base of the thumb.

Treatment may include medication, physical therapy, or in rare cases surgery. Treatment is generally successful when begun early.

## Ages affected



## Genders affected



## Symptoms

### Requires a medical diagnosis

The main symptoms are pain and tenderness in the wrist, often below the base of the thumb.

### People may experience:

**Pain areas:** in the wrist

**Also common:** tenderness or swelling

## Treatments

### Treatment consists of self care

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### Self-care

**RICE (Rest, Ice, Compression, Elevation):** Rest, ice, compression, and elevation. A first-aid treatment for sprains and strains.

### Devices

**Splint:** A rigid accessory used to stabilize and protect an injured joint.

### Medications

**Nonsteroidal anti-inflammatory drug:** Relieves pain, decreases inflammation, and reduces fever.

- Ibuprofen (Advil, Children's Profen IB, Children's Ibu-Drops, I-Prin, and Motrin IB)
- Naproxen (Aleve, Naprosyn, Ec-Naprosyn, Midol (naproxen), and Mediproxen)

**Steroid:** Modifies or simulates hormone effects, often to reduce inflammation or for tissue growth and repair.

- Triamcinolone (Triesence, Oralone, Triderm, Trianex, and Kenalog)
- Betamethasone (Luxiq, Diprolene AF, Sernivo, and Beta-1)

### Therapies

**Occupational therapy:** Improves daily living and work skills of patients.

**Stretching:** Stretching exercises can improve flexibility and improve physical function.

**Physical therapy:** Restores muscle strength and function through exercise.

**Massage:** Relaxes tense muscles.

### Specialists

**Primary care provider (PCP):** Prevents, diagnoses, and treats diseases.

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

**Sources:** Mayo Clinic and others. [Learn more](#)