

## De Quervain's stenosing tenosynovitis

De Quervain's tenosynovitis is a common tenovaginitis affecting the hand and wrist, in particular the tendons of the Abductor Pollicis Longus (APL) and Extensor Pollicis Brevis (EPB) as they pass through the first dorsal compartment of the extensor retinaculum.

It can occur as a cumulative trauma through forceful, repetitive and sustained thumb abduction with wrist ulnar deviation but on occasion can occur from acute trauma such as sudden wrenching of the wrist or a fall on to the outstretched hand.

It commonly presents as radial-sided wrist pain, at the site of the first dorsal compartment. Pain is aggravated with thumb movement. Finkelstein's test will produce a sharp pain. Other symptoms can include swelling, or rarely, triggering.

Non-operative management can include a period of 4 weeks of immobilisation, wearing a wrist and thumb orthosis day and night, to rest the affected area.

Differential diagnoses

- 1<sup>st</sup> CMCj OA, scaphoid fractures and intersection syndrome.

### Information Required for Referral

- Duration/onset of symptoms.
- Provocative activities.
- Medications and Medical History - including current pregnancy, diabetes, OA of the hand.
- Social and Drug History (ETOH/smoking).

### Investigations Required for Referral



- Radiographs may exclude underlying pathology.

### Fax to

Flinders Medical Centre	(08) 8204 5020
Repatriation Hospital	(08) 8275 1061
Noarlunga Hospital	(08) 8384 9711

## Red Flags

Red flags should prompt immediate GP referral to the **Emergency Department**

-  Recent trauma which may prompt investigation for underlying injury such as fractures or tendon injury
-  Loss of thumb motion

### Suggested GP Management

- Fitting of a thumb/wrist orthosis with wrist position in slight extension (20°) and thumb in radial abduction. Trial for 4 weeks.
- Avoidance or modification of aggravating activities.

### Clinical Resources

- Mackin, E., Callahan, A., Osterman, A. L. And Skiven, T. (Eds).2002. *Hunter, Mackin & Callahan's Rehabilitation of the Hand and Upper Extremity* (5<sup>th</sup> Edn). Mosby Inc.: St. Louis, USA.

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)

Version	Date from	Date to	Amendment
1.0	September 2014	September 2016	Original