

**DeQuervain's Tenosynovitis (Conservative)
Dr. Staiger**

Time Frame	Treatment	Goals
Phase I Initial Visit	<ul style="list-style-type: none"> • Evaluate and Treat • Assess Finkelstein's, wrist and thumb active range of motion, and pain symptoms. • Instruct in edema management – especially icing. • Begin gentle thumb and wrist active motion exercises. • Custom fit a prefabricated zipper (L3807) or custom fabricate a forearm-based radial gutter (L3808) thermoplastic thumb spica orthosis with thumb in rested position into adduction with IP free. <ul style="list-style-type: none"> ○ Wear orthosis day and night for 1-2 weeks then progress to wearing orthosis or tape with functional activities. • May use modalities as indicated. <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. • Progress to towel gathering once pain symptoms decrease slightly. 	<ul style="list-style-type: none"> • Pain management • Edema control • ROM
Phase II 2-4 Weeks	<ul style="list-style-type: none"> • Continue with previous exercises. • Progress with the following exercises once pain decreases. <ul style="list-style-type: none"> ○ Instruct client in Finkelstein's stretch. ○ Progress with dowel strengthening exercises. • Continue with use of modalities PRN to further decrease swelling and pain. <ul style="list-style-type: none"> ○ May wish to begin IASTM (instrument assisted soft tissue mobilization) and myofascial release as tolerated. 	<ul style="list-style-type: none"> • Continued pain management and edema control • Gentle PREs
4-5 Weeks	<p align="center">* Schedule follow up appointment with the physician if symptoms have not improved.</p>	