

DeQuervain's Tenosynovitis (Conservative)

Dr. Lauer

Time Frame	Treatment	Goals
Phase I Initial Visit	<ul style="list-style-type: none"> • Evaluate and Treat • Assess Finkelstein's, active range of motion, and pain/swelling symptoms. • Instruct in edema management . • Instruct in thumb and wrist active range of motion exercises. Issue forearm based prefab thumb spica brace (L3809) • Wear orthosis day and night for 1-2 weeks then progress to wearing orthosis with functional activities. • May use modalities as indicated <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. 	<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"> ○ Progress to towel gathering once pain symptoms decrease. ○ Instruct client in Finkelstein's stretch. ○ Progress with theraputty marker strengthening exercises. • Continue with use of modalities PRN to further decrease swelling and pain. 	<ul style="list-style-type: none"> • Continued pain management and edema control • Gentle PREs
4-5 Weeks	<p>* Schedule follow up appointment with the physician if symptoms have not improved.</p>	