

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

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