

## DeQuervain's Tenosynovitis (Conservative)

Dr. Lauer

Time Frame	Treatment	Goals
Phase I Initial Visit	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Assess Finkelstein's, active range of motion, and pain/swelling symptoms.</li> <li>• Instruct in edema management .</li> <li>• Instruct in thumb and wrist active range of motion exercises. Issue forearm based prefab velcro thumb spica brace</li> <li>• Wear orthosis day and night for 1-2 weeks then progress to wearing orthosis 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> </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>○ Progress to towel gathering once pain symptoms decrease.</li> <li>○ Instruct client in Finkelstein's stretch.</li> <li>○ Progress with theraputty marker strengthening exercises.</li> </ul> </li> <li>• Continue with use of modalities PRN to further decrease swelling and pain.</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 style="text-align: center;">* Schedule follow up appointment with the physician if symptoms have not improved.</p>	

