

UPSWING HEALTH

DeQuervains Tenosynovitis

Note: These exercises are to performed only with physician approval following surgery.

Thumb Active Exercises

Pause and hold each of these exercises at the end of the range you are trying to achieve



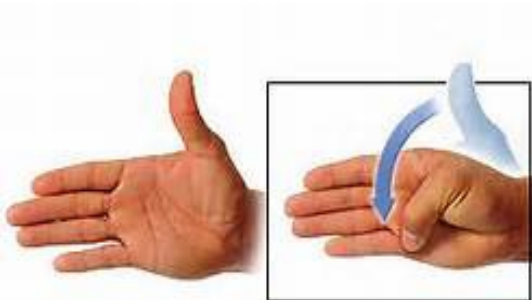
1. Thumb IP blocking

Brace thumb below tip joint. Bend joint.
Repeat 8 – 10 times, 3 – 4 times per day.



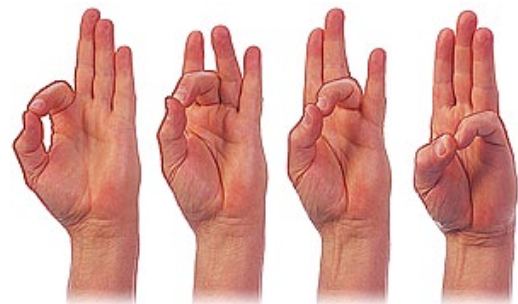
2. Thumb MP blocking

Using other hand to brace base of thumb, bend.
Repeat 8 – 10 times, 3 – 4 times per day.



3. Thumb Extension/Flexion

Bring thumb out to side away from fingers,
then bring thumb back into palm.
Repeat 8 – 10 times, 3 – 4 times per day.



4. Thumb opposition

Touch tip of thumb to tip of each finger.
Repeat 8 – 10 times, 3 – 4 times per day.



5. Thumb Palmar Abduction

Bring thumb forward, away from your palm, and then back toward palm.

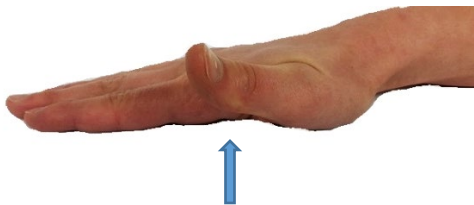
Repeat 8 – 10 times, 3 – 4 times per day.



6. Thumb Radial Abduction

Bring thumb out to the side, away from your index finger, and then back.

Repeat 8 – 10 times, 3 – 4 times per day.



7. Thumb Extension

With hand resting flat on table, lift thumb straight up towards the ceiling.

Repeat 8 – 10 times, 3 – 4 times per day.

Thumb and Wrist ROM Exercises



1. Thumb IP Blocking

Brace thumb below tip joint. Bend joint.

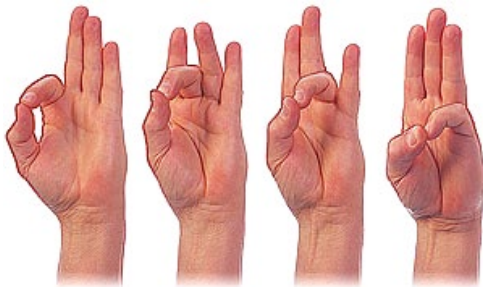
Repeat 8 – 10 times, 3 – 4 times per day.



2. Thumb MP Blocking

Using other hand to brace base of thumb, bend.

Repeat 8 – 10 times, 3 – 4 times per day.



3. Thumb Opposition

Starting with the index finger, touch your thumb to the tip of each finger, without pain.

Repeat 8 – 10 times, 3 – 4 times per day.



4. Wrist Flexion & Extension

With forearm supported on table and wrist over the edge, lift hand up with fingers resting in a fist, and then relax hand down with fingers open.

Repeat 8 – 10 times, 3 – 4 times per day.

Wrist & Forearm Active ROM Exercises



1. Wrist Flexion & Extension

With forearm supported on table and wrist over the edge, lift hand up with fingers resting in a fist, and then relax hand down with fingers open. Repeat 8 – 10 times, 3 – 4 times per day.



2. Wrist Ulnar and Radial Deviation

With hand flat on table, slide hand side. Repeat 8 – 10 times, 3 – 4 times per day.



3. Forearm Supination and Pronation

Keeping elbow bent and close to your side, rotate your hand to turn palm up, and then palm down. It is helpful to use a light hammer or light weighted dowel to perform this exercise. Repeat 8 – 10 times, 3 – 4 times per day.