



DeQuervain's Conservative Treatment

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

Forearm based thumb-spica splint with thumb IP joint free to be worn fulltime and at night for 2 weeks then a SLOW wean as symptoms dictate

Rest - avoidance of the inciting activity (active radial deviation)

Cryotherapy 15-20 minute sessions 2-3 times a day

AROM:

Fingers

Thumb MP blocking with thumb held in protected abduction initially then progress to full flexion to patient's tolerance

Thumb IP blocking with thumb held in protected abduction initially then progress to full flexion to patient's tolerance

Opposition to index with progression to small as tolerated by patient

AROM wrist flexion/extension, avoid active and passive radial/ulnar deviation until symptoms are markedly improved