

In De Quervain Tenosynovitis, movement, as well as grasping of objects, increases pain.

Risk Groups

New Mothers

[Mother with Newborn](#)

There are some groups with a higher propensity to develop this disease. New mothers are at risk of this disease.

Golfers and Tennis Players

[Golfer Playing Tennis](#)

Tennis players and golfers are also at increased risk of developing this disease.

"Thumb" Texters

[Thumb Text](#)

Thumb texters are also at risk of developing De Quervain Tenosynovitis.

DIAGNOSIS

Finkelstein Maneuver

[Frankenstein](#)

Diagnosis of De Quervain Tenosynovitis is clinical. The examination involves the Finkelstein maneuver, which consists of asking the patient to hold the thumb in a fist while the examiner performs an ulnar deviation, eliciting pain.

TREATMENT

Conservative

[Conservative Reagan](#)

Initial treatment is conservative: it consists of NSAIDs and other analgesics, physical therapy, splintage, and steroid injections.

If conservative therapy fails, surgery can be performed. This surgery involves the surgical release of the tendons through an incision in the extensor retinaculum.