



ACTIVEPHYSIO®

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PatientInformation

Hand&Wrist

The condition

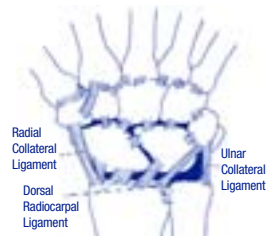
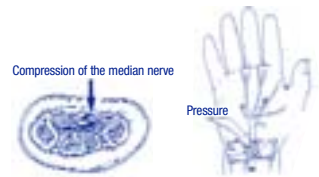
- Abductor Pollicis Longus Tenosynovitis (De Quervains)
- Carpal Tunnel Syndrome
- Fractured Scaphoid
- Carpal Ligamentous Strain/Rupture

About the condition

The tendon of the **Abductor Pollicis Longus** runs along the outside of the forearm and attaches to the thumb. In its path it curves around a piece of bone that can sometimes cause the tendon to friction and become inflamed. This happens particularly with overuse of the action of the thumb or wrist such as repeatedly lifting an unaccustomed weight or over extending the thumb in a “hitch hikers” action. It is often referred to as **De Quervain’s syndrome**.

The inflammation can sometimes also affect the radial nerve that passes close to the tendon at the wrist. When the median nerve is compressed at the wrist it is known as **carpal tunnel syndrome** where the nerve passes through a narrow anatomical space to reach the hand.

Falls onto the hand often result in strain of the ligaments that support the carpal bones. There are 8 carpal bones that form a bridge for the hand to work from. It is also common to fracture the **scaphoid** carpal that forms the base of the thumb.



There are eight carpal bones

Usual symptoms include

- Pain in the forearm and /or wrist
- Pain on sideways movement of the wrist or up and down movement at the thumb
- Weakness of grip
- Swelling locally over the thumb side of the wrist
- Changes in sensation down the forearm or into the hand including pain and/or pins and needles and/or numbness

What we can do to help

- We can teach you how to manage your condition during the acute stages including fitting a strap to prevent further damage to the tendon
- Local frictioning (deep massage) and/or electrotherapy and/or acupuncture can facilitate the healing.
- We progressively stretch the structures to prevent scar tissue from limiting use
- We teach a progressive strengthening exercise programme to return your hand and arm to muscle balance.
- We progressively return you to daily and sporting activities.
- We are planning to see you about __times over the next__ week(s)

Your local Active Physio:



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