

Dear Patient,

You have been referred to the Musculoskeletal (MSK) Occupational Therapy Hand Service.

Please read through the enclosed information which outlines the condition you have been diagnosed with and the treatment options available to you. At this stage we would advise self-management and therefore recommend you try the following advice for a 6 week period.

Often patients find this information is helpful and clinic attendance is no longer required.

DIAGNOSIS – DE QUERVAINS TENOSYNOVITIS

De Quervain's Tenosynovitis is a form of tendonitis causing inflammation of two tendons that run from your thumb over the wrist. Symptoms may include pain, swelling and a clicking or a snapping of the tendons when you move your thumb. Symptoms can settle with splinting, rest and activity modification, however If symptoms fail to respond to advice there may be an option for a steroid injection to reduce pain and swelling.

Please find enclosed further information on managing your condition following current guidelines from the British Society for Surgery to the Hand advising rest, ice, splinting and gentle mobilisation to prevent stiffness. General hand exercises have been provided on NHS inform to follow to maintain movement and prevent stiffness from wearing the splint.

A **wrist/thumb splint** is advised to provide support to your thumb and wrist to allow inflammation and pain to settle. We have enclosed information on how to purchase a **splint*** on page 2

We have included the following hyperlinks in blue to click for information or QR links below for you to scan with your telephone Camera -

[The British Society for Surgery of the hand – De Quervain's Syndrome](#)



[NHS Inform – Exercises for wrist, hand and finger problems](#)



[Versus Arthritis – Steroid Injections](#)



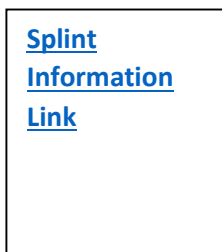
We recommend you follow the advice given over the next 6 weeks. If you are still having problems, please call the appointment centre on **0300 123 4022 (phone lines are open 08:30 – 17:00 Monday to Friday)** to arrange an appointment with an Occupational Therapist.

If we do not hear from you in 3 months, we will assume you are managing your condition and no longer require our service.

***Buying a Splint**

For advice and help on where to purchase splints, please scan the QR code below to view information and links to recommended splints.

Your recommended splint is a WRIST/THUMB SPLINT for this condition.



Yours sincerely
MSK Occupational Therapy Hand Service

Please note you may be contacted by a member of our team to review your experience and enable us to improve our service in the future.