



Please find below exercises for your wrist and thumb.

These are for people with De Quervain's Tenosynovitis and should be completed only when pain is under control.

If pain is considerable or worsening, you may need to use a wrist and thumb splint for 1 month, along with reducing any aggravating activities to help settle pain and inflammation.

**Complete each exercise 2-3 times every second day.**

These exercises help load and strengthen the tendon in your thumb without over working it.

Be aware some movements may increase your pain e.g. scrolling with your thumb through your phone and other repetitive pushing and pulling motions. Try to limit these activities in order to improve your symptoms while the tendon strengthens up through these exercises.



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**Movement exercises:**

Place the palm of your hand on a table.

Bring your thumb away from the index finger and then back again. Move the thumb to the limit of any pain but don't force into pain.

**Hold for 2-3 seconds and repeat 10 times.**



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Rest your hand on a table as shown.

Slide your thumb across your palm toward your little finger, bending at the end joint of your thumb. Move the thumb to the limit of any pain but don't force into pain.

**Hold for 2-3 seconds and repeat 10 times**



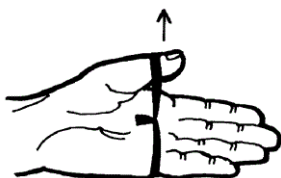
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Sit and support your forearm on a table or your thigh.

Brace an exercise band under your feet and hold the band with your thumb towards the ceiling.

Slowly bend your wrist up.

**Hold for 2-3 seconds and repeat 10 times.**



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With your hand relaxed, wrap a hair bobble or elastic band around the base of your fingers and middle of the thumb as shown.

Stretch the band slowly by lifting the thumb upwards as far as possible while keeping the joints of the thumb slightly bent. Try to make sure the wrist does not move during the exercise.

**Hold for 5 seconds then lower slowly and repeat up to 10 times.**

When you can perform this exercise easily, change to a stronger band.

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