

De Quervain's Tenosynovitis

Pain at the thumb side of the wrist, often from repetitive lifting or phone use. A thumb-spica splint and relative rest come first; these exercises rebuild once the pain settles.

WRIST • THUMB

1



Gentle Thumb Stretch

3 × 15 sec

- Thumb in the palm; tilt the wrist toward the little finger.
- Mild stretch only — never sharp.

2



Thumb Lift

3 × 10

- Hand on its side; lift the thumb toward the ceiling.
- Slow up, slow down.

3



Radial Deviation

3 × 10

- Hand on its side; lift the whole hand thumb-side up.
- Forearm resting on the table.

4



Thumb Opposition

10 reps

- Touch the thumb to each fingertip.
- Light, pain-free movement.

5



Forearm Rotation

3 × 10 each way

- Palm up, palm down with a light object.
- Wrist stays straight.

6



Grip Squeeze

3 × 10, hold 3 sec

- Squeeze a soft ball; thumb relaxed.
- Add gently from week 2.

HOW OFTEN

Thumb-spica splint for 4–6 weeks and avoid pinch-lifting with a bent wrist. Exercises 2× daily as symptoms allow. A steroid injection settles most cases that do not improve.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Marked swelling, warmth, or pain after a fall (possible fracture) — contact us.