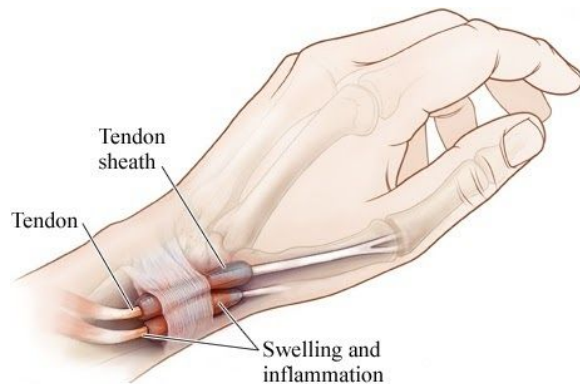


## DE QUERVAIN'S TENOSYNOVITIS

**De Quervain's tenosynovitis** occurs when the tendons around the base of the thumb are irritated constricted. The word **tenosynovitis (or tendinosis)** refers to a swelling of the tendons. Swelling of the tendons and the tendon sheath can cause pain and tenderness along the thumb side of the wrist.

This is particularly noticeable when forming a fist, grasping or gripping objects, or when turning the wrist. It can be caused by repetitive motion, injury, or aging. The tendon either becomes inflamed or its sheath becomes too tight to allow normal movement. You may notice a "knot" on you wrist near the thumb.



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## SURGICAL TREATMENT

Your surgeon may recommend you undergo a surgical procedure to open the tendon sheath and allow more room for tendon movement.

This surgery is usually performed in an operating room under local or regional anesthesia on an outpatient basis as a day surgery. Your surgeon makes a small incision over the affected tendons in the wrist area. The surgeon then cuts the sheath or tunnel that holds the tendons giving them more room to move. The incision is then closed with sutures and covered with a sterile dressing.

