

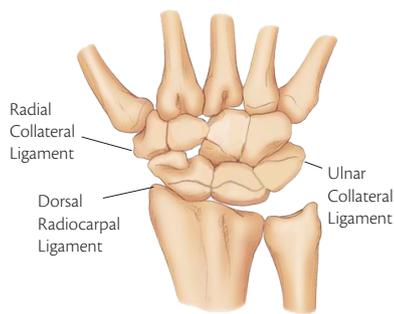
Hand & Wrist



The conditions

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

PATIENT INFORMATION



There are eight carpal bones

About the conditions

The tendon of the Abductor Pollicis Longus may get inflamed, due to friction of the tendon rubbing against the bone as it runs along the outside of the forearm. This happens with overuse action of the thumb or wrist and 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. If the median nerve is compressed at the wrist, it is known as carpal tunnel syndrome, where the nerve passes through a narrow tunnel to reach the hand. A fall onto the hand often results in straining the ligaments that support the 8 carpal bones, that form a bridge for the hand. The scaphoid bone is the most common to be fractured.

Usual symptoms include

- Pain in the forearm and/or wrist especially during the night, leading to disturbed sleep.
- Pain on sideways movement of the wrist or up and down movement at the thumb along with some localized swelling.
- Weak grip.
- Change in sensation in the forearm or hand including pain, pins and needles and/or numbness.

What we can do to help

- We can teach you how to manage it during the acute stages including fitting a strap, taping, deep friction massage or acupuncture to prevent further damage to the tendon and facilitate healing.
- Bone and nerve mobilization to improve the range of motion of the hand.
- We teach a progressive strengthening exercise program and gradually return you to daily and sporting activities.

Your local Active+ clinic:

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