



DeQuervain's Tenosynovitis Rehabilitation Exercises

You may do all of these exercises when the initial pain is gone.

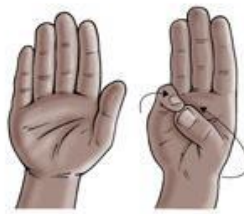
- **Opposition stretch:** Rest your hand on a table, palm up. Touch the tip of your thumb to the tip of your little finger. Hold this position for 6 seconds. Repeat 10 times.
- **Wrist stretch:** With one hand, help to bend the opposite wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Keep your elbow straight during this exercise. Do 3 sets on each hand.
- **Wrist flexion:** Hold a can or hammer handle in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 3 sets of 10. Gradually increase the weight of the can or weight you are holding.
- **Wrist radial deviation strengthening:** Put your wrist in the sideways position with your thumb up. Hold a can of soup or a hammer handle and gently bend your wrist up, with the thumb reaching toward the ceiling. Slowly lower to the starting position. Do not move your forearm throughout this exercise. Do 3 sets of 10.
- **Wrist extension:** Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward. Slowly lower the weight down into the starting position. Do 3 sets of 10. Gradually increase the weight of the object you are holding.
- **Grip strengthening:** Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10.
- **Finger spring:** Place a large rubber band around the outside of your thumb and the rest of your fingers. Open your fingers to stretch the rubber band. Do 3 sets of 10.

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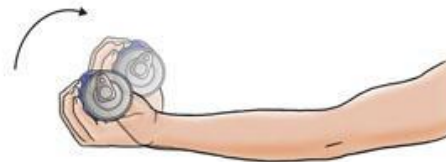
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Opposition stretch



Wrist stretch



Wrist flexion



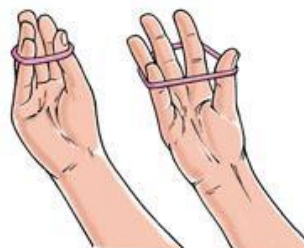
Wrist radial deviation strengthening



Wrist extension



Grip strengthening



Finger spring