

Nottingham Family Wellness Centre

DeQuervain's Syndrome

Thumb Stretches



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



THUMB EXTENSOR STRETCH

Grip your thumb with your fingers and then bend your wrist downward as shown for a GENTLE stretch along your forearm.

Aim to feel a gentle pull. Do not be aggressive with this particular stretch.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

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WRIST RADIAL DEVIATION

Keeping the wrist in a neutral position, tilt your wrist upward as shown, then slowly return to the original position.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

Thumb Exercises



THUMB RANGE OF MOTION

Touch your thumb to the tip of each finger, alternately.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



RESISTED BALL OPPOSITION

With an elastic ball, gently squeeze it deep in the palm of your hand with your thumb and 5th finger as shown.

Work within your pain tolerance. You do not want this exercise to be aggravating. Only push lightly if you need to.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

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THUMB STRENGTHENING

Wrap a rubber band around your hand. Lay your hand flat on the table.

Spread rubber band out using thumb.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day