

De Quervain's (Conservative)

Dr. Widstrom

❖ **Strengthening is to be completed to tolerance and may take time to progress**

Time Frame	Treatment	Goals
Initial eval	<ul style="list-style-type: none"> • Evaluate and Treat • Instruct in edema management • Issue forearm based thumb spica orthosis with IP free <ul style="list-style-type: none"> ○ Position thumb in comfortable resting position ○ Wear splint 1-2 weeks at all times and begin to wean out with functional activities • Modalities as indicated • HEP <ul style="list-style-type: none"> ○ AROM and towel gathering depending on pain • Follow up PRN 	<ul style="list-style-type: none"> • HEP • Edema management • Orthosis/brace issue and education
Phase II 2-4 weeks	<ul style="list-style-type: none"> • Educate on home exercise program <ul style="list-style-type: none"> ○ Towel gather ○ Putty and highlighter/dowel ○ Finkelstien stretch ○ AROM • Modalities PRN 	<ul style="list-style-type: none"> • Update HEP progress into strengthening as tolerated
Phase III 4-6 weeks	<ul style="list-style-type: none"> • Schedule follow up with physician if symptoms have not improved 	<ul style="list-style-type: none"> •