

De Quervain

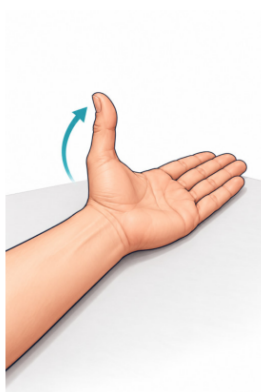
Reference / initials

Date

Side: ☐ Right ☐ Left ☐ Both

Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

01 Lift your thumb



1. With your palm facing upwards and forearm supported, lift your thumb to open a C shape.
2. Return slowly.

No equipment. Keep your other fingers relaxed.

Sets Repetitions Times/day

Equipment / adjustments:

02 Assisted thumb bend



1. Rest your hand on its little-finger side.
2. Use your other hand to guide your thumb towards the palm, bending it at the knuckle at its base.

Your other hand. Keep your wrist straight.

Sets Repetitions Times/day

Equipment / adjustments:



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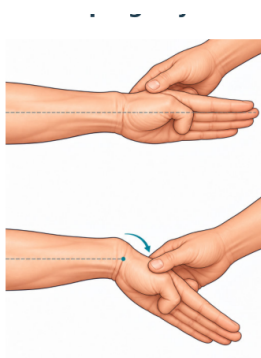
Reference / initials

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03 Thumb and wrist stretch



1. With your hand resting on its side, move your thumb towards your palm.
2. Use your other hand to gently guide your wrist towards the little-finger side.

Your other hand. Move at the wrist and keep the four fingers straight. Only perform this if prescribed.

Sets Repetitions Times/day

Equipment / adjustments:

04 Move your wrist against a band



1. Sit with your elbow resting on your thigh. Hold the band with your palm down and secure it under the opposite foot.
2. Move your wrist outwards, then return slowly.

A resistance band of the prescribed strength. Move at the wrist; avoid pulling with your whole arm.

Sets Repetitions Times/day

Equipment / adjustments:

