



## Quick Recap

De Quervain's irritates the thumb-side wrist tendons, causing pain when grasping or twisting. Rest, splinting, and gentle exercise restore comfort.

### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

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HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

*This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.*



## A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know about De Quervain's syndrome, what to watch for, and how we help at home.

*“With patient care and gentle exercise, the thumb and wrist return to comfortable, confident daily use.”*

## Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



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# De Quervain's Syndrome

Thumb-Side Wrist Tendon Care at Home



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



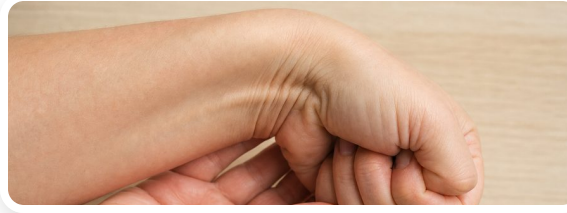
### ● Tips at Home

Practical day-to-day tips to rest the thumb tendons and ease pain at home.

Build a calm daily routine — splint on at night, gentle thumb rest, and short ice sessions. Note any changes and share them with your healthcare providers.

- Wear a thumb spica splint to rest the tendons, especially at night.
- Apply ice 10-15 minutes, 3-4 times a day for swelling and pain.
- Avoid lifting, gripping, or twisting that strains the thumb.
- Take prescribed anti-inflammatories with food, exactly as directed.
- Home nursing visits guide splint use, exercises, and pain control.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track sharp pain at the thumb base or wrist with movement.
- Note swelling, tenderness, or a snapping feel along the wrist.

### Good to know

- Repetitive thumb use and new-baby care commonly trigger flare-ups.
- Most cases improve within weeks of rest, splinting, and exercise.

**When to call:** Sudden severe pain, numbness, or no improvement after 4-6 weeks of care — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Recovery habits that protect the thumb and rebuild safe daily use.

Small steps add up: one quiet hour in the splint, one gentle stretch, one slow strength move brightens the whole day.

- Begin gentle thumb glides and wrist motion once pain settles.
- Strengthen with rubber-band finger extensions and light grip work.
- Use thicker pens, two-hand lifts, and wider handles to spare the thumb.
- Stretch the wrist flexors and extensors 2-3 times a day.