

# Dequervain's Tenosynovitis

**P**lace your hand on the table with the palm facing up.

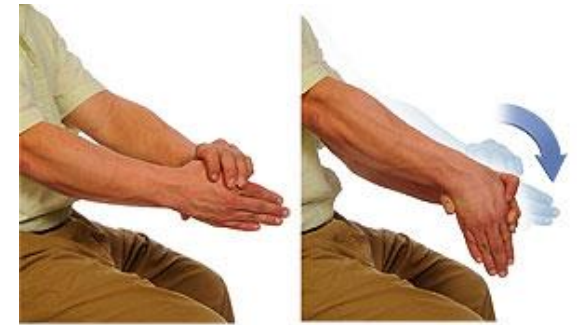
**R**est the thumb at the base of the little finger.

**L**ift your thumb away from your palm and keep it in this position for 6 seconds.

**R**epeat 8 to 12 times.



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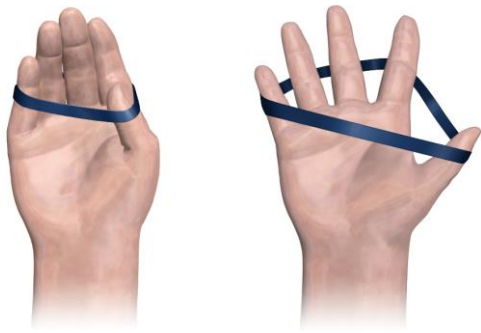
**H**old your arms out in front of you.

**B**end your thumb toward your palm.

**U**se your other hand to gently stretch your thumb and wrist downward until you feel the stretch on the thumb side of your wrist.

**H**old for at least 15 to 30 seconds.

**R**epeat 2 to 4 times.



**Finger Extensions**

Place a rubber band or hair tie around your thumb and fingers.

Make sure the band is tight enough to offer some resistance.

Open your thumb to stretch the rubber band as far as you can. You'll feel a stretch along your thumb.

Do 2 sets of 15.

## Grip strengthening

Hold a ball in the palm of your hand.

Squeeze it as hard as your can for 5 seconds.

Do 2 sets of 15.



Hold your hand in front of you and turn your hand so your little finger faces down, and your thumb faces up.

Use the fingers on your other hand to bend your thumb down at the point where your thumb connects to your palm.

Hold for at least 15 to 30 seconds.

Repeat 2 to 4 times.



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