

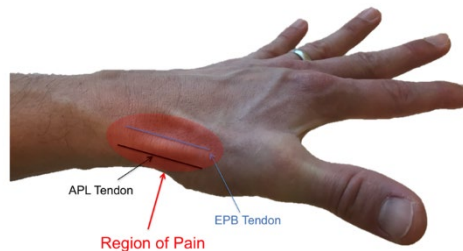


Common Hand & Wrist Injuries Guide



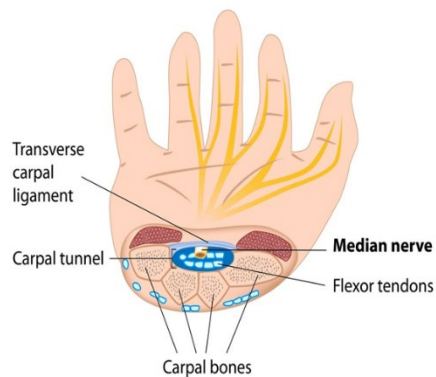
Hand/Wrist Webinar

- **DeQuervain's**



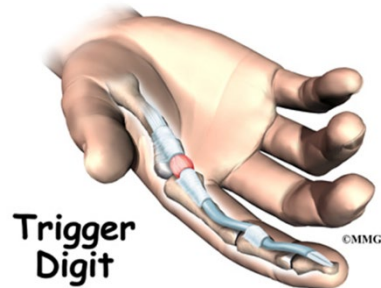
- What is it?
 - Tendonitis of the tendons of the thumb
- Pain along the base of the thumb that can radiate past wrist, pain with lifting and picking up objects, pain with opening jars/bottles
- Can be caused by repetitive movement and poor ergonomics
 - Treatment: Splinting, taping, ice massage, rest, proper ergonomics

- **Carpal Tunnel**



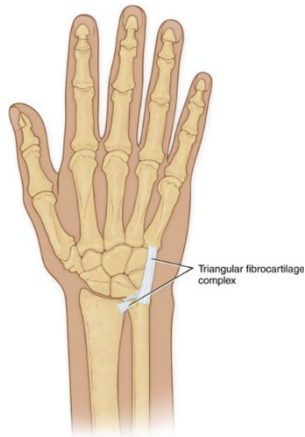
- What is it?
 - Compression of the median nerve within the carpal tunnel
- Identified by pain, numbness, or tingling along the palm side of the hand into the thumb, index, middle, and half of the ring finger
- Can be caused by poor positioning and ergonomics, repetitive movements
 - Treatment: Splinting, taping, rest, proper ergonomics, median nerve stretches

- **Trigger Finger**



- What is it?
 - Inflammation of the flexor tendon of the finger
- Identified by finger being stuck in a flexed position
- Can be caused by repetitive movements, however can be unknown
 - Treatment: Splinting, taping, stretches, positioning, manual soft tissue work, stretches by your therapist, modalities

- **TFCC**



- What is it?
 - The TFCC is comprised of ligaments and cartilage which helps to stabilize the wrist. An injury to the TFCC can include a sprain or a tear.
- Identified by pain along the pinky side of the wrist, pain with side to side wrist movement, pain with weight bearing
- Can be caused by a fall on an outstretched hand, repetitive WB movements, repetitive wrist movements
 - Treatment: Splinting, taping, wrist stability and strengthening exercises, positioning