

Mayo Clinic Minute:

Is your thumb pain de Quervain's tenosynovitis?

Video	Audio
Sanjeev Kakar, M.D. Orthopedics Mayo Clinic	When a simple hand movement, like making a fist or moving the thumb, becomes painful, it could be from daily overuse. "One of the most common is something called de Quervain's (pronounced de-KWARE-vanes) tenosynovitis."
	Mayo Clinic orthopedic surgeon Dr. Sanjeev Kakar says it's primarily a tendon problem.
	"If you think of the wrist, basically what we have here is that we have the tendons, which move your thumb, and they are covered by this band, and this is natural. We all have this, but in certain patients, they can have inflammation in this area."
	Dr. Kakar says that when the tendons underneath this band become inflamed, they can cause intense pain.
	"Now, luckily, the treatment for this is relatively straightforward."
	Therapy and wearing a splint may help.
	"Sometimes we need to do a corticosteroid injection to decrease inflammation, and most of the times, it gets better. But sometimes we need to do surgery."
	It's an outpatient procedure. Here Dr. Kakar opens a sheath surrounding the tendon to release pressure and allow the tendons to glide more freely and pain-free.
	For the Mayo Clinic News Network, I'm Joel Streed.