

Friction massage for DeQuervain's Disease

Physiotherapy & Occupational Therapy

Who is this leaflet for?

This leaflet is for patients who have been advised to use friction massage to help a condition called DeQuervain's disease. It explains what the disease is, how to perform the massage and what you should do if you have any problems.

What is DeQuervain's Disease?

DeQuervain's is the name given to thickening of two of the tendons that lift the thumb away from the palm.

The condition was first described by a Swiss surgeon, Fritz de Quervain in 1895.

Tendons are the bands which connect muscles to bones.

The tendons in the hand run through tunnels which hold the tendon close to the bone. If the tendon and its covering (the sheath) become thickened they are unable to glide smoothly through the tunnel, causing pain.

What causes DeQuervain's Disease?

- Forceful, sustained or repetitive thumb movement can contribute to the disease (this is known as cumulative micro trauma)
- Occasionally a sudden wrenching or fall on the thumb (acute trauma) can be a cause
- Diabetes, rheumatoid arthritis and pregnancy can be contributing factors

How do we treat DeQuervain's?

- It is important to look at the work you do and if it is thought to be a contributing factor, then modifications to working position/equipment or using different equipment or a splint to reduce the stress on the tendons may help.
- A programme of exercise and friction massage may also help
- If symptoms are very acute a steroid injection may be indicated
- As a very last resort some patients require surgery to release the compartment

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

How do I do friction massage?

Your Therapist will show you how to use friction massage. The steps are outlined below.

Do not use any moisturising cream with this technique.

1. Bend your thumb across the palm to touch the base of your little finger. Hold the thumb down by making a fist over the thumb. Tilt your wrist sideways (away from your thumb).
2. Place the thumb of your opposite hand over the bony, painful area on the side of your wrist.
3. With your thumb pressed firmly against the skin and without sliding, gently but steadily push the skin to one side as if you were trying to slide the skin off the bone. Hold this position for five seconds.
4. Briefly relax and then repeat this manoeuvre in the opposite direction.

Are there any precautions or side effects to friction massage?

Your Therapist has assessed you as being suitable to carry out this procedure and it is very unlikely that you will have any adverse effects. However if you experience severe discomfort, pain, numbness or any other worrying symptoms, stop the massage and speak to your Therapist.

Who can I contact if I have any concerns or questions about friction massage?

If you have concerns or queries about any aspect of this technique please speak to the Therapist in charge of your care.

Name of Therapist:

Contact telephone number:

Out of hours / emergency contact details:.....

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。