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Conventional Management of De Quervain's Syndrome: Case Report

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Background. De Quervain's syndrome known as radial styloid tendonitis, it is a painful inflammation of the tendons of two tendons that control movement of thumb. De Quervain's affect people who works by repetitive use of the thumb in combination with radial deviation of the wrist. Case reports a 55-year-old female dentist presenting with radial wrist pain of 3-month duration, diagnosed as De Quervain's. The clinical features: The primary clinical feature is wrist & thumb pain at radial aspect with resultant impairment of the wrist, hand and thumb function. The conventional treatment approach consisted of exercise-based training, physiotherapy, paraffin baths, dorsal-wrist support, splinting & serial. The treatment period 1 month, after 1 month she return to activities of daily living (ADLs). A 6 months follow-up reported no recurrence of the wrist pain. Conclusions. Combination of conventional rehabilitation strategies included physiotherapy, exercise hand training in treat De Quervain’s syndrome & allow for an individual to return to pain free ADLs in timely manner.

Keywords: conventional management, De Quervain’s, dentist, thumb pain