



Returning Patients to the Speed of Life

# Physical & Hand Therapy

Centralized Scheduling

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[www.serctherapy.com](http://www.serctherapy.com)

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## SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Work Injuries
- FCEs
- Work Conditioning
- Job/Ergonomic Analysis

## OUR CLINICS

Belton  
 Blue Ridge Tower  
 Harrisonville  
 KC North  
 Kearney  
 Lansing  
 Lee's Summit  
 Liberty  
 Metro North  
 Olathe  
 Overland Park  
 South Raytown  
 Shawnee

Certain pain symptoms of the wrist are common among new mothers, employees in repetitive jobs, and those playing the violin. All of these people can easily develop de Quervain's tendonitis. Symptoms of de Quervain's may include pain or swelling on the thumb side of the wrist, difficulty moving the thumb and wrist with pinching and grasping, or a sticking sensation in the thumb.



What causes this? There are two tendons that run side by side through a tunnel at the wrist near the base of the thumb. At times, this tunnel or sheath can become inflamed. This inflammation is often caused by chronic overuse of the wrist; specifically, the wrist is consistently in a bent position, often toward the small finger side of the wrist, with fingers in a gripping or pinching position.

Therefore, it makes sense that a violinist can develop this with a wrist that is bent and fingers pinching. The same concepts applies to someone peeling potatoes for hours, an employee performing the same wrist and hand motion over and over, or a mom who holds her newborn for hours with her wrists in an awkward position.

Prevention includes stretching the wrist, avoiding repetitive activities, and seeking medical help if the problem persists more than a couple of days. The best stretch is lightly holding the thumb in a fist while moving the wrist in all directions for 30 seconds a few times a day.

Medical solutions can involve occupational/hand therapy, medication, or an injection. Don't let this pain get out of hand!

## October 11th-17th is National Case Management Week

Thank you for all you do! We appreciate your commitment to your clients, and we're glad to have the opportunity to work with you!