

Session 2.9 – De Quervain's tenosynovitis, trigger fingers, intersection syndrome, etc

Objectives:

- Understanding common tendinosis affecting the hand including trigger finger, De Quervains, intersection syndrome, ECU and FCU tendinosis
- Describe the examination findings associated with different tendinosis conditions
- Review the investigation options available to aid diagnosis
- Understand the management for each tendinosis condition

Primary Resources:

1. Tendinopathies of the hand and wrist by Prof Julie Adams (42:47)

https://www.youtube.com/watch?v=TZ2Cj_Q3H8o&ab_channel=PulvertaftVideos

2. Tendinopathies of the upper extremity (33:44)

<https://www.assh.org/hande/s/watch?id=aBP0a00000008GXGAY>

3. It's just tendinitis: Problems after trigger and DeQuervain's surgery

<https://www.assh.org/hande/s/watch?id=aBP0a0000000LG2EGAW>

4. Therapy for trigger fingers

<https://youtu.be/bHURkNKyP0g>

5. Australian Association video of WHAT test for De Quervain's

<https://www.facebook.com/AHTAinc/videos/testing-tuesdays-the-what-test-wrist-hyperflexion-and-abduction-of-the-thumb-tes/813327726326940/>



<https://s.surveypal.com/wwkrxb70>