

Reliant Medical Group

Rehabilitation & Sports Medicine

DO'S AND DON'TS FOR DEQUERVAIN'S

DO

1. Use the stronger elbow joint to carry items.
2. When weight bearing use palms to support body weight.
3. Respect pain!!
4. Use ice to decrease inflammation.
5. Wear splints when performing daily activities.

DON'T

1. Use fingers to hold the weight of bags with wrist bent towards little finger.
2. Use fingers and thumbs to support body weight.
3. Perform repetitive tasks that involve your wrist and thumb.

Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143
■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.

Internet Access: www.reliantmedicalgroup.org Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise
Sheets