

Joint Examination and Injection Course

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WRIST



DE QUERVAINS

- Inflammation of tendon sheath of extensor pollicis brevis and abductor pollicis longus as they pass over the radial styloid in the first extensor compartment
- Painful swelling at wrist , exacerbated by resisted thumb abduction or forced thumb flexion (Finkelsteins test)
- Often due to over use
- Common in young adults



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Finkelsteins test

- move wrist into ulnar deviation
- positive test=pain



DE QUERVAINS

- Inject tendon sheath with 40mg depomedrone and lignocaine
- Orange needle
- Rest 24hours
- Address cause
- Reduce repetitive action

Carpal Tunnel Syndrome

- Idiopathic
- RA
- Other arthropathies
- Colles fracture
- Myxoedema
- Acromegaly
- Pregnancy
- Obesity
- Amyloidosis



Phalens and Tinel's test

- Both reproduce symptoms\
- Phalens involves wrist flexion and pressure over carpal tunnel
- Tinel's involves gentle percussion over carpal tunnel.



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