



**Therapy
Achievements, LLC**
The Rehab Specialists

Tenosynovitis

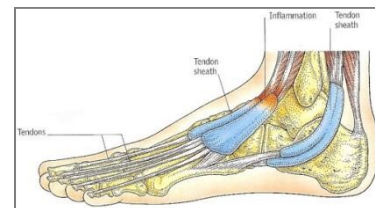
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What Is Tenosynovitis?

- Tenosynovitis is inflammation of the tendon sheath. A tendon is a type of fibrous tissue connects your muscles to your bones. Tendons are covered by a protective sheath known as a synovium. This sheath produces a fluid (synovial fluid) that keeps the tendon lubricated.
- Injury to the tendon or surrounding muscle or bone may result in the malfunction of the synovium. If this occurs, the sheath may fail to make synovial fluid or may not make enough fluid. This can cause inflammation or swelling of the synovium. This condition is known as tendon sheath inflammation or tenosynovitis.
- Most commonly occurs in the tendons of the wrist, hands, and feet.

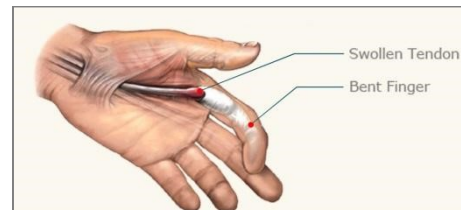
What Causes Tenosynovitis?

- Injury
 - Repetitive or prolonged activities
 - Prolonged standing in the same position
 - Injury or strain
- Underlying health conditions. Examples include:
 - Rheumatoid arthritis, Reiter's syndrome or reactive arthritis
 - Scleroderma
 - Gout
 - Diabetes
 - Gonorrhea
- Occasionally, the cause cannot be determined.
- In rare cases, tenosynovitis is caused by an infection that resulted from a cut or puncture to the tendon.



What Are Symptoms of Tenosynovitis?

- stiffness in the joint making it difficult to move
- swelling in the joint
- pain and tenderness in the joint
- redness on the skin where the tendon is located
- Some people may develop a fever (indicates infection and should seek medical attention immediately)



How is Tenosynovitis Treated?

Therapy

- Treatment focuses on reducing inflammation and pain, which can be done by resting the affected area and stopping activities that caused the initial injury.
- Your therapist may recommend the use of a brace or splint to immobilize the affected area.
- Applying heat or cold may also help reduce swelling and pain.
- Other treatment may include:
 - Massage
 - Stretching of the affected area
 - Electrical nerve stimulation or TENS
 - Ultrasound
 - Strengthening exercises

Potential Medications:

- Over-the-counter nonsteroidal anti-inflammatory's (NSAIDs) (ex. Ibuprofen) **or** Corticosteroids injections
- Antibiotics (if condition caused by infection)
- Disorder specific medications (if condition caused by underlying health condition such as RA or gout).

How to Prevent Re-occurrence:

- Tenosynovitis can be prevented by avoiding movements or motions that are repetitive or forceful.
- Muscle strengthening around the site of the joint can also help prevent this type of injury, as well as stretching and range of motion (ROM) exercises.