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.