

# De Quervains Release

## Dr Stuart Myers

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Sydney Orthopaedic Specialists

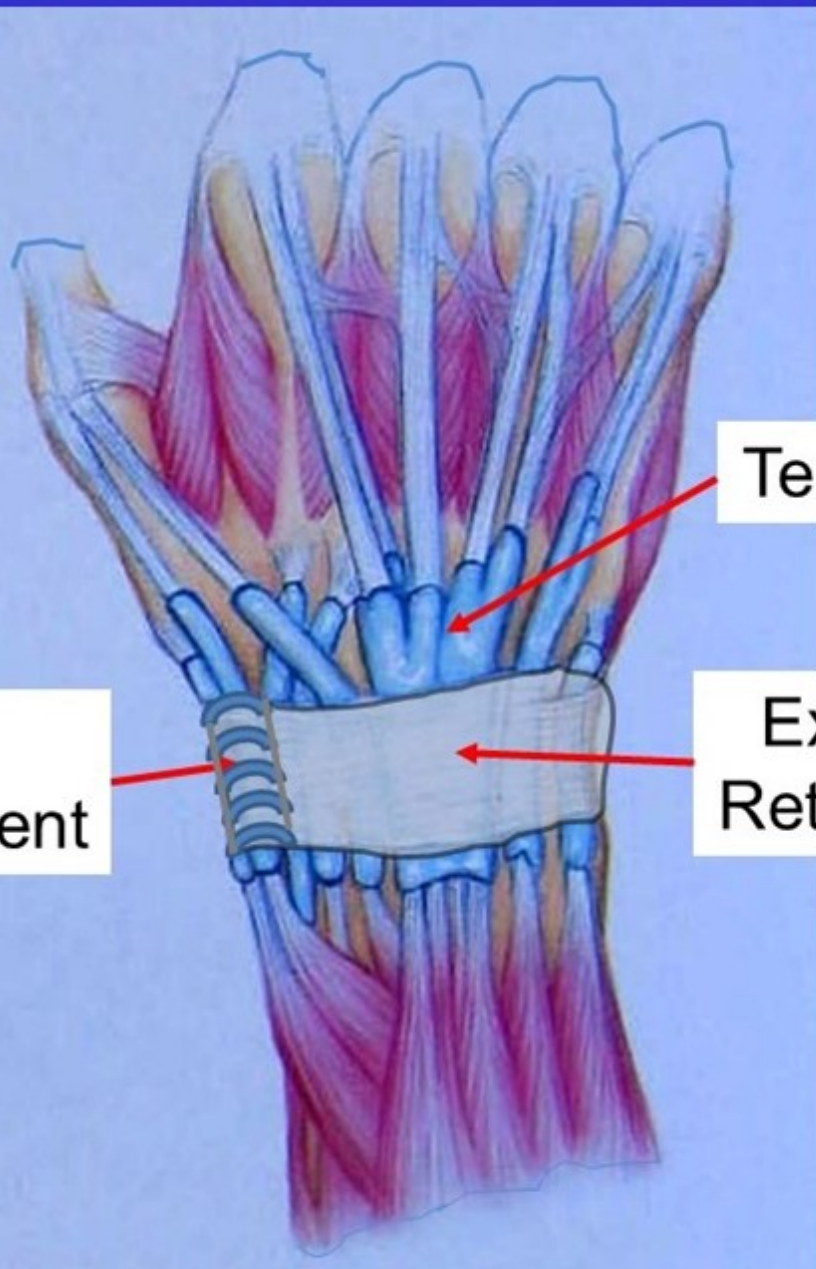
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KAREENA  
PRIVATE HOSPITAL



SOS  
SYDNEY  
ORTHOPAEDIC  
SPECIALISTS



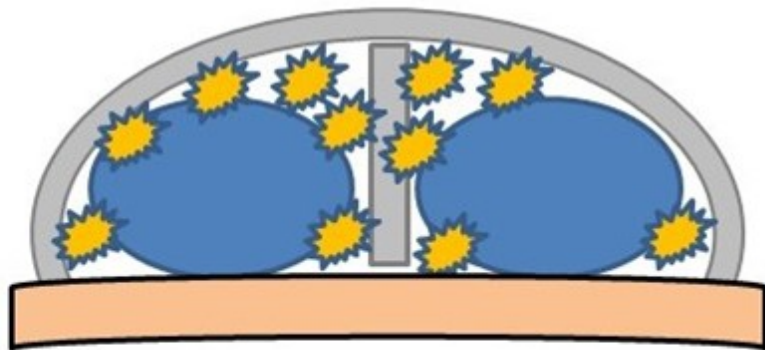
Tenosynovium

Extensor Retinaculum

1<sup>st</sup> Compartment

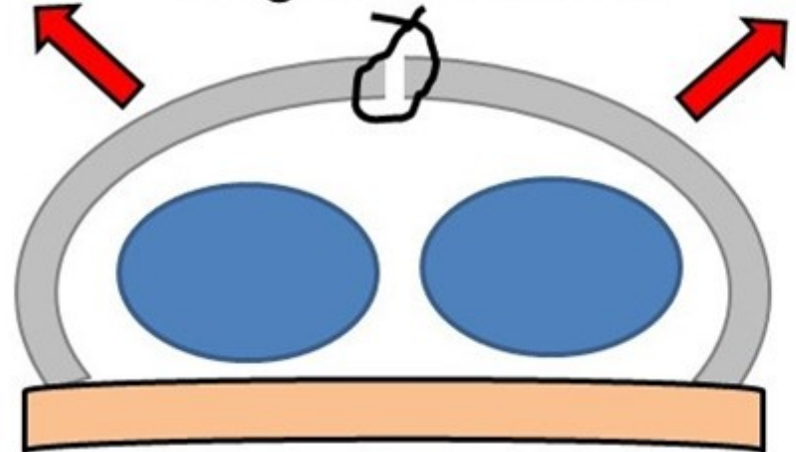
# Release 1<sup>st</sup> Compartment

“Tight Tunnel”

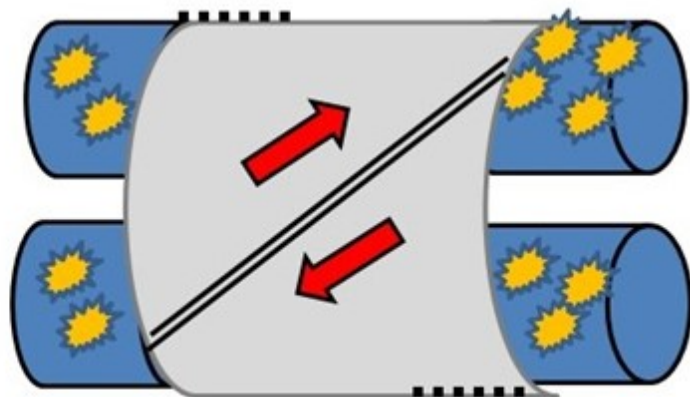


Sometimes 2 tunnels

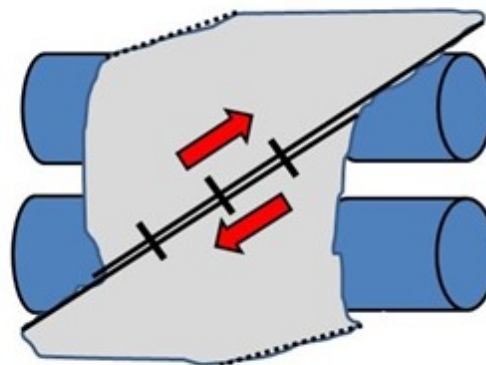
Surgical Release



## Incisions in retinaculum

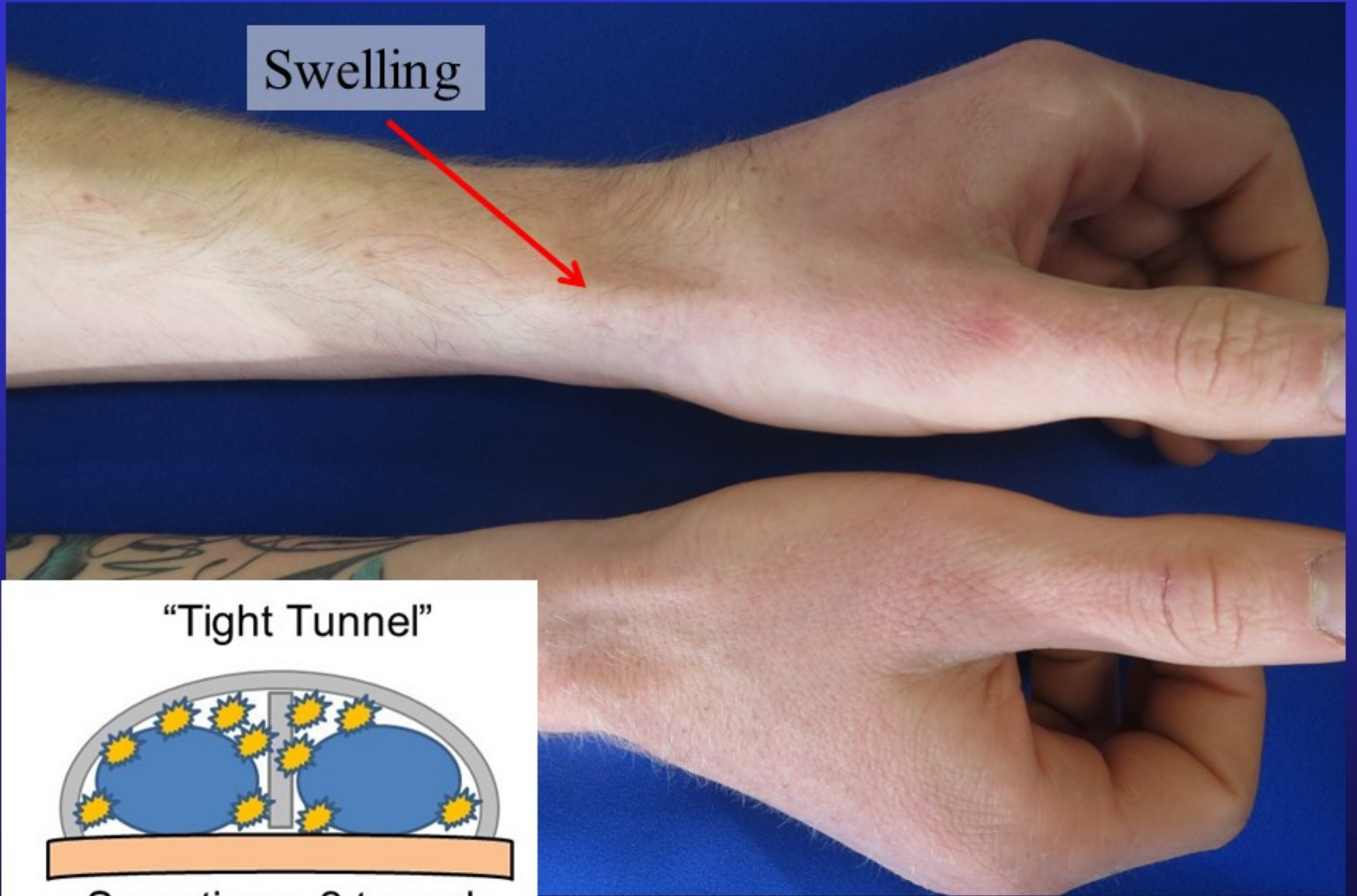


## Retinaculum repaired to prevent tendon instability

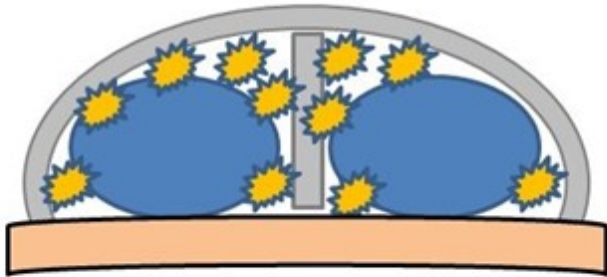


More room in tunnel for tendons

Swelling

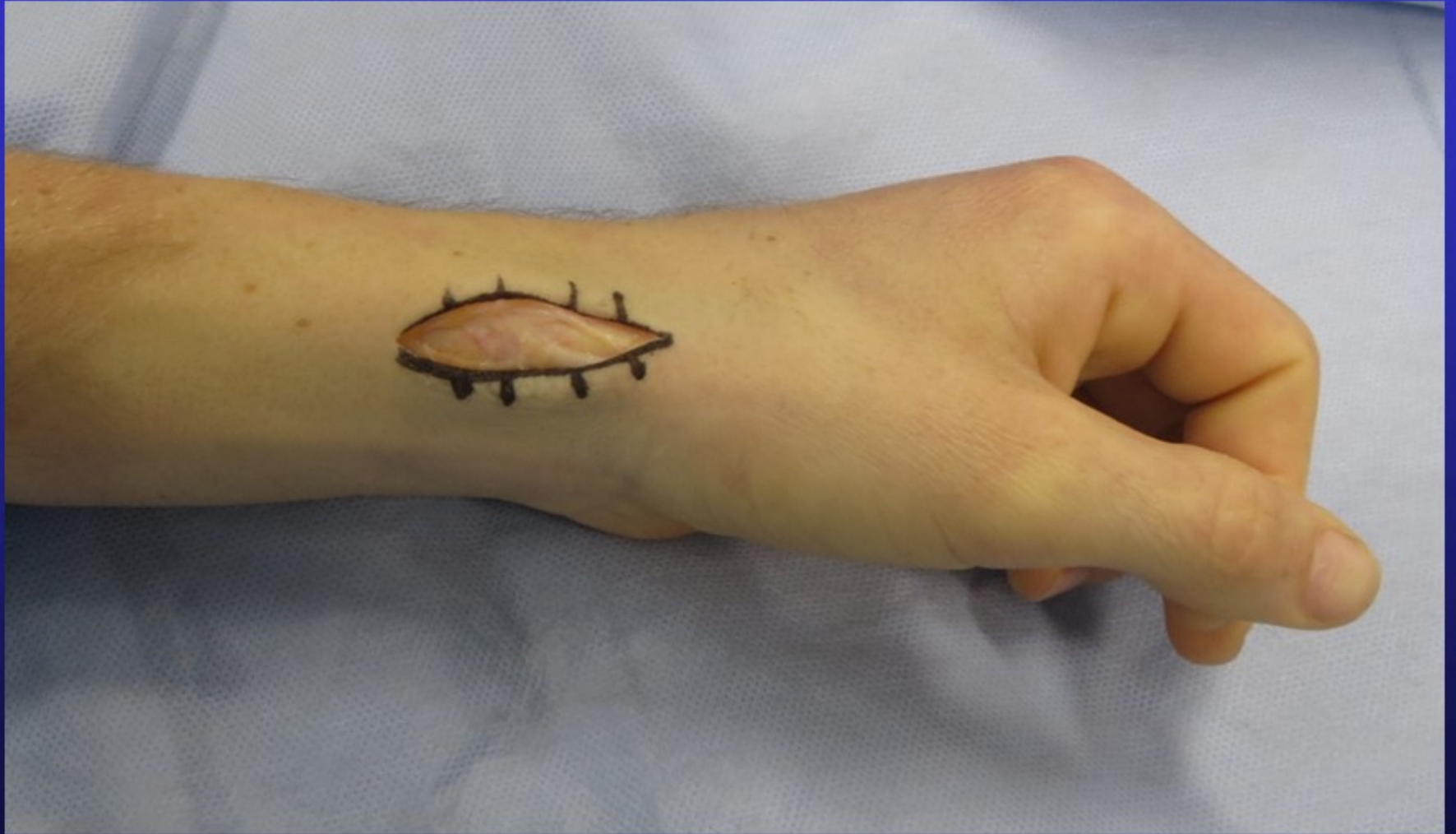


“Tight Tunnel”

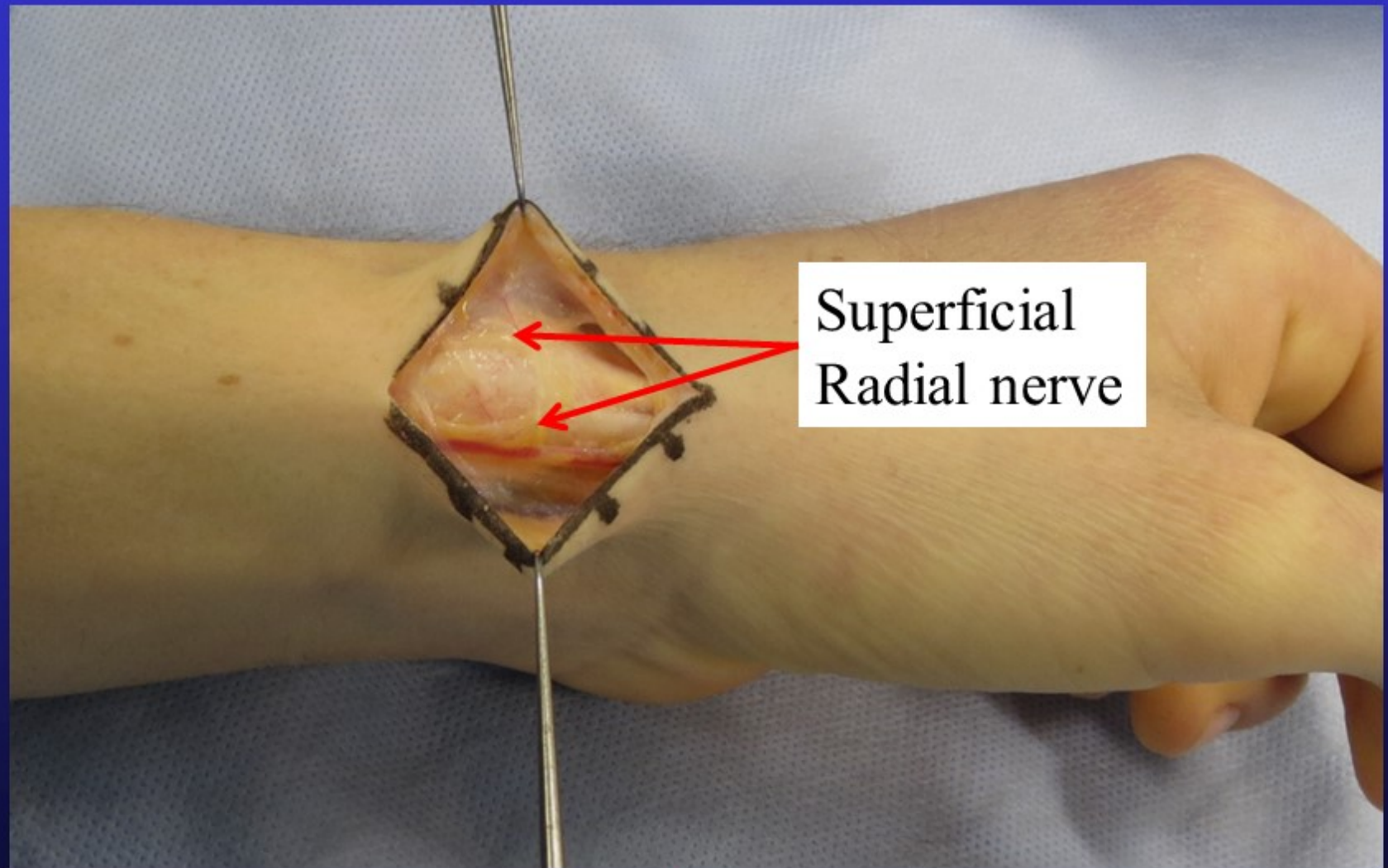


Sometimes 2 tunnels

# Incision



# Gentle skin retraction



Superficial  
Radial nerve

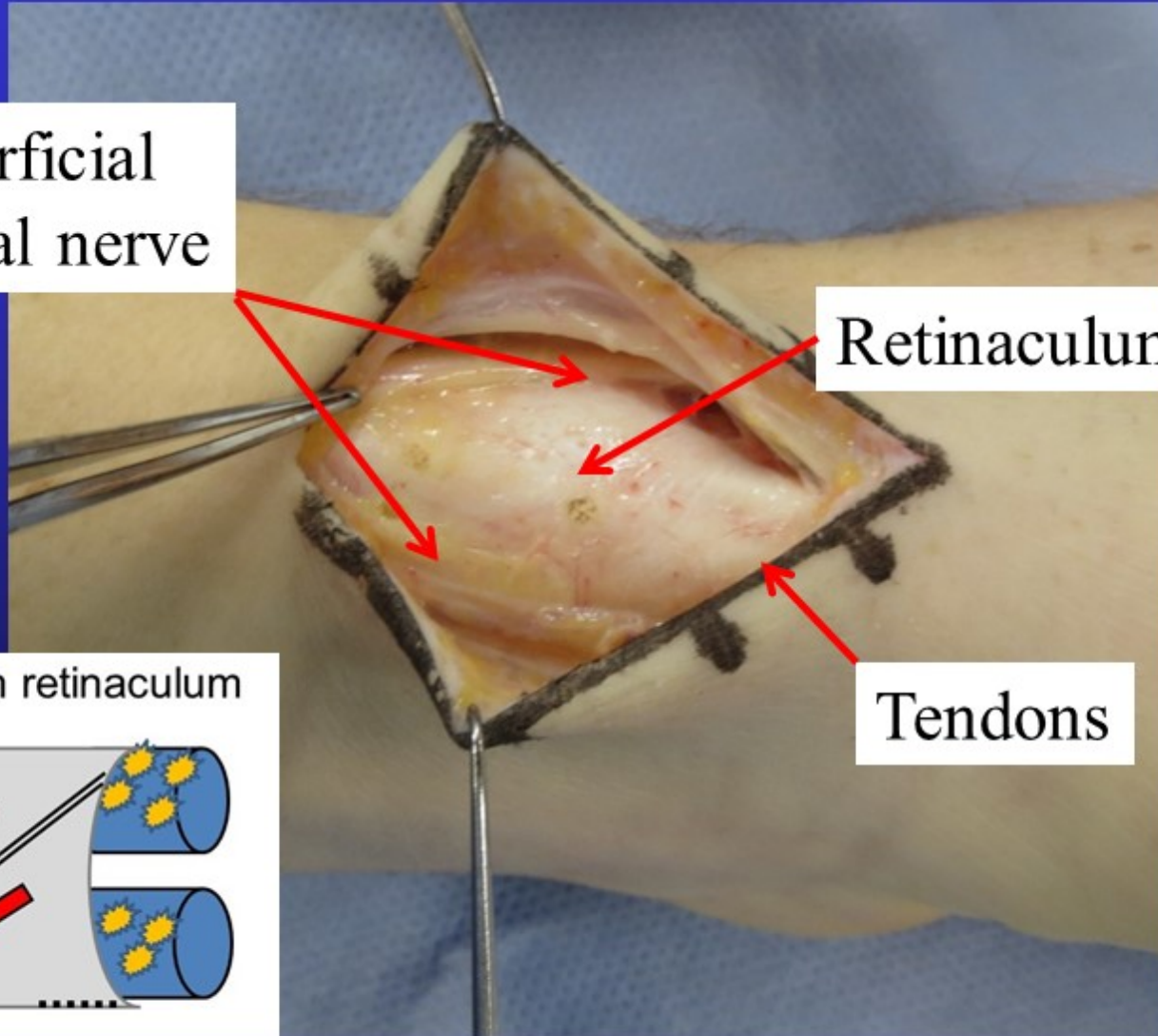
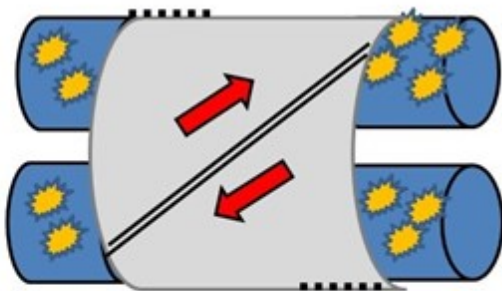
# Retinaculum exposed

Superficial  
Radial nerve

Retinaculum

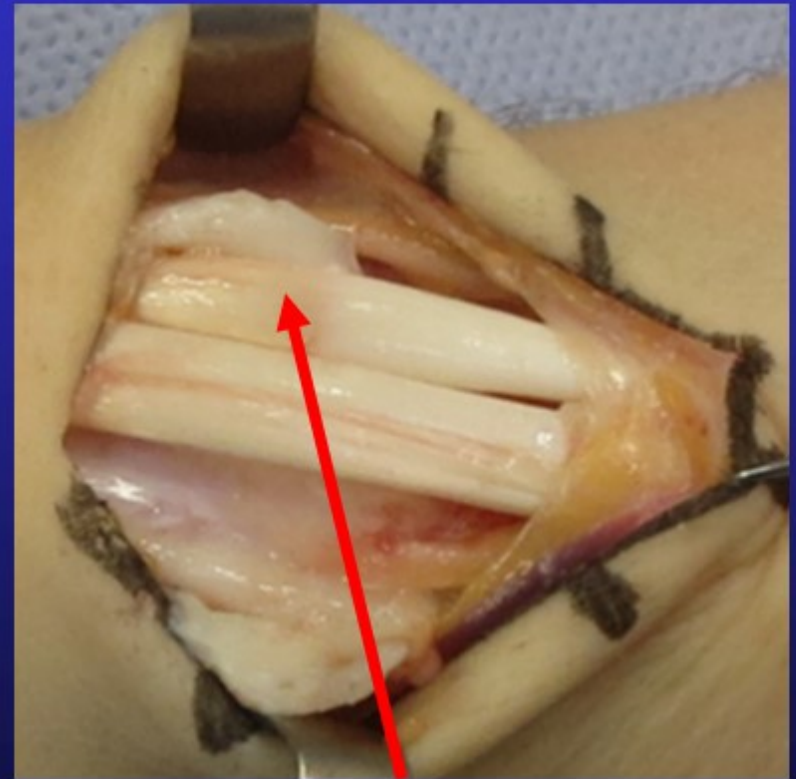
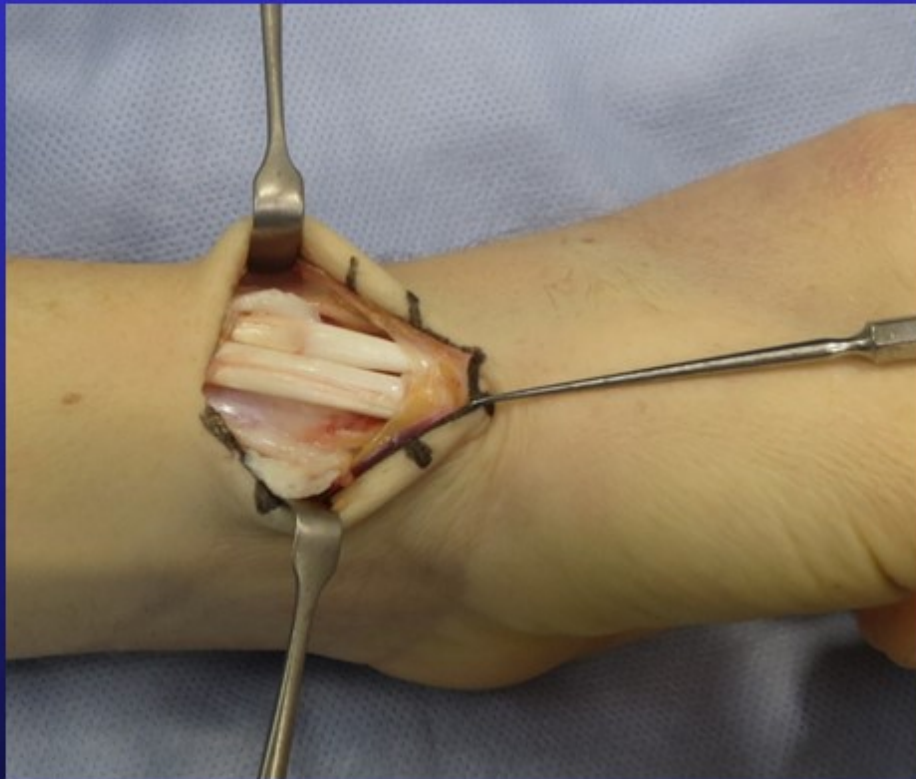
Tendons

Incisions in retinaculum



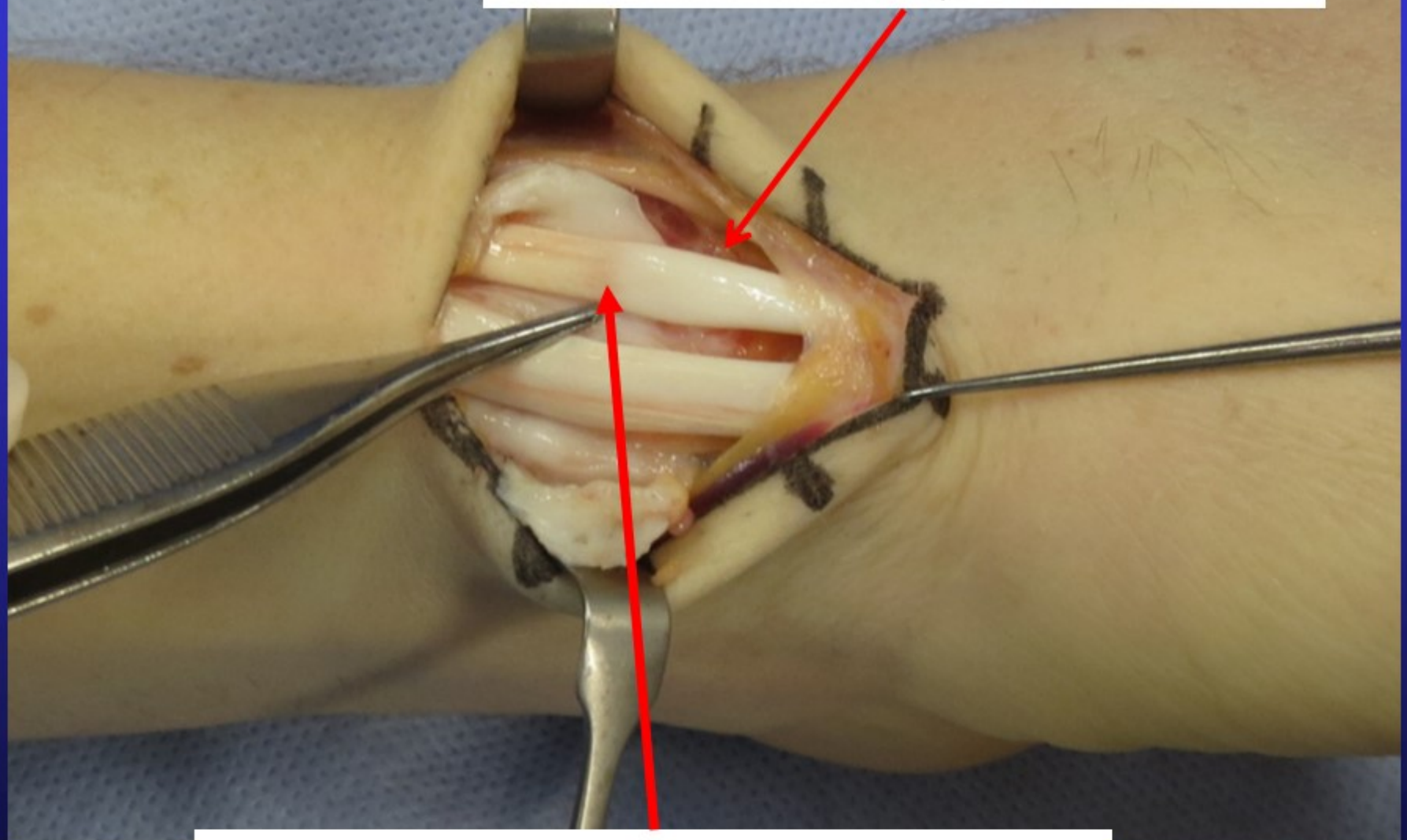


# Tunnel opened

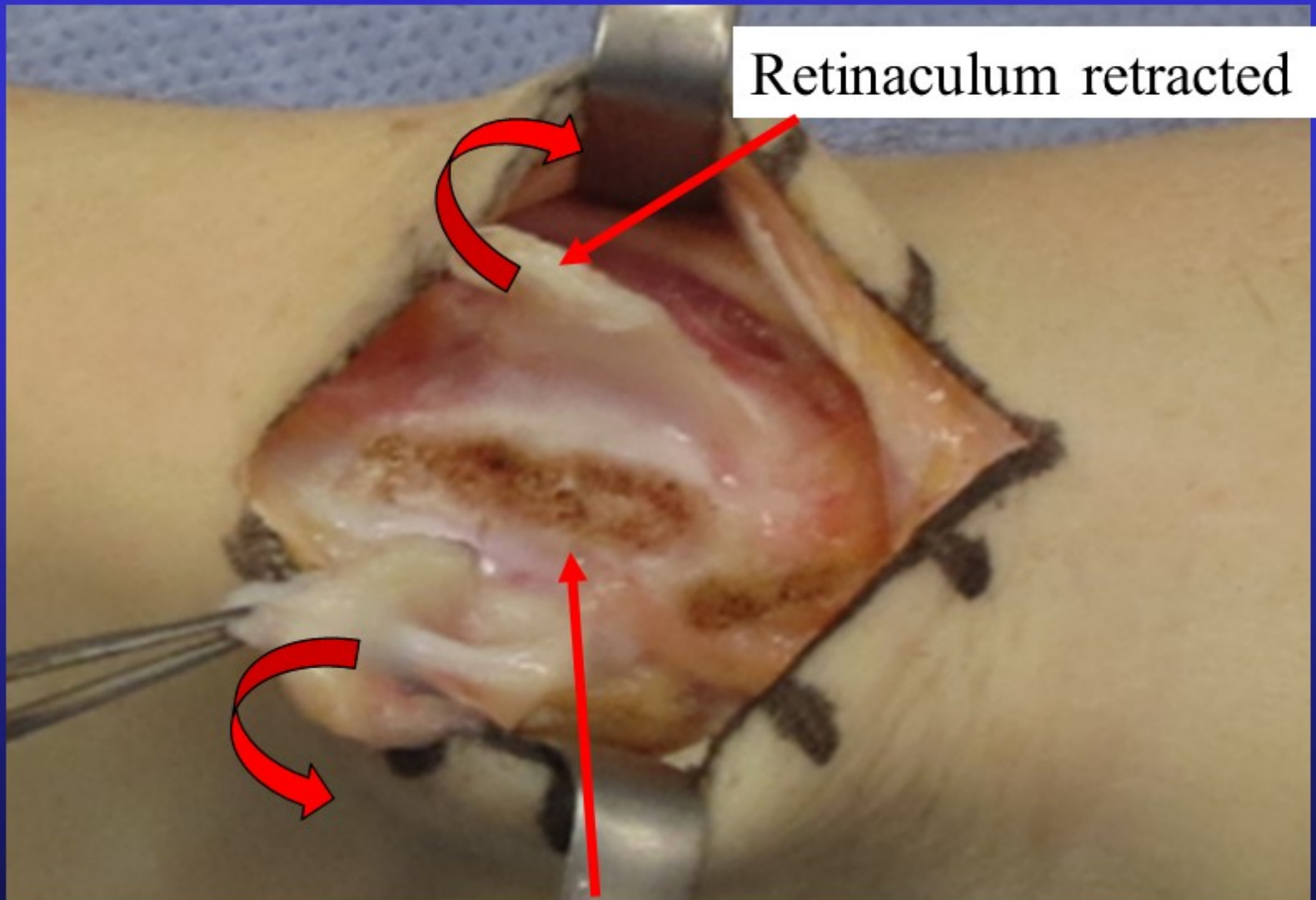


Inflamed Synovium

Tendon swollen beyond the tunnel



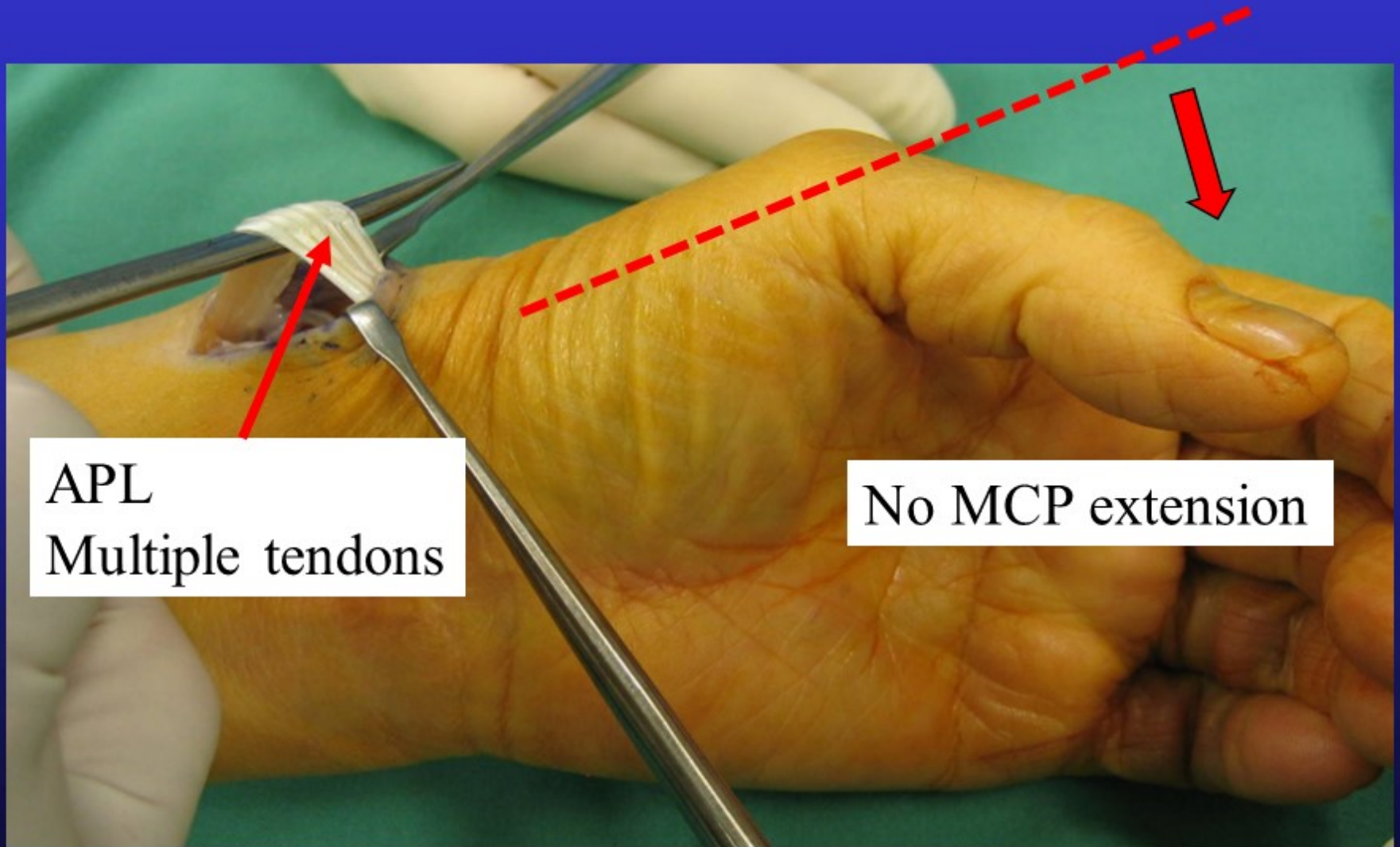
Tendon indented causing “triggering”



Retinaculum retracted

Floor of tunnel "smoothed" with removal of septum  
divided 1<sup>st</sup> tunnel into 2 tunnels

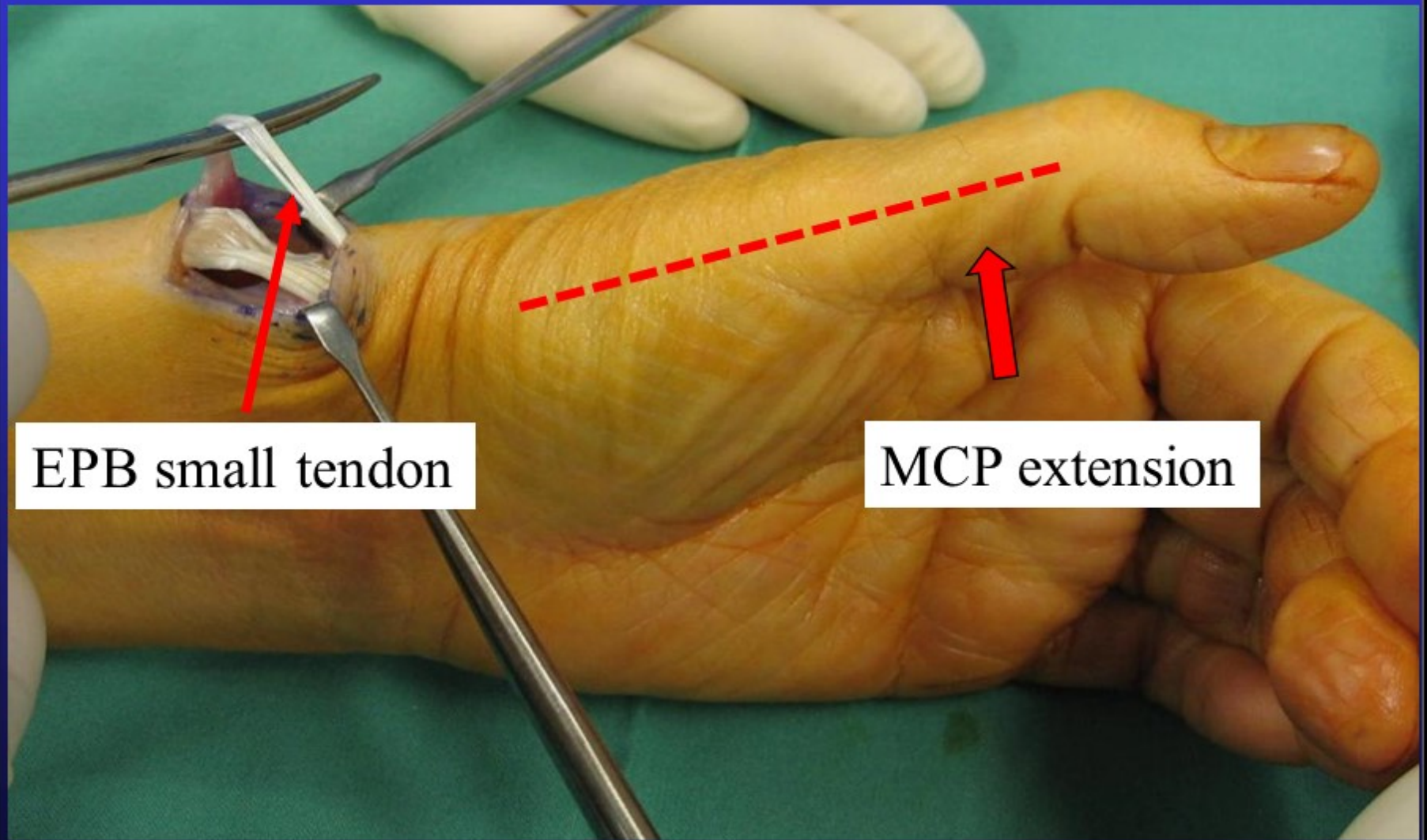
# Traction on APL tendon



APL  
Multiple tendons

No MCP extension

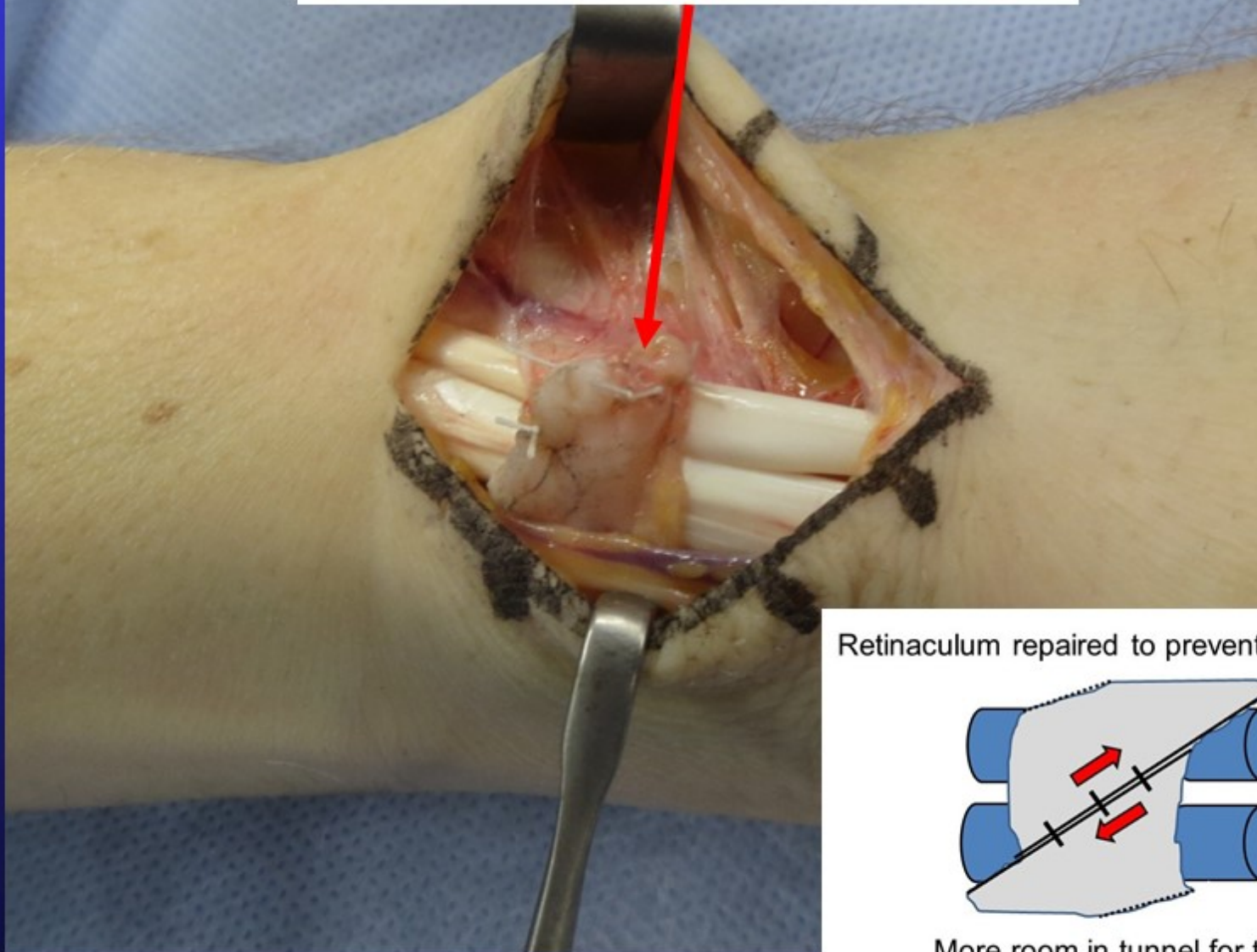
# Traction EPB tendon



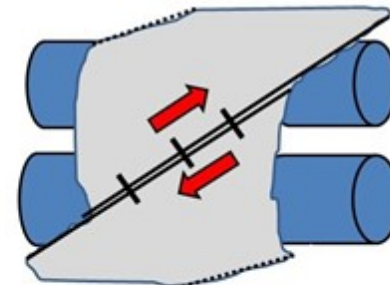
EPB small tendon

MCP extension

Retinaculum repaired loosely

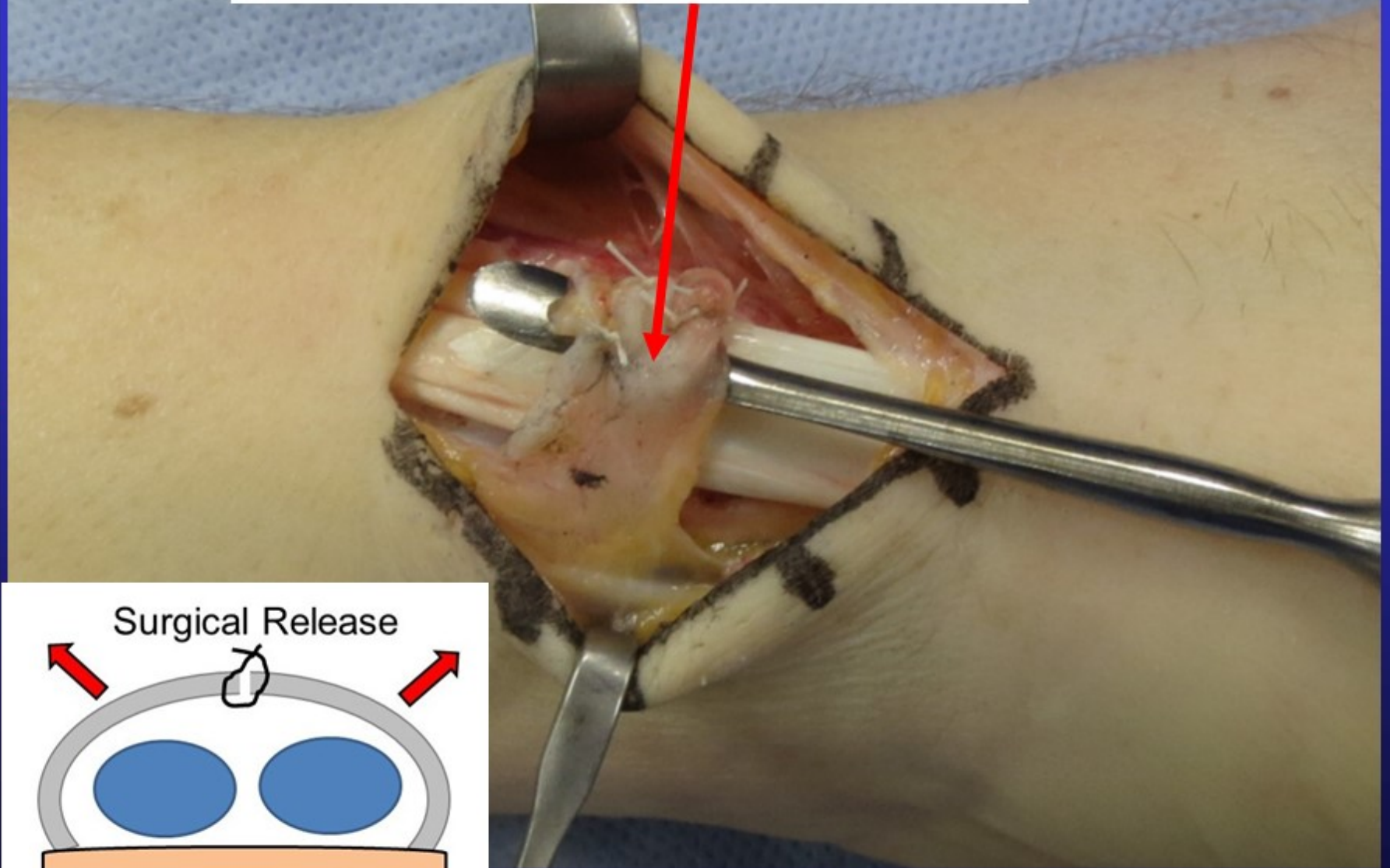


Retinaculum repaired to prevent tendon instability

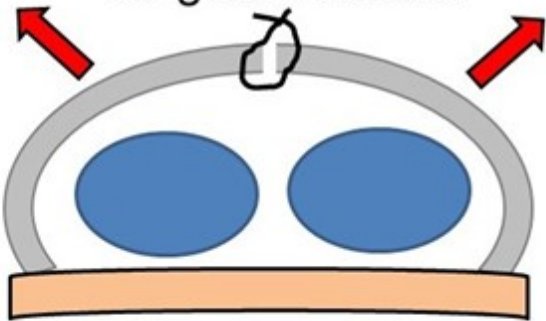


More room in tunnel for tendons

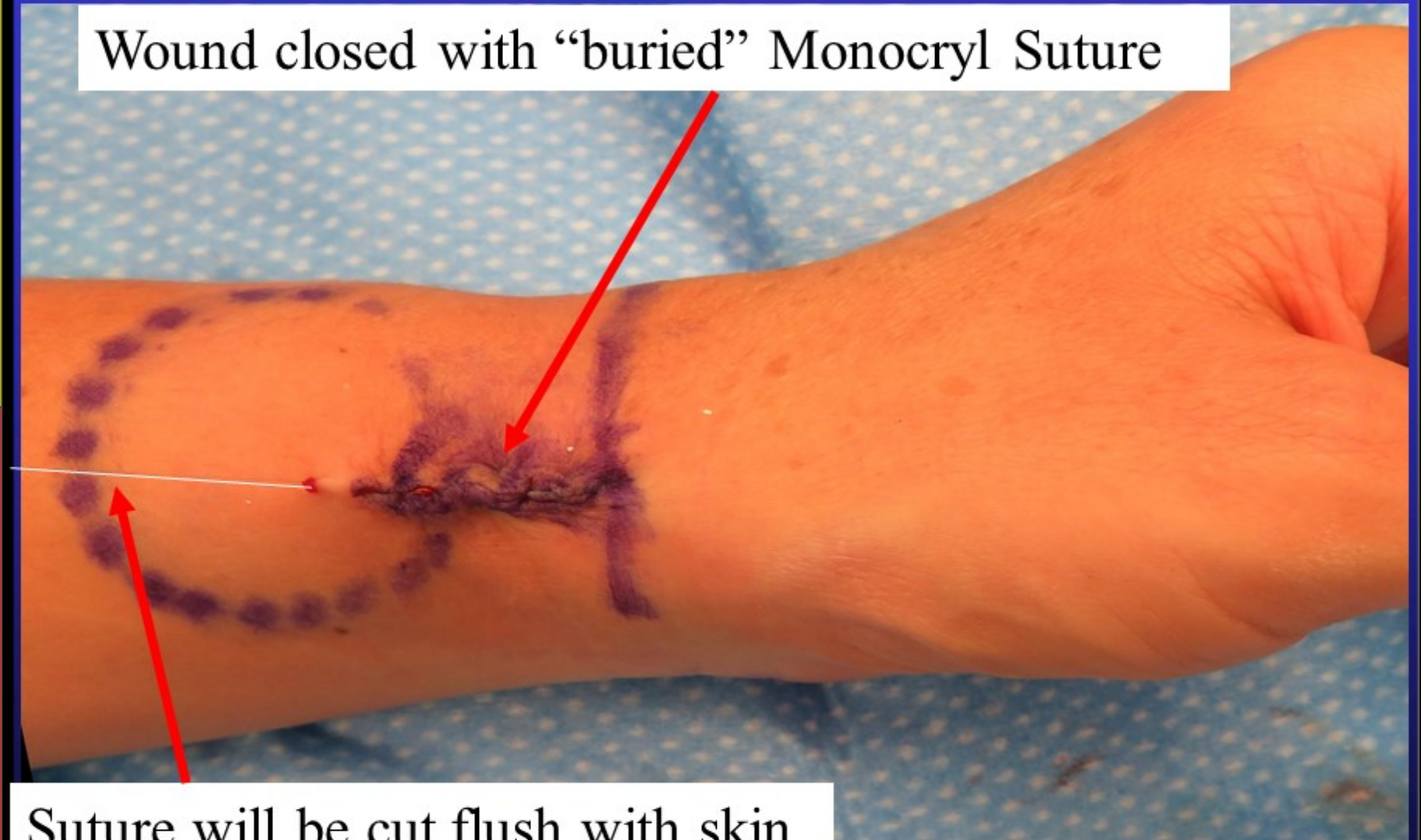
More room in tunnel for tendons



Surgical Release



Wound closed with “buried” Monocryl Suture



Suture will be cut flush with skin



Local anaesthetic  
infiltrated in this area



Local anaesthetic  
infiltrated in this area



Dressing then crepe bandage applied



Leave this layer intact until you are reviewed in the rooms - after the outer plaster is removed

# Plaster Slab



Remove outer crepe bandage and plaster slab after 3 – 5 days as pain permits

A nighttime photograph of a city skyline, likely Sydney, Australia, featuring several prominent skyscrapers illuminated with warm yellow and white lights. The buildings are reflected in the water in the foreground. A yellow rectangular box is overlaid on the lower part of the image, containing the website address. The text 'The End' is written in a large, white, serif font with a black outline in the bottom right corner.

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**The End**