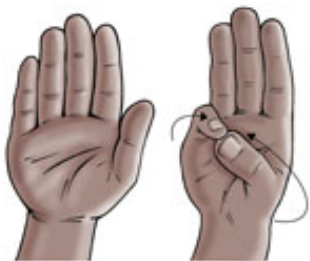


De Quervain's Tenosynovitis Rehabilitation Exercises



Opposition stretch



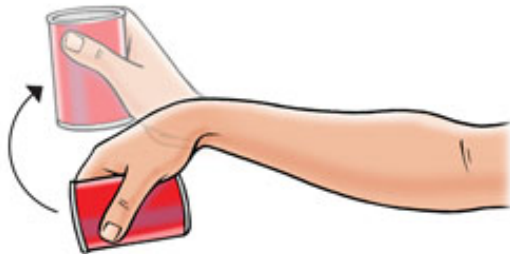
Wrist stretch



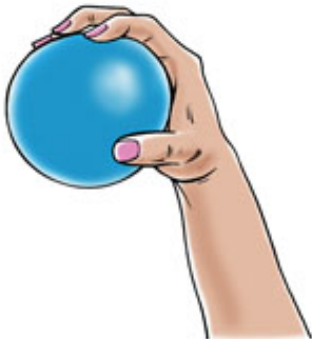
Wrist flexion



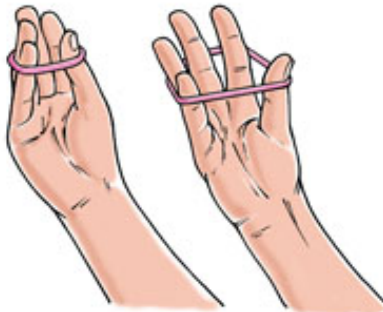
Wrist radial deviation strengthening



Wrist extension



Grip strengthening



Finger spring