

**Effectiveness of splinting in reducing pain
during Occupational Therapy intervention for
De Quervain's tenosynovitis in Bangladesh**

MD. MAHFUZUR RAHMAN

**4th year, B.Sc. (Hon's) in Occupational Therapy
University of Dhaka**

Bangladesh Health Professions Institutes (BHPI)

(An Academic Institute of CRP)

CRP, Savar, Dhaka-1343

March, 2004

1. Abstract

Introduction:

In de Quervain's tenosynovitis daily activities and occupation are hampered because of severe pain when moving the hand and wrist. It's not a cause of disability, pain may limit productivity.

Purpose:

The purpose of this study was to find out the effectiveness of splinting on pain for people with having de Quervain's tenosynovitis.

Design:

Pre experimental quantitative design was selected for this study. Due to poor referral systems, limited resources and time consent the study was limited to five cases.

Subjects:

Convenience sampling was used to select subjects, because de Quervain's tenosynovitis is not a very common condition in Bangladesh. Subjects were selected according to inclusion and exclusion criteria of outdoor unit of Occupational Therapy department, CRP.

Outcome measures:

All participants were assessed by on the first day of their treatment, provided a thumb spica splint and advised to wear it for three weeks.

Visual Analogue Scale (VAS) was used to measure the pain intensity and also time taken to perform functional task were recorded.

Result and Discussion:

The results of the study show that splinting is effective for reducing pain for people with de Quervain's tenosynovitis. The difference between pretest and posttest was statistically significant (related t test); for both VAS and taken time perform functional tasks.

Key words:

De Quervain's tenosynovitis, Occupational Therapy and Splinting.