

# De Quervain's Tenosynovitis Symptom & Flare Checklist

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Use this checklist to track symptoms, possible triggers, medications, and when to contact your rheumatologist.

## ✓ Symptoms (check all that apply)

- Pain near the base of the thumb
- Pain along the thumb side of the wrist
- Swelling near the base of the thumb or wrist
- Tenderness over the thumb-side wrist
- Difficulty moving the thumb or wrist
- Pain with grasping, pinching, or gripping
- Pain when lifting objects
- Pain with twisting motions
- Sticking or stop-and-go sensation in the thumb
- Weak grip strength
- Pain worse with repetitive thumb movement
- Pain worse with wrist movement
- Trouble opening jars, doors, or bottles
- Trouble holding a phone, pen, or utensils
- Stiffness after rest
- Symptoms disturbing sleep
- Redness or warmth near the area
- Sudden increase in pain
- Reduced daily hand function
- Other: \_\_\_\_\_

## ✓ Possible Triggers (past 24–72 hours)

- Repetitive thumb or wrist motion
- Frequent gripping, pinching, or lifting
- Recent overuse of the hand or wrist
- Child lifting or repetitive carrying
- Prolonged phone, gaming, or typing use

- Recent exercise or strain involving the wrist
- Poor sleep / high stress
- Recent medication change
- Missed pain-relief medication
- Other: \_\_\_\_\_

## ✓ Current Medications

**Medications taken for symptoms (today/this flare):**

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**Dose and time taken:**

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**Long-term medication(s) (if any):**

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**Last dose taken (date/time):**

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## When to Call Your Rheumatologist (or seek urgent care)

- Rapid worsening of pain or swelling
- Severe pain limiting use of the hand or wrist
- New redness, warmth, or swelling suggesting infection
- Numbness, tingling, or new weakness in the hand
- Sudden major loss of thumb or wrist movement
- Symptoms not improving with rest and splinting
- Side effects from medications (rash, shortness of breath, severe GI symptoms)
- Pain becoming more frequent, more severe, or affecting daily function
- Trouble gripping, lifting, or performing self-care tasks
- Questions about medication safety, injections, bracing, or activity limits
- Fever with worsening local symptoms

## Contact Information

**Rheumatology Care Associates**

**Phone:** [Call \(352\) 717-0603](tel:3527170603)

**Contact / Request Appointment:** [Contact Us](#)

**Address:** 2611 S US Hwy 27, Clermont, FL 34711

**Website:** [rheumatologycareassociates.com](http://rheumatologycareassociates.com)

**Book Appointment:** [Schedule Online](#)

## Quick Action Plan

### During a symptom flare:

1. Take your prescribed symptom-relief medication exactly as directed by your clinician.
2. Rest the affected thumb and wrist and avoid repetitive gripping or pinching motions.
3. Use a splint or brace if recommended by your clinician to reduce strain on the tendons.
4. Apply ice as directed and keep track of pain, swelling, grip difficulty, and trigger activities.
5. Stay hydrated and prioritize sleep and recovery.
6. Avoid activities that repeatedly stress the thumb-side wrist.
7. Contact your rheumatologist promptly if pain, swelling, weakness, or function worsens.
8. Seek urgent care for severe swelling, fever, sudden loss of function, or concerning neurologic symptoms.

### Prevention tips:

- Take long-term medication consistently as prescribed.
- Keep a simple flare log (date, pain level, swelling, activity triggers, hand function).
- Limit repetitive thumb and wrist motions when symptoms are active.
- Use supportive bracing when advised during high-use activities.
- Pace hand-intensive activity and avoid overuse.
- Keep regular follow-ups and review medication side effects with your specialist.

## Need Help?

### Emergency / urgent concerns:

**Call now:** [\(352\)717-0603](tel:(352)717-0603)

**Request appointment:** [Contact Form](#)

### Visit website:

[rheumatologycareassociates.com](http://rheumatologycareassociates.com)

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For educational purposes only. This does not replace professional medical advice. Always consult your healthcare provider for diagnosis and treatment.

Learn more about De Quervain's Tenosynovitis: [Visit our De Quervain Guide](#)

## How to Use This Checklist

1. Print this checklist or keep it on your phone.
2. During a flare, check symptoms and possible triggers.
3. Record medications and timing to help monitor treatment response.
4. Bring it to appointments so your rheumatologist can track patterns over time.
5. Call immediately for severe swelling, loss of hand function, fever, or rapidly worsening pain.