



Tenosynovitis, inflammation of a tendon.

*A Conversation - Knoff Yoga Student
Maria Allen and Master Teacher James*

Hi James and Nicky!

I have a question in regards to an injury (from holding bub). It's called De Quervain (Description below). I first noticed it in my left wrist and now months later it's happen to my right wrist. I have been seeing an Occupational therapist who specialises in hands since March. I'm about to get fitted for my right wrist guard as I'm unable to rest my wrists while I have a baby to care for.

I have started back at yoga but have found all weight bearing poses painful (downward dog especially). I was wondering if you have had anyone with this injury before and if they were able to heal? I'm hoping yoga will help heal me (And when bub starts walking).

Look forward to hearing from you :)

De Quervain's tenosynovitis is a painful condition that affects the tendons in your wrist. It occurs when the 2 tendons around the base of your thumb become swollen. The swelling **causes** the sheaths (casings) covering the tendons to become inflamed. This puts pressure on nearby nerves, causing pain and numbness

Thanks,

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Dear Maria,

Sorry to hear you are suffering and let's hope you get better quickly. Tenosynovitis simply means inflammation of a tendon and its synovial sheath. It is usually a symptom of overusing or misusing.

One of the guiding principles in yoga practice is "let pain be your guide", i.e. if you are suffering you need to pay attention to see what is causing it and then take steps to remove the cause.

Icing your wrists will help reduce the inflammation, but that it will not remove the cause.

I wonder if at first you were overusing your left wrist and then once it became painful, reduced its usage, but then overworked the right wrist?

It is very common for mothers to get pain with carrying babies, usually when they favour holding the child on one side. People are generally right or left handed and tend to favour the dominant side, which contributes to the imbalance.

Can you have a look at what you are doing with your hands/wrists and see if you can ascertain what movement is causing the problem?

It might sound counter-intuitive, but strengthening your hands is what we would suggest. Unfortunately, wrist guards restrict movement, which temporarily stops the pain, but it does not address the misuse or overuse and can actually cause muscle atrophy, which will exacerbate the problem.

While you have the inflammation, I would stay off the wrists, e.g. Down Dog, but I recommend practicing all of the Standing Poses, with an intense focus on Hasta Bandha major (fingers spread) and Hasta Bandha minor (fingers together). Works your hands and wrists as if you are swimming in molasses - i.e. really grip the muscles onto the bones. For example, when standing in Mountain Pose the hands are strongly activated in Hasta Bandha minor and once you start movement you shift into Hasta Bandha major. The contrast between the two actions works the muscles. If this does not make sense, call me on 0415 352 534 and I will try to explain in more detail.

If you do work with my suggestions, please give me your feed-back, so I can adjust accordingly.

Namaste

James E. Bryan