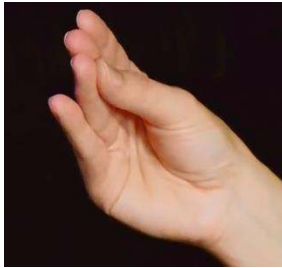


# Tenosynovitis



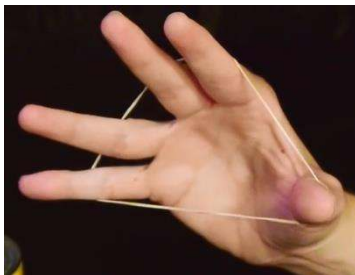
Take your thumb and cross it over to your pinky finger; bring it back. Now touch it to each finger, returning it to the starting position each time. Next, take your thumb and place it over your pinky finger (scouts honor) pressing your thumb to your palm. Hold this stretch for 30 seconds, and repeat 3 times.



Now it's time to stretch your wrist. Go gently first, bend your wrist down into flexion. Then bend your wrist up into extension. You can use your other hand for some overpressure if you need more of a stretch. Hold each for 30 seconds and do 3 each way.



For the strengthening you can use a can of soup or vegetables. Hold the can and slowly let the weight bend your wrist down down, then take your other hand and help bring your wrist back up. Don't pull the wrist up with the bad side. This will continue to irritate the tendon. Try 10, and then work your way up as you get stronger.



Take a rubber band and put it around all of your fingers. You can push just your thumb outwards or all of your fingers outwards. Again, start with 10 and then work your way up.