



WEB OF SCIENCE

DIFFERENTIAL DIAGNOSIS IN QUERVAIN'S TENOSYNOVITIS AND CARPAL TUNNEL SYNDROME

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Abstract

Introduction. The differential diagnosis in Quervain's tenosynovitis and carpal tunnel syndrome is an important issue in patients who associate pathological changes in the hand. The recovery of these categories of patients requires different therapeutic modalities, which in the absence of a correct differential diagnosis, can accentuate the lesions and thus, determine the decrease of the functional capacity.

Objective. The main objective of the paper is to highlight the importance of differential diagnosis in Quervain's tenosynovitis and carpal tunnel syndrome, in order to maintain and regain joint mobility by developing to normal and functional limits of hand strength and stability. We also want to emphasize the importance of differential diagnosis in preventing the installation of deformities and in order to ensure functional recovery that provides independence to diagnosed patients.

Material and method. Within the topic, we analyzed the clinical, paraclinical aspects, the therapeutic modalities and the evolution of the patients diagnosed with the pathologies followed in our neuropsychomotor recovery clinic. The retrospective study includes adult patients who have been diagnosed in the last two years.

Conclusions and results. Common symptoms in Quervain's tenosynovitis and carpal tunnel syndrome may cause diagnostic difficulties depending on the evolutionary stage. The correct diagnosis in the incipient forms ensures the recovery of the functional capacity through kinetotherapy and occupational therapy, associated with physiotherapy procedures. Rehabilitation treatment occupies an important place in the therapeutic management of the diseases followed and decreases the rate of surgical interventions.