



CASE STUDY:

Physical Therapy – De Quervain Syndrome

DEMOGRAPHIC

Patient was a 46 year old that presented to physical therapy with complaints of consistent left posterior wrist and thumb pain. They reported increased pain with painting, typing on the computer and performing functional lifts (bench press and overhead press). Patient was not able to paint for more than 10 minutes at a time before excruciating pain, forcing them to stop. Upon examination the patient presented with signs and symptoms consistent with de quervain tenosynovitis syndrome.

TREATMENT PROTOCOL

Patient did not perform physical therapy treatment. **They only utilized PEMF.**

PEMF PROTOCOL

PEMF Machine - **Aura Wave**

PEMF SPECIFIC SETTINGS

Frequency: 4x/week for 5 weeks

Equipment: small loop

Location: Small loop placed around inside of left wrist and left thumb.

Time: 20 minutes per session

Intensity: 20

Total sessions: 20 sessions. PEMF only.

RESULTS

Weeks 1-2 (8 total PEMF sessions):

- Pain Report:
 - **Initial pain report was a consistent 10/10 by the end of each day. After week 1 (4 total PEMF sessions), the patient reported a consistent 8/10 pain with aforementioned activities.**
 - **By the end of week 2 (8 total PEMF sessions), the patient reported a 7/10 pain level with all activities.**

Weeks 3-4 (8 total PEMF sessions):

- Pain Report:
 - **By the end of week 3 (12 total PEMF sessions) the patient was able to paint for one hour before exacerbation of pain but continued to have consistent pain with typing rated at a 4/10 pain level.**
 - **By the end of week 4 (16 total PEMF sessions), the patient experienced only intermittent 3/10 pain with all activities. Patient reported that she only experienced pain 3 out of 7 days with all activities (pain was highest with typing)**

Weeks 5 (4 total PEMF sessions):

- Pain Report: **By the end of week 5 (20 total PEMF sessions), the patient was able to perform all activities pain free.**

CONCLUSION

Based on our findings, we can suggest that Aura / PEMF can be utilized to address de quervain tenosynovitis. Further research is needed to determine if there are more optimal Aura / PEMF settings to facilitate faster healing in regards to patients presenting with tendinopathy and tendonitis pathologies.

