

6 Exercises

Some stretching exercises may relieve the tense muscles. The following hand exercises can help to prevent tenosynovitis.

【 Exercise 1 】

1. spread out and stretch fingers as much as possible for 5 – 10 seconds, and then slowly relax;
2. clench fists tightly for 5 to 10 seconds and then relax;
3. repeat this exercise 10 times.



【 Exercise 2 】

1. hold out right arm straight with the palm facing forwards. Use left hand to gently pull right palm backwards. Hold for 5 seconds and then relax;
2. right arm remains extended, wrist down with the palm facing you. Gently use left hand to pull right hand backwards. Hold for 5 seconds and then relax;
3. repeat on the opposite side;
4. repeat this exercise 5 times.



7 Healthy lifestyle

- Adequate sleep
- Balanced diet
- Regular exercises

Treatment

- Rest
- Cold / hot therapy
- Physiotherapy
- Occupational therapy
- Medication
- Surgery may be required for severe cases

Tenosynovitis of hand or forearm is one of the occupational diseases prescribed for compensation under the Employees' Compensation Ordinance. If you suspect that you have contracted this disease or any other occupational diseases, you are welcome to make an appointment by phone or in person for consultation at the Occupational Health Clinics of the Labour Department.

Occupational Health Clinics of the Labour Department

Kwun Tong Occupational Health Clinic

Tel: 2343 7133

Fanling Occupational Health Clinic

Tel: 3543 5701

Enquiry Service

For enquiries on this leaflet or advice on occupational health matters, please contact the Occupational Safety and Health Branch of the Labour Department through:

Tel : 2852 4041

Fax : 2581 2049

E-mail : enquiry@labour.gov.hk

Information on the services offered by the Labour Department and on major labour legislation can also be found on our website : www.labour.gov.hk.

Complaints

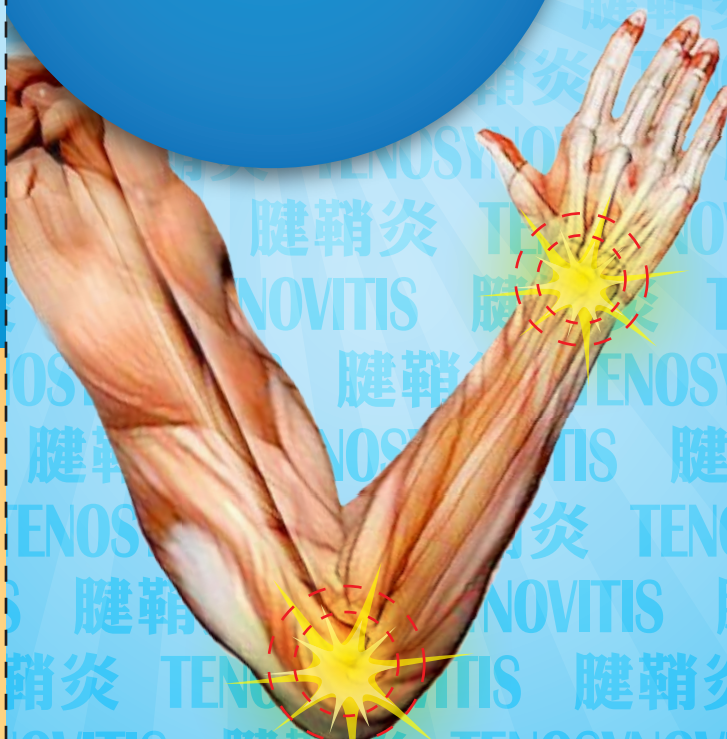
If you have any complaints about unsafe workplaces and practices, please call the Labour Department's Occupational Safety and Health Complaint Hotline at 2542 2172.

All complaints will be treated in the strictest confidence.

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Do you know Tenosynovitis ?



Occupational Safety and Health Branch
Labour Department



What is Tenosynovitis?

A tendon joins a muscle to a bone. It is surrounded by a sheath which provides protection and lubrication so that it can move freely inside the sheath. Repetitive or excessive movements of the tendon may cause friction between the tendon and its sheath resulting in traumatic inflammation, which is known as tenosynovitis.

Causes

- Rapid and repetitive movement
- Working in an awkward posture
- Sudden and excessive forceful exertion
- Maintaining the same working posture for a prolonged period of time

Signs and Symptoms

There may be tenderness, swelling, weakness, heat and decreased mobility in the affected parts. If the condition is severe, daily activities and work may also be affected.

Which Occupations Have a Higher Risk?

Computer users, cooks, waiters and waitresses, cleansing workers and assembly workers etc.



Preventive Measures



1 Avoid or reduce rapid and repetitive movements



2 Proper working postures

3 Appropriate tools



4 Intermittent job rotation



5 Regular rest breaks