

Outcome Of PRP Treatment For De Querveins Tenosynotitis: An Anecdotal Observation

Sikkandar MF, Sulaiman SH, Effendi MF, Ibrahim MI, Yahya MY, Miswan MFM
Discipline of Orthopaedics and Traumatology, Faculty of Medicine, PPUiTM

We would like to report our experience treating patients with the clinical diagnosis of De Querveins tenosynovitis of the wrist using PRP injection. A total of 4 wrists (3 patients in total but one of them had bilateral wrist pathology) with De Querveins tenosynovitis were seen with presenting complaints of pain over the first dorsal compartment of the wrist and reduced range of wrist motion. All 3 patients had tenderness over the first dorsal compartment with a positive Finklesteins test. Conservative measures advocated to these patients prior to their intervention include physiotherapy and wrist splintage which proved futile. Patients were subjected to the same commercially available PRP kit, and this procedure was done in the operating theatre under aseptic technique by the same surgeon. Timed interval review post procedure reported good outcomes in all three patients with regards to symptom reduction and pain relief. PRP or platelet-rich plasma injections which contains growth factors and bioactive proteins hold many potential in influencing healing for tendons, ligaments, muscles and bones. We therefore would like to advocate the use of PRP in treating tendinopathies such as De Querveins tenosynovitis, as we observed in our small scale case series. Our limitation is however, the small number of patients and the need to further explore the potential of PRP in treating inflammatory tendinopathies on a larger scale.