De quervains

**Assessment:**
The patient presents with pain and tenderness over the radial side of the wrist, especially with thumb movement or gripping, consistent with De Quervain’s tenosynovitis. Positive Finkelstein’s test confirms the diagnosis. The differential diagnosis includes osteoarthritis, carpal tunnel syndrome, and intersection syndrome.

**Plan:**
Recommend NSAIDs (e.g., ibuprofen or naproxen) for pain and inflammation. Advise the patient to rest the affected wrist and avoid repetitive thumb motions. Apply a thumb spica splint to immobilize the thumb and wrist for symptom relief. Consider corticosteroid injection if symptoms persist despite conservative management. Recommend physical therapy or occupational therapy if needed. Follow up in 2-4 weeks to assess improvement, with referral to orthopedics if symptoms persist or worsen despite treatment.