



SELF-HELP BOOK FOR **DE QUERVAIN'S TENOSYNOVITIS**

NO05 THE ESSENTIAL GUIDE
TO A QUICK RECOVERY

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De Quervain's tenosynovitis is a common condition that is often overlooked and that can cause chronic pain and disability damage if not treated promptly. This practical handbook written by specialists in hand surgery and therapy helps you to recognize your condition and will confer on you the ability to heal yourself by immediately adopting effective measures to relieve your symptoms. In most instances, De Quervain's tenosynovitis can be relieved without surgery!

Find the answers to all the must-ask questions you might have about De Quervain's tenosynovitis here in a few minutes!

You will be thoroughly informed regarding the latest knowledge about this disease and you will learn how to treat yourself effectively so that you can resume your personal, professional and leisure activities.

At the end of this book, you will know how and when to consult a hand surgeon should that become necessary.

Stop enduring pain and especially do not ignore the pathology you suffer from any more; your hands are unique and precious!

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