

*Press Release*

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## **Area Patients Experiencing “Mommy Thumb”**

Eric Ortinau, MD orthopedic surgeon with Rezin Orthopedics and Sports Medicine has witnessed the effects mothers of today are placing on their hands. With many mothers coming into Ortinau’s clinic, Dr. Ortinau is seeing more cases of De Quervain’s tendinitis, or more commonly referred to as “Mommy Thumb.” “De Quervain or ‘Mommy Thumb’ is an inflammation of the tendons below the thumb down to the wrist,” Dr. Ortinau explained. “It is common in mothers, but is not limited to women. Some of my patients with De Quervain’s are fathers, grandparents and nannies who lift children on a constant basis, really aggravating those tendons.”

According to an article published in the Wall Street Journal, “Mommy Thumb” mainly affects two tendons. The tendons come into play when the thumb is moved in a different plane from the hand, as when placing hands flat on a table and lifting the thumb toward the ceiling.

“Many common movements mothers use with their hands, such as the repetitive motion of placing a child in and out of a crib, is physically taking a toll on their wrists and thumbs,” Dr. Ortinau said.

Due to safety standards, cribs are lower to the ground than in years past. Lifting a heavier child in and out of a lower to the ground crib constantly can cause the tendons to become aggravated.

Dr. Ortinau said patients complain of a sharp pain on the thumb side of their wrist that radiates up the forearm.

“My patients really noticed the pain when they lift infants under their armpits or even cradled a newborn’s head in their hand,” Dr. Ortinau said. “Other patients complain about using their thumb to text on a Smartphone.”

Researchers at the University Of Colorado School Of Medicine found that the condition occurred more than four times as frequently in women than as in men. The study also found that people over 40 years old were more than three times more likely to get De Quervain’s than younger individuals.

“There are a variety of different treatment options for ‘Mommy Thumb,’ depending on the severity of the case,” Dr. Ortinau said. “Home exercises may be appropriate, but other options include cortisone shots, a custom made splint or even surgery.”

For more information on “Mommy Thumb” contact Rezin Orthopedics and Sports Medicine at 815-318-5650 or find them on Facebook.