



Put your trust in  
**MercuryLegal**

# DeQuervain's Syndrome

## Work Related Upper Limb Disorder Guides

### 1 What's CTS?

Also known as mother's wrist or washerwoman's sprain, this is another common form of RSI. It happens when there's inflammation of the tendons in the thumb causing it to swell and feel tender. If you have a job where you have to do lots of repetitive grabbing or do lots of gardening, you may be at risk of developing DeQuervain's syndrome.

You'll know you've got it if it's painful to make a fist as the swollen tendons will be stretched and pulled and even this simple movement will hurt your thumb. The syndrome affects women more than men.

### 2 What Can I Do?

Don't suffer in silence. Keeping quiet can make things worse, both for you and your employer. RSI is as serious as any other work-based accident or incident, and you could miss out on compensation if your employer's been negligent in any way.

Companies will have insurance in place for situations like this and they'll have their own solicitor to fight their case. It doesn't matter how long you've been there either; your rights remain the same.

If you believe you have developed RSI as a result of your work and your employer has been negligent, you could be entitled to compensation. If you'd like to discuss your situation, you can call us on

0800 122 3130