Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison the effect of acupuncture treatment with local methylprednisolone acetate injection in De Quervain's tenosynovitis

Protocol summary

Summary

The aim of this study is to determine the efficacy of acupuncture in comparison with local methylprednisolone acetate injection in relief of pain and improvement of function in the patients suffered from De Quervain's tenosynovitis. Study Design: Randomized clinical trial. Group of study: The patients who refer to Physical medicine and rehabilitation clinics of Shiraz University of Medical Sciences with clinical diagnosis of De Quervain's tenosynovitis. Inclusion criteria: The patients with clinical diagnosis of De Quervain's tenosynovitis including pain and swelling around styloid process of radius and positive Finkelstein test who have symptoms more than 4 weeks. Exclusion criteria: The patients with acute symptom less than 4 weeks; history of direct trauma or fracture of wrist; previous history of local injection or surgery around styloid process of radius; uncontrolled concomitant disease such as diabetes mellitus or coagulopathy; abnormal findings in blood tests and radiography of wrist. Sample size: 30 people. Interventions: The local methylprednisolone acetate injection is performed for 1 session in control study group and acupuncture therapy is done for 5 sessions in case study group. Thumb spica splint is prescribed for both groups. Time of intervention: Intervention is performed after diagnosis of De Quervain's tenosynovitis. Outcome of study: Function of patients is evaluated based on Quick- Disabilities of the Arm, Shoulder and Hand (Q-DASH) score and pain is determined with Visual Analogue Scale (VAS) score.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013012012194N1**
Registration date: **2013-02-13, 1391/11/25**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2013-02-13, 1391/11/25

Registrant information

Name
Maryam Sadat Fakheri
Name of organization / entity
Shiraz University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 71 1648 6992
Email address
fakheri@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz University of Medical Sciences

Expected recruitment start date

2013-01-07, 1391/10/18

Expected recruitment end date

2013-03-20, 1391/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effect of acupuncture treatment with local methylprednisolone acetate injection in De Quervain's tenosynovitis

Public title

Comparison the effect of acupuncture in treatment of De Quervain’s disease with steroid injection

Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: The patients with clinical diagnosis of De Quervain's tenosynovitis including pain and swelling around styloid process of radius and positive Finkelstein test who have symptoms more than 4 weeks. Exclusion criteria: The patients with acute symptom less than 4 weeks; history of direct trauma or fracture of wrist; previous history of local injection or surgery around styloid process of radius; uncontrolled concomitant disease such as diabetes mellitus or coagulopathy; abnormal findings in blood tests and radiography of wrist.
Age
No age limit
Gender
Both

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Shiraz University of Medical Sciences
Street address
Zand street
City
Shiraz
Postal code
7134814336
Approval date
2013-01-06, 1391/10/17
Ethics committee reference number
CT-P-91-3121

Health conditions studied

1

Description of health condition studied
De Quervain's tenosynovitis
ICD-10 code
M65.4
ICD-10 code description
Radial styloid tenosynovitis [de Quervain]

Primary outcomes

1

Description
Pain
Timepoint
Prior to the intervention, 2 weeks and 6 weeks after the end of intervention
Method of measurement
Visual Analogue Scale (VAS) score

2

Description
function
Timepoint
Prior to the intervention, 2 weeks and 6 weeks after the end of intervention
Method of measurement
Quick- Disabilities of the Arm, Shoulder and Hand (Q-DASH) score

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group (Acupuncture): Sterile needles are inserted perpendicularly into LI-5 , LU-7, LU-9 and also ashi points (points with maximal tenderness) to the depth of 0.5 cun. These points are selected based on the meridians contributing to the affected area of wrist . Acupuncture treatment consists of 5 sessions of 30 minutes duration that is administered within 1 week. (1 cun: The breadth of the patient's thumb)
Category
Treatment - Other

2

Description
Control group (injection): To inject the sheath around the abductor pollicis longus and extensor pollicis brevis tendons, the insulin needle is inserted 1 cm proximal to the radial styloid process at the angle of 45 degree from the skin and parallel to the direction of the tendons. If resistance is so high, the needle is slightly pulled back and then a mixture of 0.5 ml of (40 mg) methylprednisolone acetate and 0.5 ml of 2% lidocaine is

injected. The injection is performed for one session.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Physical medicine and rehabilitation clinic, Shahid Faghihi Hospital

Full name of responsible person

Maryam Sadat Fakheri (Resident of physical medicine and Rehabilitation)

Street address

Zand street

City

Shiraz

2

Recruitment center

Name of recruitment center

Physical medicine and rehabilitation clinic, Shahid Chamran Hospital

Full name of responsible person

Maryam Sadat Fakheri (Resident of Physical Medicine and Rehabilitation)

Street address

Shahid Chamran street

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shiraz University of Medical Sciences

Full name of responsible person

Hatam Gholamreza, Vice chancellor for Research of Shiraz University of medical sciences

Street address

Zand street, Central Building of Shiraz University of Medical Sciences

City

Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for research, Shiraz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Shiraz university of medical sciences

Full name of responsible person

Dr. Alireza Ashraf

Position

Associate Professor of physical medicine and rehabilitation

Other areas of specialty/work

Street address

Zand street, Department of physical medicine and rehabilitation

City

Shiraz

Postal code

7134814336

Phone

+98 71 1231 9040

Fax

+98 71 1231 9040

Email

ashrafa@sums.ac.ir

Web page address

www.sums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Javad Hadianfard

Position

Associate Professor of physical medicine and rehabilitation

Other areas of specialty/work

Street address

Zand street, Department of physical medicine and rehabilitation

City

Shiraz

Postal code

7134814336

Phone

+98 71 1231 9040

Fax

+98 71 1231 9040

Email

hadianj@sums.ac.ir

Web page address

www.sums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
Maryam Sadat Fakheri

Position
Resident of physical medicine and Rehabilitation

Other areas of specialty/work

Street address
Zand street, Department of physical medicine and rehabilitation

City
Shiraz

Postal code
7134814336

Phone
+98 71 1231 9040

Fax
+98 71 1231 9040

Email
fakheri@sums.ac.ir

Web page address
www.sums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code
empty

Data Dictionary
empty