

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparative Effect of Kinesiology Taping and Mulligan's Pain Release Phenomena in patient having De Quervain's Tenosynovitis: A Randomized Clinical Trial.

#### Protocol summary

##### Study aim

To evaluate the effect of Kinesiology Taping and Mulligan's Pain Release Phenomena in reducing pain in patient having De Quervain's Tenosynovitis. To determine the effect of Mulligan's Pain Release Phenomena and Kinesiology Taping for improving the symptoms of De Quervain's Tenosynovitis without any complication.

##### Design

Single blinded Quantitative study , following the research design of randomized clinical trial .Randomization is through Lottery Method.

##### Settings and conduct

Subjects with De Quervain's Tenosynovitis will be taken from these 3 hospital setting Nishtar Hospital Multan, Combined Military Hospital (CMH) Multan and Shahbaz Sharif DHQ Hospital Multan. Blinding: participants will be blinded they will not be aware whether they are Treatment or Active Control Group.

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: Participants having mild to moderate pain 3 to 6 according to Numeric Pain Rating Scale, Difficulty moving the thumb (with Positive Finkelstein test). Exclusion criteria: Participants with following conditions -Recent fracture of wrist. -Fixed contracture of wrist.-Patient with open wounds.- Perceptive and cognitive disorders.

##### Intervention groups

Group A: 1-Therapeutic Ultrasound (10 min Baseline) Treatment. 2-Kinesiology Taping. Group B: 1-Therapeutic Ultrasound (10 min Baseline) Treatment. 2-Mulligan's Pain Release Phenomena.

##### Main outcome variables

Numeric Pain Rating Scale, Goniometer, Patient Rated Wrist Evaluation

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220401054386N1**

Registration date: **2022-05-28, 1401/03/07**

Registration timing: **registered\_while\_recruiting**

Last update: **2022-05-28, 1401/03/07**

Update count: **0**

##### Registration date

2022-05-28, 1401/03/07

##### Registrant information

##### Name

Asma Sattar

##### Name of organization / entity

The University of Faisalabad

##### Country

Pakistan

##### Phone

+92 316 1614659

##### Email address

dpt-fa11-021@tuf.edu.pk

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-04-29, 1401/02/09

##### Expected recruitment end date

2022-05-30, 1401/03/09

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

### Scientific title

Comparative Effect of Kinesiology Taping and Mulligan's Pain Release Phenomena in patient having De Quervain's Tenosynovitis: A Randomized Clinical Trial.

### Public title

Comparison of Kinesiology Taping and Mulligan's Pain Release Phenomena in patients having De Quervain's Tenosynovitis symptoms.

### Purpose

Treatment

### Inclusion/Exclusion criteria

#### Inclusion criteria:

Patient who are willing to participate. Age 20 - 40 years. Male and Female Patients. Patient having mild to moderate pain 3 to 6 according to NPR. Difficulty moving the thumb (with Positive Finkelstein test).

#### Exclusion criteria:

Patient with recent fracture of wrist. Patient with fixed contracture of wrist. Patient with open wounds. Patient having perceptible and cognitive disorders. Patient who are not willing to participate.

### Age

From **20 years** old to **40 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

- Participant

### Sample size

Target sample size: **30**

### Randomization (investigator's opinion)

Randomized

### Randomization description

30 subjects will be taken and divided into 2 groups by simple randomization. In a random sample, each individual unit has an equal chance of getting selected. Similarly, in a lottery method, each individual unit is selected at random from the population and thereby has an equal opportunity of getting selected. Randomization is done by lottery method, sealed envelop will be made upon which allocation of participants in both groups can be possible without biasness. Lottery method always gives a random sample's outcome. A researcher randomly picks numbers, with each number corresponding to a subject or item, in order to create the sample. To create a sample this way, the researcher must ensure that the numbers are well mixed before selecting the sample population. Concealed allocation will be carried out.

### Blinding (investigator's opinion)

Single blinded

### Blinding description

Participants of both groups will be unaware whether they are in active control or treatment group after the informed consent has been taken from them. Participants of both group will receive the same baseline treatment that is Ultrasound. After that Physiotherapist

will apply Kinesiology Taping to one group and Mulligan Pain Release Phenomena to other group of which the participants will be unaware.

### Placebo

Not used

### Assignment

Other

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of The University of Faisalabad.

##### Street address

4-km, Sargodha Road, University Town, Faisalabad.

##### City

Faisalabad

##### Postal code

38000

#### Approval date

2022-04-07, 1401/01/18

#### Ethics committee reference number

TUF/DR/MSPP/322

## Health conditions studied

### 1

#### Description of health condition studied

De Quervain's Tenosynovitis most commonly occurring cause of wrist and hand pain, commonly tendonitis of wrist. De Quervain's Tenosynovitis is a condition commonly occurring due to pathology of tendon of abductor pollicis longus and extensor pollicis brevis. De Quervain's Tenosynovitis occur with symptoms as the pain over radial styloid that increases with movement of thumb with the tenderness experienced over the first dorsal compartment. De Quervain's Tenosynovitis may be occurred either due to any acute and sudden trauma or may be more often as a result of repetitive microtrauma.

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Pain in thumb movements will be primary outcome variable.

#### Timepoint

Pain level will be measured before applying the intervention and then after 6 weeks after the completion of intervention

## Method of measurement

Numeric Pain Rating Scale and Patient Rated Wrist Evaluation will be used.

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: A (Kinesiology Taping Group) receive baseline treatment include Therapeutic Ultrasound for 10 minutes, then Kinesiology Taping is applied for 6 weeks. Patient will received Kinesiology Taping 4 times per week .

#### Category

Rehabilitation

### 2

#### Description

Intervention group: B (Mulligan's Pain Release Phenomena) all subjects in this will receive baseline treatment include Therapeutic Ultrasound 10 minutes, then Mulligan's Pain Release Phenomena. PRP will apply for 6 weeks .

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Nishtar Hospital Multan

##### Full name of responsible person

Medical Superintendent Nishtar Hospital Multan

##### Street address

Nishtar Rd, Justice Hamid Colony, Multan,

##### City

Multan

##### Postal code

60000

##### Phone

+92 61 9330153

##### Email

webmaster@nmch.edu.pk

##### Web page address

### 2

#### Recruitment center

##### Name of recruitment center

Combined Military Hospital (CMH) Multan

##### Full name of responsible person

Medical Superintendent Combined Military Hospital (CMH) Multan

##### Street address

Ghaus ul Azam Road, near Naseem Hayat Rd. Pia Colony, Multan

##### City

Multan

##### Postal code

60000

##### Phone

+92 61 4504784

##### Email

cimspakistan@gmail.com

##### Web page address

### 3

#### Recruitment center

##### Name of recruitment center

Shahbaz Sharif DHQ Hospital Multan

##### Full name of responsible person

Medical Superintendent Shahbaz Sharif DHQ Hospital Multan

##### Street address

Abdali road near Ghanta Ghar Chowk Multan.

##### City

Multan

##### Postal code

60000

##### Phone

+92 61 4588580

##### Email

tabish\_mul@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

The University of Faisalabad

##### Full name of responsible person

Dr. Sidra Majeed; PT

##### Street address

4-km Sargodha road, University Town, Faisalabad

##### City

Faisalabad

##### Postal code

38000

##### Phone

+92 41 8750971

##### Email

sidra.majeed@tuf.edu.pk

#### Grant name

#### Grant code / Reference number

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

No

#### Title of funding source

The University of Faisalabad

#### Proportion provided by this source

100

#### Public or private sector

Private

#### Domestic or foreign origin

Domestic  
**Category of foreign source of funding**  
empty  
**Country of origin**  
**Type of organization providing the funding**  
Academic

## Person responsible for general inquiries

### Contact

**Name of organization / entity**  
The University Of Faisalabad  
**Full name of responsible person**  
Dr. Sidra Majeed ; PT  
**Position**  
Associate Professor  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
4km-Sargodha Road, University Town , Faisalabad  
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sidra.majeed@tuf.edu.pk

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
The University of Faisalabad  
**Full name of responsible person**  
Asma Sattar  
**Position**  
Student  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
House no 04, F block Nayab City Multan  
**City**  
Multan  
**Province**  
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**Postal code**  
60000  
**Phone**  
+92 316 1614659  
**Email**  
dpt-fa11-021@tuf.edu.pk

## Person responsible for updating data

### Contact

**Name of organization / entity**  
The University Of Faisalabad  
**Full name of responsible person**  
Asma Sattar  
**Position**  
student  
**Latest degree**  
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**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
house 04,block F, nayab city , Multan  
**City**  
Multan  
**Province**  
Punjab  
**Postal code**  
60000  
**Phone**  
+92 316 1614659  
**Email**  
dpt-fa11-021@tuf.edu.pk

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

### Study Protocol

Yes - There is a plan to make this available

### Statistical Analysis Plan

Yes - There is a plan to make this available

### Informed Consent Form

Yes - There is a plan to make this available

### Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

### Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

### Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

### Title and more details about the data/document

All collected deidentified participants data set for the outcomes measure.

### When the data will become available and for how long

4 month after publication

### To whom data/document is available

People working in the academic institutions .

### Under which criteria data/document could be used

IPD and any additional supporting documents will be provided for the research on the similar topic and can be obtained by asking through contact person mentioned below.

### From where data/document is obtainable

Contact Person : Asma Sattar. Contact number:03161614659 Email: asmatalat23@yahoo.com

### What processes are involved for a request to access

**data/document**

Data file will be provided after talking to contact person

as mentioned in the above slot.

**Comments**