

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparative effects of Mobilization with movement and oscillatory mobilization on De Quervain's tendinopathy

Protocol summary

Study aim

To Compare the effects of Mobilization with movement and oscillatory mobilization on pain, range of motion and disability among patients with De Quervain's tendinopathy

Design

The design of this study is Randomized, parallel Clinical Trial. Randomization is done by lottery method. In this method, the researcher gives each participant of the trial a number. Researchers draw numbers from the box randomly to allocate participants in two groups

Settings and conduct

The eligible participants for physiotherapy referring to the Arif Memorial Hospital in Lahore city during the study period will be enrolled in the trial and will be randomly assigned to the intervention groups through the randomization. This trial will be single-blinded so that outcome assessor will not be aware of the allocation of participants.

Participants/Inclusion and exclusion criteria

inclusion criteria: The participants with Age 20 to 45 , who experienced pain at the wrist, over the extensor pollicis brevis and abductor pollicis longus tendons were considered positive for tenosynovitis are included and they should have positive Finkelstein test as it is used to define De Quervain. Exclusion Criteria: The participant with Radial-side wrist pain due to carpometacarpal arthritis and Fracture of the wrist, wrist operation and whose hand is immobilized are excluded.

Intervention groups

Intervention Group A: Baseline treatment of ultrasound in continuous mode with frequency of 3 MHz and intensity of 0.1 to 1.5 W/cm² and then Manual therapy (mobilization with movement) will be performed 3 sessions per week for 2 weeks. Intervention Group B: Baseline treatment of ultrasound as group A and then Manual therapy (oscillatory Mobilization) will be performed 3 sessions per week for 2 weeks.

Main outcome variables

Pain, Range of motion, Disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220604055072N2**

Registration date: **2023-06-28, 1402/04/07**

Registration timing: **prospective**

Last update: **2023-06-28, 1402/04/07**

Update count: **0**

Registration date

2023-06-28, 1402/04/07

Registrant information

Name

Aleena Waheed

Name of organization / entity

Rashid Latif Medical College

Country

Pakistan

Phone

+92 321 4883868

Email address

alwaheed28@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-20, 1402/04/29

Expected recruitment end date

2023-10-20, 1402/07/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative effects of Mobilization with movement and oscillatory mobilization on De Quervain's tendinopathy

Public title

Mobilization with movement versus oscillatory mobilization

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age 20 to 45 The participants who experienced pain at the wrist, over the extensor pollicis brevis and abductor pollicis longus tendons were considered positive for tenosynovitis. Finkelstein test were used to define De Quervain

Exclusion criteria:

Radial-side wrist pain due to carpometacarpal arthritis
Fracture of the wrist and/or operation Immobilization

Age

From **20 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **28**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization is done by lottery method. In this method, each participant of the trial is assigned a unique number. In the next step these numbers are written on separate cards which are physically similar in shape, size, color etc. 35 cards were used. Then they are placed in a basket and thoroughly mixed. In the last step the slips are taken out randomly without looking at them and are placed into two sets randomly. Total of 28 cards were taken out, 14 participants in each group.

Blinding (investigator's opinion)

Single blinded

Blinding description

The blinding is achieved by concealment in which the treatment allocation for each patient from the assessor. The assessor will only assess variable at pre and post intervention. This is done to avoid biasness.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional Review Board of Rashid Latif Medical College

Street address

35-Km Ferozepur road Lahore

City

Lahore

Postal code

54600

Approval date

2022-10-05, 1401/07/13

Ethics committee reference number

IRB/2022/054

Health conditions studied

1

Description of health condition studied

De Quervain tendinopathy

ICD-10 code

M65.4

ICD-10 code description

Radial styloid tenosynovitis [de Quervain]

Primary outcomes

1

Description

Pain

Timepoint

Pre-intervention and 2 weeks Post-intervention

Method of measurement

Numeric Pain Rating Scale

2

Description

Range of Motion

Timepoint

Pre-intervention and 2 weeks Post-intervention

Method of measurement

Goniometer

3

Description

Disability

Timepoint

Pre-intervention and 2 weeks Post-intervention

Method of measurement

Patient related Rated wrist Evaluation Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group A: Baseline treatment of ultrasound in continuous mode with frequency of 3 MHz and intensity of 0.1 to 1.5 W/cm² and then Manual therapy (mobilization with movement) will be performed per session. 3 sessions per week and treatment will be followed for 2 weeks. For manual therapy the patient position will be in sitting with elbow flexed and hand resting on the table. Then Mobilization with movement technique involved a lateral glide of the proximal carpal row moving on the radio-ulnar joint while the patient performed active thumb flexion. The mobilization with movement technique on carpometacarpal joint was utilized to improve abductor pollicis longus and extensor pollicis brevis soft tissue mobility. This will be repeated for 3 times per session.

Category

Treatment - Other

2

Description

Comparative Intervention Group B: Baseline treatment of ultrasound in continuous mode with frequency of 3 MHz and intensity of 0.1 to 1.5 W/cm² and then Manual therapy (oscillatory Mobilization) will be performed per session. 3 sessions per week and treatment will be followed for 2 weeks. For manual therapy the patient position will be in sitting with elbow flexed and hand resting on the table. Firstly Grade I and II oscillatory mobilization then III-IV posterior to anterior oscillations were performed at end range to the first carpometacarpal joint to facilitate mobility. This will be repeated for 3 times per session.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Arif Memorial Teaching Hospital

Full name of responsible person

Waqas Qadir

Street address

35-Km Ferozepur road Lahore

City

Lahore

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54600

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+92 317 4556495

Email

M.faruki97@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rashid Latif Medical College

Full name of responsible person

Aleena Waheed

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alwaheed28@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Rashid Latif Medical College

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

Rashid Latif Medical College

Full name of responsible person

Waqas Qadir

Position

Physiotherapist

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Province

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54600

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+92 317 4556495

Email

Person responsible for scientific inquiries

Contact

Name of organization / entity

Rashid Latif Medical College

Full name of responsible person

Aleena Waheed

Position

Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for updating data

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Name of organization / entity

Rashid Latif Medical College

Full name of responsible person

Aleena Waheed

Position

Punjab

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

Study Protocol

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

Statistical Analysis Plan

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

Informed Consent Form

Undecided - It is not yet known if there will be 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