

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

Effects of routine physical therapy with and without kinesiotaping on pain, range of motion and function in patients with dequervain tenosynovitis.

Protocol summary

Study aim

study aims to compare the effects of routine physical therapy with and without kinesiotaping for treatment of patients with dequervains tenosynovitis.

Design

single blinded , randomized controlled trial

Settings and conduct

District headquarter hospital Jhang, Punjab, Pakistan.

Participants/Inclusion and exclusion criteria

Patients of both genders are included, age between 20-65years, pre-diagnosed patients who are diagnosed with dequervains syndrome having unilateral symptoms for more than 1 week. Exclusion criteria: Patients with Inflammatory or other specific disorders of hand eg Rheumatoid arthritis fracture dislocation history of wrist injection acute trauma history of surgical intervention symptomatic biateral radiculopathy presence of red flag sign related to arm and hand

Intervention groups

Treatment sessions will be conducted thrice weekly (alternative days) and timings of session will be kept same. Conventional treatment will include routine physical therapy protocol (Therapeutic ultrasound, TENS, Icing) to be performed on all participants in both groups. Group A: Only routine physical therapy protocol Group B: Routine physical therapy protocol and kinesiotaping

Main outcome variables

pain, range of motion and functional disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220418054572N1**

Registration date: **2022-05-24, 1401/03/03**

Registration timing: **retrospective**

Last update: **2022-05-24, 1401/03/03**

Update count: **0**

Registration date

2022-05-24, 1401/03/03

Registrant information

Name

Sana Manzoor

Name of organization / entity

University of Lahore, Lahore, Pakistan

Country

Pakistan

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-07-18, 1400/04/27

Expected recruitment end date

2022-03-16, 1400/12/25

Actual recruitment start date

2021-08-07, 1400/05/16

Actual recruitment end date

2022-03-11, 1400/12/20

Trial completion date

2022-05-05, 1401/02/15

Scientific title

Effects of routine physical therapy with and without kinesiotaping on pain, range of motion and function in patients with dequervain tenosynovitis.

Public title

Effects of routine physical therapy with and without kinesiotaping on pain, range of motion and function in

patients with dequervain tenosynovitis.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Both genders age between 20-60 Patients diagnosed with Dequervains tenosynovitis having unilateral symptoms more than 1 week pre-diagnosed patients referred by orthopedics finklein's test positive

Exclusion criteria:

patients with history of fracture patients with inflammatory or other specific disorder of hand such as rheumatoid arthritis dislocation surgery history of wrist injection acute trauma symptomatic ilateral radiculopathy presence of any of red flag related to hand or arm

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

0

Groups that have been masked

- Investigator

Sample size

Target sample size: **56**

Actual sample size reached: **56**

Randomization (investigator's opinion)

Randomized

Randomization description

in my study Random allocation is done by lottery method. Lottery method is example of Random sampling, in this researcher give each member of population a number and then draw numbers from box randomly to add in each group. in this method each member have equal chance of selection. Total 56 patients of both genders of age between 20-60 years are included. Patients are randomly allocated by lottery method to Group A (only physical therapy treatment which include theraputic ultrasound ,tens, icing and ROMS) and Group B includes (physical therapy treatment i-e theraputic ultrasound, Tens, icing and RoMS and kinesiotaping too). Patients do not know in which group they are allocated.

Blinding (investigator's opinion)

Single blinded

Blinding description

study will be single binded , assessor will be kept blind. Assesor does not know that which subject is included in which group. Asseser does not know group A or group B is recieving which type of treatment.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

University of Lahore

Street address

1 km, defence road Bhohtian chowk, Raiwind road Lahore.IR

City

Lahore

Postal code

42000

Approval date

2021-07-08, 1400/04/17

Ethics committee reference number

IRB-UOL-FAHS/1080/2021

Health conditions studied

1

Description of health condition studied

Dequervain's tenosynovitis is a condition which involves tendon entrapment affecting the first dorsal compartment of wrist. In ths condition thickening of tendon sheath around abductor pollicis longus and extensor pollicis brevis, which leads to irritation of muscles, causing pain and swelling over the radial side of wrist in patients alon with an increased difficulty in gripping obejcts.

ICD-10 code

M65.4

ICD-10 code description

Radial styloid tenosynovitis [de Quervain]

Primary outcomes

1

Description

Pain

Timepoint

1st day before treatment, at 7th session and on day of 15th session(after last treatment session)

Method of measurement

pain is measured by visual analogue scale. 0-100 points are given on scale. scoring for that scale is as given below: No pain (0 – 4 mm)Mild pain (5– 44mm)Moderate pain (45–74 mm)Severe pain (75–100 mm). Patients are asked to fill this according to their pain , if they have no pain then 0 or 0-4mm, if they have mild pain then fill 5-44mm ,if have moderate pain (45-74mm) and if they have severe pain then fill 75-100mm.

2

Description

functional disability

Timepoint

1st day before treatment, at 7th session and on day of 15th session(after last treatment session)

Method of measurement

Functional disability is measured by Quick Dash score. QuickDASH-9 SCORE = [(sum of final score) x 1.1] x 5/2, a missing response is added as the average of the remaining. score between 0-25 no disability, 26-50 mild disability, 51-75 moderate disability, 76-100 severe disability. a scale score, ranging from 0 (no disability) to 100 (most severe disability), can be calculated.

3

Description

Range of motion

Timepoint

1st day before treatment, at 7th session and on day of 15th session(after last treatment session)

Method of measurement

Goniometer . Goniometer is placed on hand nd ask patient to extend the thumb

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Routine physical therapy (Therapeutic Ultrasound, TENS, icing) Patient in this study group will get 25 minutes session, thrice weekly for 4 weeks. Therapeutic ultrasound will be performed for 10 minutes, icing for 5 minutes, TENS will be applied for 5 minutes and general ROMs of adjacent joints.

Category

Treatment - Other

2

Description

Intervention group: routine physical therapy with addition of kinesiotaping. Patients in this study group will get 25 minutes session, thrice weekly for 4 weeks. Kinesiotape will be applied to the subjects 3 times weekly (alternative days) in addition to routine physical therapy. We will use three types of taping I pieces of Kinesio tape, First of all, we will curve all borders of tapes to prevent early separation. The first strip will be used to unload from APL and EPB tendons. The tape will be placed on the insertion of EPB, the base of the thumb, and was stretched by approximately 70% over the original length applied along the radial aspect of the wrist and up onto the extensor surface, ending at the mid-forearm (origin of APL). The second and the third type have correction roles. The second one is named "function correcting" tape, with the wrist extended, putting the end of the tape at the dorsum of the hand and another end at the distal forearm, 1 inch upper than styloid. Then by flexing the wrist, the tape will be fixed. The third tape which is called "space correcting", originates from the volar side of distal of radius and stretched obliquely to the dorsum of the hand with a

lighter tension which is shown at 50%. Then we will fix them with a light massage and suggested not to use water for 6 hours in this area. All the taping will be applied by the physiotherapist carefully. These procedures of taping will be repeated for three times weekly.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

District Headquarter Hospital Jhang

Full name of responsible person

Sana Manzoor

Street address

Rehmat street rana colony, House no p441 G-56 gojra road jhang, punjab Pakistan

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https://www.fa.irct.ir/user/trial/63565/update/recruitment_center

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Lahore

Full name of responsible person

Dr Arooj Fatima physiotherapist

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Grant name

my research project

Grant code / Reference number

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

Yes
Title of funding source
University of Lahore
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
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Student
Latest degree
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Other areas of specialty/work
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Person responsible for updating data

Contact

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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

Not applicable

Informed Consent Form

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

make this available
Clinical Study Report
Not applicable
Analytic Code

Not applicable
Data Dictionary
Not applicable