Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 accessor 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

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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 accessor. The accessor 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
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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
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Person responsible for scientific inquiries

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Lecturer

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Person responsible for updating data

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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