

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

02 Jul 2026

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

#### Protocol summary

Pain, Range of motion, Disability

##### 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/cm<sup>2</sup> 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

#### 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/cm<sup>2</sup> 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/cm<sup>2</sup> 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

##### Postal code

54600

##### Phone

+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

##### Street address

35-Km Ferozepur road Lahore

##### City

Lahore

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54600

##### Phone

+92 321 4883868

##### Email

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

##### Street address

35-Km Ferozepur road Lahore

##### City

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##### Province

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##### Postal code

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##### Phone

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##### Email

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## 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**

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Rashid Latif Medical College

**Full name of responsible person**

Aleena Waheed

**Position**

Punjab

**Latest degree**

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**Other areas of specialty/work**

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**City**

Lahore

**Province**

Punjab

**Postal code**

54600

**Phone**

+92 321 4883868

**Email**

alwaheed28@gmail.com

## 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