

# Combined Effects of MWM and Tendon Gliding Exercises in Smartphone Users With De Quervain's Tenosynovitis

NCT07484737

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	44 participants

## Key Eligibility Criteria

---

### Inclusion (3)

- Patient diagnosed with De Quervain's Tenosynovitis (positive Finkelstein's test).
- Patient having persistent thumb/wrist pain and functional difficulties for a duration of at-least 2 weeks.
- Patient willing to participate and give informed consent.

### Exclusion (4)

- Patient with history of trauma, fracture, or surgery in the affected wrist or thumb.
- Patient with neurological disorder affecting the upper limb.
- Patient with systemic conditions like rheumatoid arthritis or diabetes affecting tendon function.
- Any other co-morbidity.

## Locations (1 total)

---

Begum Akhtar Rukhsana Hospital (stroke and rehab centre), Rawalpindi, Punjab Province, Pakistan