

Comparison between Sodium diclofenacphonophoresis and kinesio tape in treating postpartum de quervain'stenosynovitis

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Abstract: De Quervain's Tenosynovitis is as a painful inflammation in the tendons at the thumb base at the wrist side. Phonophoresis with local anesthetic or anti-inflammatory agents is required in the treating both the inflammation and pain in lots of musculoskeletal conditions, by way of example, tenosynovitis, epicondylitis, Hand problems and tendonitis are routine amid pregnancy along with the postpartum period. This study designed to analyze the effect of sodium diclofenacphonophoresis versus Kinesio tape in treating postnatal de quervain's tenosynovitis. Forty volunteers, women had postnatal de quervain's tenosynovitis, were randomly sent to two equal groups in the number of (A & B). Group (A) was treated by making use of sodium diclofenacphonophoresis with continuous mode for 5-10 minutes, 3 times per week for a month as the group (B) was treated through the use of Kinesio tape three times/ per week for a month changed alternate day. Assessment for all subjects in both groups (A & B) was carried out both before and after treatments program (after four weeks) throughout the Visual Analogue Scale (VAS) along with the Quick Disabilities from the Arm, Shoulder, and Hand (Q-DASH) scale. Results: Both groups exhibited a substantial reduction in both pain and level of disability after the end of treatments program, when both groups (A & B) were compared together, there is a statistical significant difference between mean values of VAS and DASH of both groups (A and B), favoring the group (A). These results indicate that using of sodium diclofenacphonophoresis and kinesio tape were effective adjunct methods in lessening pain and degree of disability in postpartum de quervain's tenosynovitis, but sodium diclofenacphonophoresis is more effectively.

Keywords: Dequervain'stenosynovitis–phonophoresis–Kinesiotape.