Getting Evidence into Clinical Practice:
Musculoskeletal Research Facilitation Group (CAT Group)
Date: May 2016

Specific Question:

In adults with chronic DeQuervains tenosynovitis does exercise reduce pain and improve function more than usual care?

Clinical bottom line

There is no evidence to answer the question that exercise reduces pain or improves function more than usual care with DeQuervains tenosynovitis.

Why is this important?

To ensure that the most effective treatment can be offered to patients as there is currently a misnomer regarding treatment methods. Treatment methods involve splinting, exercise regimes, ultrasound and wax with no clear evidence for effectiveness.

Search timeframe (e.g. 2006-2016)

Inclusion Criteria

	Description	Search terms
Population and Setting	Male and female adults with DeQuervains	Adults DeQuervains/lateral wrist pain/tenosynovitis/tendinosis/stenosing tenosynovitis
Intervention or Exposure	Exercise	Eccentric Concentric Rehabilitation
Comparison, if any	Splinting Ultrasound	
Outcomes of interest	Pain Function	Pain Function
Types of studies		RCTs Systematic Reviews

Routine Databases Searched

Clinical Knowledge Summaries, PEDro, BMJ Updates, Clinical Evidence, TRIP, Database, NICE, HTA, Bandolier, The Cochrane Library, Medline, Cinahl, Embase, PsycInfo, Professional websites, Joanna Briggs Institute, Web of Science, Sports Discus and Pub Med

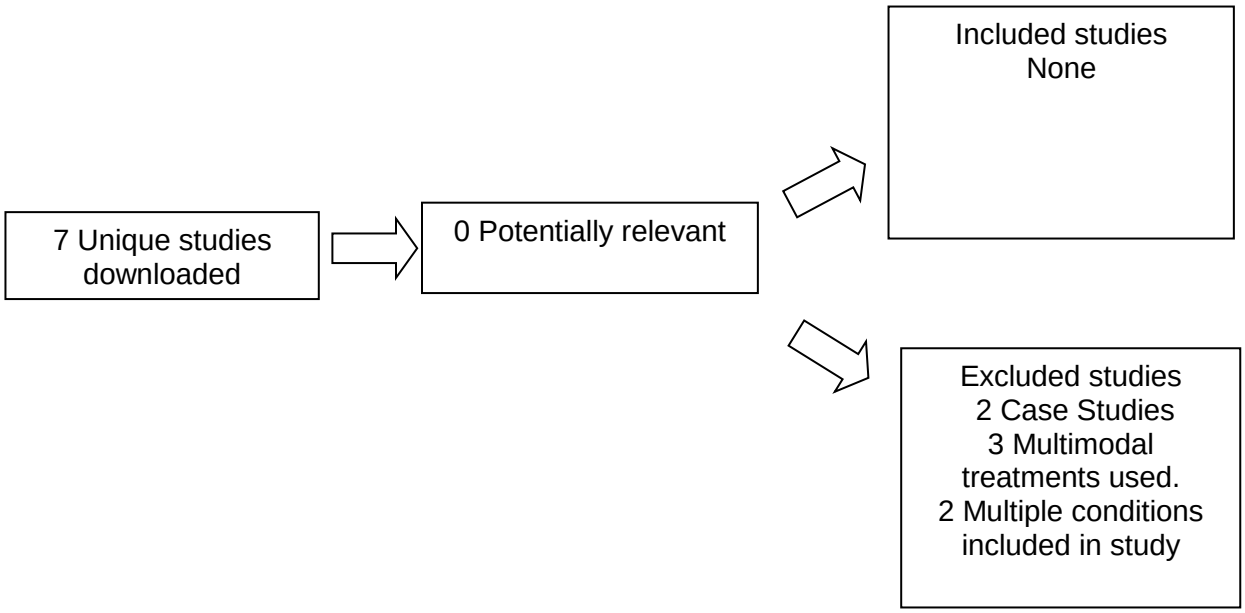
CAT Lead: Sara Lloyd
Sara.lloyd@sath.nhs.uk

Date CAT completed: 30th September 2016
Review Date: September 2018

Getting Evidence into Clinical Practice:
Musculoskeletal Research Facilitation Group (CAT Group)
Date: May 2016

Date of search **February 2016**

Results of the search



Summary

There is no good quality evidence to answer the question on the effect of exercise on pain and function in DeQuervains.

Implications for Practice/research

Further research required.

What would you tweet?

There is no evidence which explores there use of exercise in tenosynovitis.

CAT Lead: Sara Lloyd
Sara.lloyd@sath.nhs.uk

Date CAT completed: 30th September 2016
Review Date: September 2018