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Effect of anodyne therapy versus traditional physiotherapy in treating De Quervain tenosynovitis**Ahmed Ebrahim Elerian**
Cairo University, Egypt**Objective:** Comparing the effect of anodyne therapy versus traditional physiotherapy on De Quervain tenosynovitis.**Material & Method:** 32 De Quervain tenosynovitis patients were included in this study. They were equally divided into two groups. Group-1 contained 16 patients who perform 12 physiotherapy sessions each, consisting of ultrasound, kinesiotherapy and instruction for stretching exercises at home. Group-2 contained 16 patients who perform 12 sessions of anodyne therapy (3 times per week) and received instruction for stretching exercises at home. Evaluation of pain and ability to function were done before treatment, immediately afterwards and three months later. The mean age of the patients was 48.3 ± 11.3 years (range 26-67), 83% were female, 89% were overweight, 56% had bilateral impairment and 75% used analgesics regularly.**Result:** Anodyne therapy and conventional therapy were effective in pain reduction and improving the functional abilities of De Quervain tenosynovitis. Anodyne therapy effect was sooner than physiotherapy after the onset of treatment.**Conclusion:** Anodyne treatment and conventional physiotherapy were equally effective when evaluated three months after the end of treatment.

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