

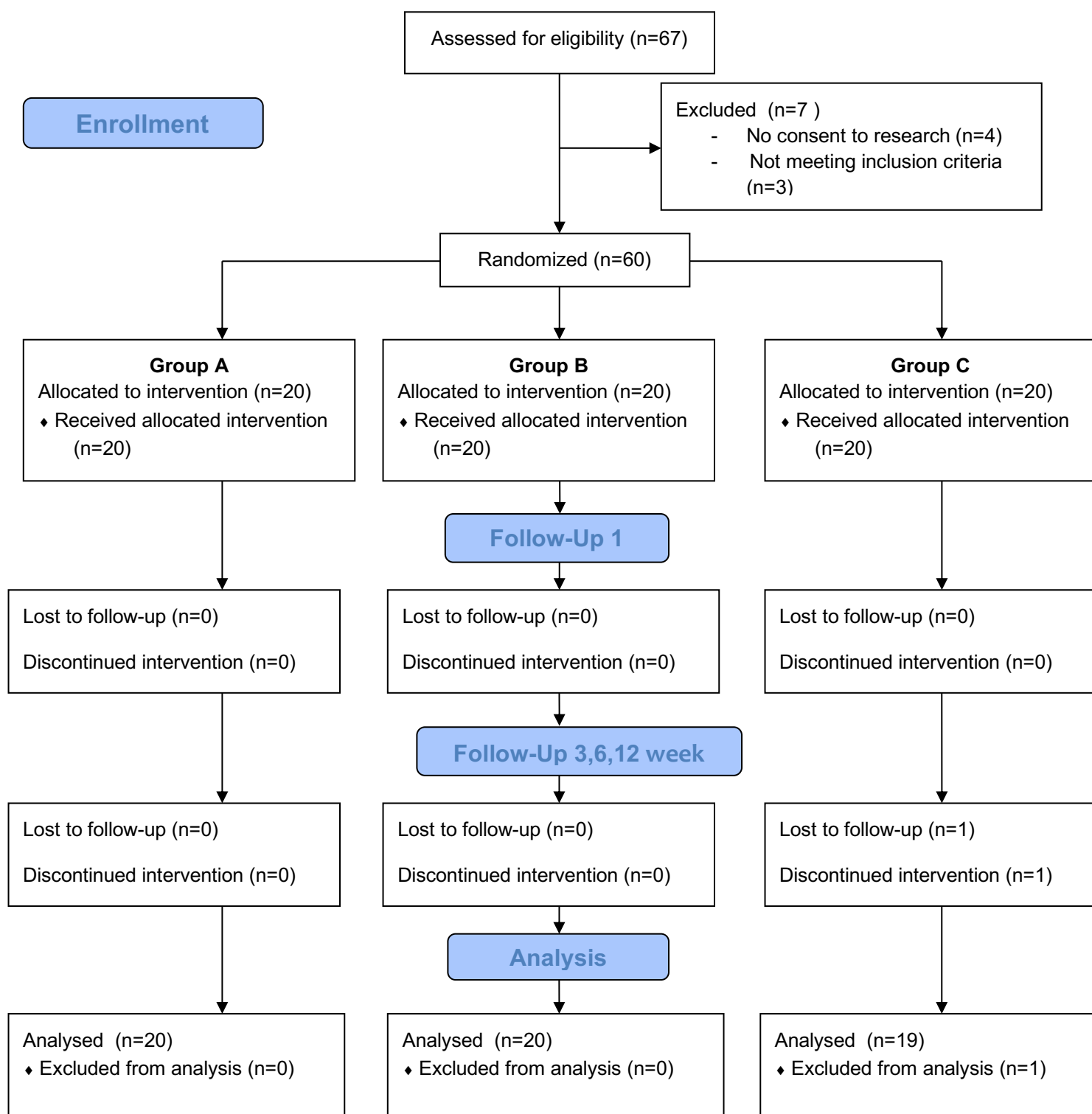


Figure 1. Participant flow

Table 1. Baseline demographic and clinical characteristics of the participants

Characteristics	Group A (n=20) mean ± SD or n	Group B (n=20) mean ± SD or n	Group C (n=20) mean ± SD or n
Age (years)	47.15±8.56	46.9±8.5	45.9±11.33
Sex			
Female	7	9	4
Male	13	11	16
Body height (cm)	173.3±7.31	167.85±8.22	175.2±9.73
Body weight (kg)	80.5±16.99	78.05±12.7	84.55±18.14
Affected limb			
Dominant	18	12	14
Non-dominant	2	8	6
Affected limb			
Left	5	11	6
Right	15	9	14
Duration of symptoms (mo)	7.1±5.25	8.1±8.25	6.8±7.7

Primary outcome measure

Table 2. Rest pain

		Group A	Group B	Group C
T₀	n	20	20	20
	$\bar{x}$	2,55	2,7	1,63
	SD	2,09	1,75	2
	Me	3	3	1
T₁	n	20	20	20
	$\bar{x}$	1,75	0,9	1,16
	SD	1,74	1,07	1,54
	Me	1,5	0,5	0,5
T₂	n	20	20	19
	$\bar{x}$	1,35	1	1,26
	SD	1,63	1,45	1,37
	Me	0,5	0,5	1
T₃	n	20	20	19
	$\bar{x}$	0,9	0,7	0,9
	SD	1,48	1,42	1,1
	Me	0	0	0
T₄	n	20	20	19
	$\bar{x}$	0,6	0,6	0,53
	SD	1,27	1,27	0,91
	Me	0	0	0

T₀ – baseline; T₁ – 1 week post-therapy; T₂ – 3 weeks post-therapy; T₃ – 6 weeks post-therapy; T₄ – 12 weeks post-therapy

Table 3. Night pain

		Group A	Group B	Group C
T ₀	n	20	20	20
	$\bar{x}$	1,9	1,9	2,47
	SD	2,38	1,94	2,82
	Me	0	1,5	0,5
T ₁	n	20	20	20
	$\bar{x}$	1,47	0,8	1,74
	SD	1,87	1,4	2,38
	Me	0	0	0
T ₂	n	20	20	19
	$\bar{x}$	1,05	0,85	1,58
	SD	1,55	1,46	2,5
	Me	0	0	0
T ₃	n	20	20	19
	$\bar{x}$	0,84	0,85	0,9
	SD	1,5	1,5	1,63
	Me	0	0	0
T ₄	n	20	20	19
	$\bar{x}$	0,63	0,8	1
	SD	1,3	1,4	1,92
	Me	0	0	0

T₀ – baseline; T₁ – 1 week post-therapy; T₂ – 3 weeks post-therapy; T₃ – 6 weeks post-therapy; T₄ – 12 weeks post-therapy

Table 4. Active pain

		Group A	Group B	Group C
T ₀	n	20	20	20
	$\bar{x}$	7,2	7,05	6,63
	SD	1,64	1,82	1,71
	Me	7	7	6
T ₁	n	20	20	20
	$\bar{x}$	5	4,4	4,84
	SD	2,27	1,67	2,36
	Me	4,5	5	5
T ₂	n	20	20	19
	$\bar{x}$	3,35	4,05	4,9
	SD	2,62	2,31	2,23
	Me	3	4,5	4
T ₃	n	20	20	19
	$\bar{x}$	2,2	4,2	4,05
	SD	2,76	2,63	1,68
	Me	1	3,5	4
T ₄	n	20	20	19
	$\bar{x}$	1,75	3,7	3,47
	SD	2,79	2,54	2,01
	Me	0	3	3

T₀ – baseline; T₁ – 1 week post-therapy; T₂ – 3 weeks post-therapy; T₃ – 6 weeks post-therapy; T₄ – 12 weeks post-therapy

Table 5. Strength of the wrist extensors of the affected limb

		Group A	Group B	Group C
T₀	n	20	20	20
	$\bar{x}$ [kG]	9,3	10,4	9,58
	SD	3,7	3,15	3,79
	Me [kG]	9	10	8,5
T₁	n	20	20	20
	$\bar{x}$ [kG]	11,4	12,35	10,84
	SD	3,95	3,76	4,3
	Me [kG]	10	12	10,5
T₂	n	20	20	19
	$\bar{x}$ [kG]	12,15	12,55	10,95
	SD	4,03	4,35	4,22
	Me [kG]	11,5	12	10
T₃	n	20	20	19
	$\bar{x}$ [kG]	12,45	12,9	10,95
	SD	3,98	4,2	3,95
	Me [kG]	11,5	12	10
T₄	n	20	20	19
	$\bar{x}$ [kG]	12,65	12,8	10,74
	SD	3,98	4,47	4,01
	Me [kG]	12	11	10

T₀ – baseline; T₁ – 1 week post-therapy; T₂ – 3 weeks post-therapy; T₃ – 6 weeks post-therapy; T₄ – 12 weeks post-therapy

Table 6. Strength of the wrist extensors of the unaffected limb

		Group A	Group B	Group C
T₀	n	20	20	20
	$\bar{x}$ [kG]	13,5	12,55	12,37
	SD	4,11	4,16	4,17
	Me [kG]	12	12	12
T₁	n	20	20	20
	$\bar{x}$ [kG]	14,2	13,45	12,95
	SD	4,11	4,14	4,29
	Me [kG]	14,5	12	13
T₂	n	20	20	19
	$\bar{x}$ [kG]	13,8	13,35	13,05
	SD	3,94	4,12	4,16
	Me [kG]	13	12	13
T₃	n	20	20	19
	$\bar{x}$ [kG]	12,85	13,6	13,42
	SD	3,88	4,11	4,27
	Me [kG]	12,5	12,5	14
T₄	n	20	20	19
	$\bar{x}$ [kG]	13,3	13,55	13,11
	SD	3,81	4,17	4,08
	Me [kG]	13,5	12	14

T₀ – baseline; T₁ – 1 week post-therapy; T₂ – 3 weeks post-therapy; T₃ – 6 weeks post-therapy; T₄ – 12 weeks post-therapy

Table 7. Strength of the wrist flexors of the affected limb

		Group A	Group B	Group C
T₀	n	20	20	20
	$\bar{x}$ [kG]	14,4	14,15	14,21
	SD	4,08	4,26	4,37
	Me [kG]	14	12	15
T₁	n	20	20	20
	$\bar{x}$ [kG]	17,6	16,55	15,32
	SD	5,92	4,41	4,18
	Me [kG]	15	16	15,5
T₂	n	20	20	19
	$\bar{x}$ [kG]	18,4	15,95	15,95
	SD	5,92	4,38	4,44
	Me [kG]	16	15	16
T₃	n	20	20	19
	$\bar{x}$ [kG]	19,5	16,2	16,21
	SD	7,35	4,69	4,76
	Me [kG]	17	16	16
T₄	n	20	20	19
	$\bar{x}$ [kG]	19,75	16,5	16,58
	SD	7,48	4,97	5,07
	Me [kG]	17,5	16	16

T₀ – baseline; T₁ – 1 week post-therapy; T₂ – 3 weeks post-therapy; T₃ – 6 weeks post-therapy; T₄ – 12 weeks post-therapy

Table 8. Strength of the wrist flexors of the unaffected limb

		Group A	Group B	Group C
T₀	n	20	20	20
	$\bar{x}$ [kG]	18,5	16,6	16,9
	SD	6,84	4,85	5,2
	Me [kG]	19	15	19
T₁	n	20	20	20
	$\bar{x}$ [kG]	18,65	16,8	16,9
	SD	6,92	4,85	4,61
	Me [kG]	20	14,5	19
T₂	n	20	20	19
	$\bar{x}$ [kG]	19,1	16,25	17,58
	SD	6,87	4,32	4,83
	Me [kG]	19	15	18
T₃	n	20	20	19
	$\bar{x}$ [kG]	19,15	16,85	17,74
	SD	6,98	4,76	4,9
	Me [kG]	19	15	19
T₄	n	20	20	19
	$\bar{x}$ [kG]	18,75	16,75	18,16
	SD	6,83	4,51	4,85
	Me [kG]	18	15	20

T₀ – baseline; T₁ – 1 week post-therapy; T₂ – 3 weeks post-therapy; T₃ – 6 weeks post-therapy; T₄ – 12 weeks post-therapy

Table 9. The grip strength of the affected limb

		Group A	Group B	Group C
T₀	n	20	20	20
	$\bar{x}$ [kG]	39,3	39	40,16
	SD	9,85	12,16	12,86
	Me [kG]	36,5	35,2	41
T₁	n	20	20	20
	$\bar{x}$ [kG]	42,2	42,02	42,16
	SD	9,99	11,7	12,65
	Me [kG]	40	38,5	42
T₂	n	20	20	19
	$\bar{x}$ [kG]	43	42,79	41,05
	SD	9,66	11,83	13,49
	Me [kG]	41,5	39,6	42
T₃	n	20	20	19
	$\bar{x}$ [kG]	45,25	43,07	42,68
	SD	10,56	11,85	12,77
	Me [kG]	45	39,05	43
T₄	n	20	20	19
	$\bar{x}$ [kG]	45,6	44,77	43,37
	SD	10,09	12,17	13,38
	Me [kG]	45	40,7	44

T₀ – baseline; T₁ – 1 week post-therapy; T₂ – 3 weeks post-therapy; T₃ – 6 weeks post-therapy; T₄ – 12 weeks post-therapy

Table 10. The grip strength of the unaffected limb

		Group A	Group B	Group C
T₀	n	20	20	20
	$\bar{x}$ [kG]	42,95	41,95	44,76
	SD	8,7	12,92	11,88
	Me [kG]	43,5	39,5	48,6
T₁	n	20	20	20
	$\bar{x}$ [kG]	43,4	42,6	44,38
	SD	8,98	11,26	12,68
	Me [kG]	45	40	48,6
T₂	n	20	20	19
	$\bar{x}$ [kG]	43,65	42,8	45,62
	SD	9,01	11,43	12,17
	Me [kG]	44,5	40,5	48,6
T₃	n	20	20	19
	$\bar{x}$ [kG]	44,2	42,75	45,43
	SD	8,73	11,21	11,24
	Me [kG]	45	39	48,6
T₄	n	20	20	19
	$\bar{x}$ [kG]	44,15	42,85	45,66
	SD	8,62	11,11	12,27
	Me [kG]	45	40	48,6

T₀ – baseline; T₁ – 1 week post-therapy; T₂ – 3 weeks post-therapy; T₃ – 6 weeks post-therapy; T₄ – 12 weeks post-therapy

Secondary outcome measures

Table 11. Laitinen scale

		Group A	Group B	Group C
T₀	n	20	20	20
	$\bar{x}$	6,47	6,7	6,53
	SD	2,22	2	2,04
	Me	6,5	7	6
T₁	n	20	20	20
	$\bar{x}$	4,68	4,05	5,21
	SD	2	1,54	1,48
	Me	4	4	5
T₂	n	20	20	19
	$\bar{x}$	3,42	3,85	4,68
	SD	2,5	1,81	1,64
	Me	3	3,5	5
T₃	n	20	20	19
	$\bar{x}$	2,58	3,95	4,26
	SD	2,59	1,88	1,52
	Me	2	3	5
T₄	n	20	20	19
	$\bar{x}$	1,63	3,5	3,42
	SD	2,65	1,57	2,04
	Me	0	3	3

T₀ – baseline; T₁ – 1 week post-therapy; T₂ – 3 weeks post-therapy; T₃ – 6 weeks post-therapy; T₄ – 12 weeks post-therapy

Table 12. PRTEE questionnaire score

		Group A	Group B	Group C
T₀	n	20	20	20
	$\bar{x}$	58,53	55,18	56,08
	SD	23,81	22,56	23,31
	Me	53,5	48,5	60,5
	(Q1 ; Q3)	(42,88 ; 75,5)	(36,88 ; 69,75)	(41,75 ; 68,13)
T₁	n	20	20	20
	$\bar{x}$	37,83	34,35	44,42
	SD	24,7	16,56	23,5
	Me	32	37,25	47,75
T₂	n	20	20	19
	$\bar{x}$	24,85	32,6	44,79
	SD	24,76	23,25	23,53
	Me	16	31,25	44
T₃	n	20	20	19
	$\bar{x}$	15,65	34,1	35,45
	SD	22,47	26,17	18,1
	Me	4,5	25,25	36
T₄	n	20	20	19
	$\bar{x}$	12,93	27,95	30,87
	SD	22,33	20,65	18,86
	Me	0	22	28

T₀ – baseline; T₁ – 1 week post-therapy; T₂ – 3 weeks post-therapy; T₃ – 6 weeks post-therapy; T₄ – 12 weeks post-therapy

Adverse events:

Table 13. A summary of all anticipated and unanticipated serious adverse events.

Focused shock wave therapy		Ultrasound therapy	
Anticipated adverse events	Unanticipated adverse events	Anticipated adverse events	Unanticipated adverse events
Subcutaneous hematoma during the first application in 2 patients, in 1 patient during the second treatment.	none	none	none
Slight swelling in the lateral epicondyle of the humerus in 3 patients after the first procedure and in 2 patients after the second procedure.			
12 patients each time reported minor but tolerable pain at the shock wave application site.			