

# Conservative Treatment for Tennis Elbow

<b>Submission date</b> 28/09/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 28/09/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 24/08/2012	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Ms Jeanette Tonks

### Contact details

Physio Department  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
United Kingdom  
WN1 2NN  
+44 01942 822103

## Additional identifiers

### Protocol serial number

N0284183280

## Study information

### Scientific Title

### Study objectives

1.To investigate whether muscle function (EMG) and thermal changes show a relationship with pain/inflammation

2. To investigate the immediate effects on muscle function using EMG and on inflammation using thermographic analysis in the different treatment groups.
3. To investigate the sustainability of EMG and thermographic changes in the different treatment groups.
4. To determine whether EMG and thermography can be altered solely by the alleviation of pain /inflammation through injection and ultrasound alone or physiotherapy rehabilitation.
5. To evaluate whether therapy resistant patients i.e. patients who do not respond to treatment can be differentiated from non resistant cases through EMG studies and thermographic analysis.
6. To develop prognostic indications for patients with tennis elbow.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Prospective randomised, assessor-blinded trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Musculoskeletal Diseases: Tennis elbow

**Interventions**

All patients referred with tennis elbow to the Trust will be assessed by the chief investigator in a standardised manner according to defined eligibility criteria. The only intervention is a 10 minute questionnaire.

Group 1 = Exercise class

Group 2 = Individual physio

Group 3 = Supervised classes (at home)

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

The primary outcome measure is constant score for the three groups will be compared at three months to assess whether there is any difference in the recovery at this point.

**Key secondary outcome(s)**

The VAS and OSS scores will be analysed at three months for differences between the three groups. All three scores will be analysed at six months and two years to see if there is any differences in the groups in the longer term.

**Completion date**

01/10/2009

## Eligibility

**Key inclusion criteria**

1. Patients referred to physiotherapy with tennis elbow.
2. Diabetics but diagnosis will be noted, any person satisfying the diagnostic criteria who has not had active treatment for the condition within one month and who has had symptoms for less than 18 months at first assessment with established symptoms and suitable for either treatment
3. Age 35 to 65 years.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

Not Specified

**Key exclusion criteria**

Abnormal x-rays including calcific tendonitis, glenohumeral OA, 50% loss of passive glenohumeral joint movement, normal x-rays (non symptomatic radiological AC joint arthritis accepted)

**Date of first enrolment**

01/07/2006

**Date of final enrolment**

01/10/2009

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Physio Department

Wigan

United Kingdom

WN1 2NN

# Sponsor information

## Organisation

Record Provided by the NHSTCT Register - 2007 Update - Department of Health

## Funder(s)

### Funder type

Government

### Funder Name

Wrightington, Wigan and Leigh NHS Trust

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration