Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison of effectiveness of local corticosteroid injection with autologous blood injection in the treatment of Lateral epicondylitis

Protocol summary

Summary

Lateral epicondylitis or tennis elbow is a common problem in orthopedic clinics. The aim of this study was to compare treatment effects of autologous blood injection with local corticosteroid injection in patients with lateral epicondylitis. 60 patients suffering from lateral epicondylitis who admitted to the army hospital No: 501 during years 2007-2008 (1386-1387) were randomly assigned into two equal groups. The treatment protocol was single local injection of Methyl Prednisolone (20mg) and 2% Lidocaine (1cc) for group I and local injection of 2cc of autologous blood (which obtained from distal site of the same hand) in conjunction with 1cc of 2%, lidocaine for group II. The demographic data, upper limb pain during last 24 hours, upper limb function during last 24 hours and maximum pain while gripping (VAS) and Pain threshold in examination site was measured and maximum strength of gripping was assessed, the Modified Nirscle stage and the Quick DASH questionnaire was completed at the admission time, 4 and 8 weeks after treatment session.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138711191658N1**
Registration date: **2009-04-05, 1388/01/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2009-04-05, 1388/01/16

Registrant information

Name

Ali Panahi

Name of organization / entity

Army Medical University

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Recruitment status

Recruitment complete

Funding source

Army University of Medical Scince

Expected recruitment start date

2007-09-23, 1386/07/01

Expected recruitment end date

2008-09-22, 1387/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of effectiveness of local corticosteroid injection with autologous blood injection in the treatment of Lateral epicondylitis

Public title

Comparison of effectiveness of local corticosteroid injection with autologous blood injection in the treatment of Lateral epicondylitis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:new episode of disease, severe limitation of activity, pain in lateral epicondyle on working, maximum tenderness at ECRB muscle near lat epicondyle(10-15 mm distance), positive coffee test, presence of tenderness distal to lateral epicondyle

Exclusion criteria:history of inflammatory diseases. pregnancy or lactation, history of surgery for the present problem, articular deformity, steroid injection(during last 3 month), history of trauma to elbow, use of brace, recieving NSAID

Age
No age limit

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Army University of Medical Scinces, 501 Hospital

Street address
Army University of Medical Scince, 501 Hospital, Etemad zadeh st. Fatemi Ave.

City
Tehran

Postal code
1411846355

Approval date
2008-01-27, 1386/11/07

Ethics committee reference number
48/1/9158/2الف/ج

Health conditions studied

1

Description of health condition studied
Lateral Epicondylitis

ICD-10 code
M77.1

ICD-10 code description
Lateral Epicondylitis

Primary outcomes

1

Description
Pain of upper limb during 24 hr prior to intervention

Timepoint
Before intervention ,1 and 2 month(s) after intervention

Method of measurement
VAS

2

Description
Upper limb function in 24 hr prior to intervention

Timepoint
Before intervention ,1 and 2 month(s) after intervention

Method of measurement
Quick DASH

3

Description
Maximum pain in powerful grip

Timepoint
Before intervention ,1 and 2 month(s) after intervention

Method of measurement
VAS

4

Description
Pain threshold on examination site

Timepoint
Before intervention ,1 and 2 month(s) after intervention

Method of measurement
Algometer

5

Description
Maximum power of hand grip

Timepoint
Before intervention ,1 and 2 month(s) after intervention

Method of measurement
Dynamometer

6

Description
Upper limb function on manual works

Timepoint
Before intervention ,1 and 2 month(s) after intervention

Method of measurement
Modified Nirschl stage

Secondary outcomes

empty

Intervention groups

1

Description
Single local injection of Methyl Prednisolone (20mg) and Lidocaine 2%(1cc)
Category
Treatment - Drugs

2

Description
Local injection of 2cc of autologous blood with 1cc of lidocaine2%
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Army University of Medical Scince, 501 Hospital
Full name of responsible person
Dr. Marzieh Kazemi
Street address
City
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Army University of Medical Scince
Full name of responsible person
Dr marziyeh kazemi
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Army University of Medical Scince, 501 Hospital, Etemad zadeh st. Fatemi Ave.
City
tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Army University of Medical Scince
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
Name of organization / entity
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Person responsible for updating data

Contact

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty