

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 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 Nirscl 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 Science

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 months), history of trauma to elbow, use of brace, receiving 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 Sciences, 501 Hospital

Street address

Army University of Medical Science, 501 Hospital,
Etemad zadeh st. Fatemi Ave.

City

Tehran

Postal code

1411846355

Approval date

2008-01-27, 1386/11/07

Ethics committee reference number

48/1/9158/2 ج/الف

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 Science, 501 Hospital

Full name of responsible person

Dr. Marzieh Kazemi

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Army University of Medical Science

Full name of responsible person

Dr marziyeh kazemi

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Army University of Medical Science, 501 Hospital,
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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 Science

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

Army University of Medical Sciences, 501 Hospital

Full name of responsible person

Dr. Marzieh Kazemi

Position

Resident of Physical Medicine And Rehabilitaiton

Other areas of specialty/work

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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