

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 2026

### Comparison of the effects of local corticosteroid injection alone and in combination with needling in the treatment of patients with tennis elbow

#### Protocol summary

##### Summary

The main purpose of this study was to determine the effect of cortico steroid injections alone and in combination with cortico steroid injections to reduce the duration of therapy in patients with tennis elbow. The volume of the study by demographer 30 has been set and Random samples of the records referred to the clinic Sadra who are suffering from tennis elbow are obtained. Inclusion criteria All patients are tennis elbow is a standardization of output of all patients with rheumatic and other diseases have shoulder and upper limb are excluded. Finally, patients are divided into two groups by random number table. In one group in conjunction with cortico steroid injection using a needle and scratched closed breadth to the range of motion of muscles and tendons to increase and In the other group cortico steroid injection is done alone After a three-month follow-up period, the results of hand function and pain in both intervention and control groups compared and reviewed.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017010531559N1**

Registration date: **2017-07-18, 1396/04/27**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2017-07-18, 1396/04/27

##### Registrant information

###### Name

Seyed Hossein Saeed-Banadaky

###### Name of organization / entity

Shahid Sadoughi Medical University

###### Country

Iran (Islamic Republic of)

###### Phone

+98 35 3626 0001

###### Email address

saeed@ssu.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Vice chancellor for research, Yazd Azad university of Medical Sciences

###### Expected recruitment start date

2017-10-01, 1396/07/09

###### Expected recruitment end date

2018-05-01, 1397/02/11

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

Comparison of the effects of local corticosteroid injection alone and in combination with needling in the treatment of patients with tennis elbow

###### Public title

The effect of local corticosteroid with needling in the treatment of tennis elbow

###### Purpose

Treatment

###### Inclusion/Exclusion criteria

Inclusion criteria: all people who are ill and suffering from tennis elbow; Eligible for the injection of cortico steroids  
Exclusion criteria: history of rheumatic disease; upper limb problems

###### Age

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 30

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Double blinded

**Blinding description****Placebo**

Used

**Assignment**

Parallel

**Other design features**

Table of random numbers

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics committee of Azad University of Medical Sciences

**Street address**

Islamic Azad University of Yazd, alem squ, Professor hesabi Ave, safaeeyeh, yazd

**City**

yazd

**Postal code****Approval date**

2017-01-25, 1395/11/06

**Ethics committee reference number**

IR. IAU. YAZD. REC. 1395,1

**Health conditions studied****1****Description of health condition studied**

Tennis Elbow

**ICD-10 code**

M77.1

**ICD-10 code description**

Lateral epicondylitis

**Primary outcomes****1****Description**

The pain amount

**Timepoint**

one month after intervention

**Method of measurement**

questionnaire

**Secondary outcomes****1****Description**

Hand function

**Timepoint**

one month after intervention

**Method of measurement**

questionnaire

**Intervention groups****1****Description**

intervention group 1: Local corticosteroid injection +1 cc lidocain at the lateral epicondyle of humerus with in sito needling as long as one minute.

**Category**

Treatment - Other

**2****Description**

control group: Local corticosteroid injection without lidocain and needling

**Category**

N/A

**Recruitment centers****1****Recruitment center****Name of recruitment center**

sadra clinic

**Full name of responsible person**

Seyed Houssein Saeed-Banadaky

**Street address**

Hana street, taleghani Aveniu

**City**

Yazd

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice Chancellor for reseach of Yazd Azad University of Medical Sciences

**Full name of responsible person**

Mahin Zolfaghari

**Street address**

Shohada aveniu, Alam Square, Safaiyeh

**City**  
Yazd

**Grant name**  
-

**Grant code / Reference number**  
-

**Is the source of funding the same sponsor organization/entity?**  
Yes

**Title of funding source**  
Vice Chancellor for reseach of Yazd Azad University of Medical Sciences

**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**  
Ali-Ebne-Abitaleb School of Medicine, Islamic Azad University.Yazd

**Full name of responsible person**  
Mohammad Javad Karimi-Tafti

**Position**  
medical student

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Shahid Sadoughi Medical University

**Full name of responsible person**

Seyed Houssein Saeed-Banadaky

**Position**  
Orthopedist

**Other areas of specialty/work**

**Street address**  
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## Person responsible for updating data

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**Web page address**

## 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*