

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
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Person responsible for updating data

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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