

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of the efficacy of local autologous blood and corticosteroid injection on pain and function in patients with Tennis elbow

Protocol summary

Study aim

Comparison of the efficacy of local autologous blood and corticosteroid injection on pain and function in patients with Tennis elbow

Design

A total of 60 patients were divided into 3 groups. One group injected at the site of lateral epicondyle with steroid (methyl prednisolone acetate-40mg) and another group with autologous blood (2ml of venous blood). And the other group used a brace for 3 weeks

Settings and conduct

A clinical trial study conducted in Shahid Beheshti Hospital of Babol

Participants/Inclusion and exclusion criteria

Inclusion criteria : All patients with tennis elbow disease that referring to the hospital Exclusion criteria: patients with history of RA, history of elbow fracture, past medical injection in elbow and patients with long term using of streoid

Intervention groups

One group injected at the site of lateral epicondyle with steroid Another group with autologous blood The other group used brace

Main outcome variables

Determine preferred treatment with better function and less pain to prevent complications and relapse after surgery

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180422039382N2**

Registration date: **2019-03-10, 1397/12/19**

Registration timing: **retrospective**

Last update: **2019-03-10, 1397/12/19**

Update count: **0**

Registration date

2019-03-10, 1397/12/19

Registrant information

Name

Rahmatollah Jokar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 3219 9592

Email address

r.jokar@mubabol.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-05, 1397/04/14

Expected recruitment end date

2018-08-05, 1397/05/14

Actual recruitment start date

2018-07-05, 1397/04/14

Actual recruitment end date

2018-07-20, 1397/04/29

Trial completion date

2018-11-20, 1397/08/29

Scientific title

Comparison of the efficacy of local autologous blood and corticosteroid injection on pain and function in patients with Tennis elbow

Public title

Comparison of the efficacy of local autologous blood and corticosteroid injection on pain and function in patients with Tennis elbow

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
All patients with tennis elbow who came to the hospital

Exclusion criteria:

Age
No age limit

Gender
Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **60**
Actual sample size reached: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization by using statistical software

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Ethics Committee of Babol University of Medical Sciences

Street address

Iran, Mazandaran, Babol, Ganj Afrooz Avenue, Babol University of Medical Sciences

City

Babol

Province

Mazandaran

Postal code

4716681451

Approval date

2018-07-05, 1397/04/14

Ethics committee reference number

IR.MUBABOL.HRI.REC.1397.074

Health conditions studied

1

Description of health condition studied

Tennis elbow or Lateral epicondylitis

ICD-10 code

M77.1

ICD-10 code description

Lateral epicondylitis

Primary outcomes

1

Description

Pain and function

Timepoint

Day 0; Day 15; Day 30; Day 90

Method of measurement

Evaluation with Patient-Rated Tennis Elbow Evaluation

Secondary outcomes

empty

Intervention groups

1

Description

First Intervention group: patients who have been injected Corticosteroid (methyl prednisolone acetate-40mg) at the site of lateral epicondyle

Category

Treatment - Drugs

2

Description

Second intervention group: patients who have been injected autologous blood (2ml of venous blood) at the site of lateral epicondyle

Category

Treatment - Drugs

3

Description

Third intervention group: One group used a brace for 3 weeks.

Category

Treatment - Devices

Recruitment centers

1

Recruitment center

Name of recruitment center

Beheshti hospital of Babol

Full name of responsible person

Dr. Rahmatollah Jokar

Street address

Ganjafrooz Street

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Phone

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Email

Dr.Jokar1@gmail.com

Web page address

http://www.mubabol.ac.ir/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

Dr. Reza Ghadimi

Street address

Babol University of Medical Sciences; Ganjafrooz
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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

Babol University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

Dr. Raheleh Javer

Position

General practitioner

Latest degree

Medical doctor

Other areas of specialty/work

General Practitioner

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Dr. Rahmatollah Jokar

Position

Assistant Professor

Latest degree

Specialist

Other areas of specialty/work

Orthopedics

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Person responsible for updating data

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Position

Assistant Professor

Latest degree

Specialist

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

-

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available