Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Jul 2026

A comparison between corticosteroid injection versus local anaesthetic in treatment of lateral epicondylitis

Protocol summary

Summary

1) objectives: A comparison between corticosteroid injection versus loanaesthetic in treatment of lateral epicondylitis. 2) Design: Randomizedcal clinical trial. 3) Setting and conduct: Group A will receive Corticosteroid injection (Methyl-prednisolon acetate 1 ml) single dose into the painfull zone, Group B will receive a local anesthesia (procaine 2% 1 ml). VAS and Quick DASH questionnaires will completed at the baseline, and then 3, 6, 12 weeks after treatment. Also, each patient will fill demographic questionnaire including age, gender, first refer time, involved hand, dominant hand and characteristic of disease.4) Inclusion criteria: chronic pain in lateral zone of elbow, definite tenderness in lateral epicondylitis, age more than 15 years, and VAS score more than 6. exclusion criteria: radicular pain to the upper limbs, established Carpal Tunnel Syndrome, and past history of tennis elbow treatment. 5) Intervention: Group A will receive Corticosteroid injection (Methyl-prednisolon acetate 1 ml) single dose into the painfull zone, Group B will receive a local anesthesia (procaine 2% 1 ml). 6) Main outcome measures: primary outcome is Survey of the elbow inability level measured with DASH questionnaire and secondary outcome is pain score that measured with VAS questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201205127274N4**
Registration date: **2012-05-30, 1391/03/10**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2012-05-30, 1391/03/10

Registrant information

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Mohsen Mardani Kivi
Name of organization / entity
Guilan University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Guilan University of Medical Sciences

Expected recruitment start date

2012-04-20, 1391/02/01

Expected recruitment end date

2012-07-23, 1391/05/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A comparison between corticosteroid injection versus local anaesthetic in treatment of lateral epicondylitis

Public title

A comparison between corticosteroid injection versus local anaesthetic in treatment of elbow tendinitis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:chronic pain in lateral zone of elbow; definite tenderness in lateral epicondylitis; age more than 15 years and VAS score more than 6. Exclusion

criteria: radicular pain to the upper limbs; established Carpal Tunnel Syndrome and past history of tennis elbow treatment.

Age
From **15 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

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
Guilan University of Medical Science

Street address
Vice Chancellor for Research, Guilan University of Medical Sciences, Namjou Avenue

City
Rasht

Postal code

Approval date
2012-04-17, 1391/01/29

Ethics committee reference number
1910051505

Health conditions studied

1

Description of health condition studied
Lateral epicondylitis

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Disability of elbow score

Timepoint
At baseline, and 3, 6, 12 weeks after treatment

Method of measurement
The Disabilities of the Arm, Shoulder and Hand Score(QuickDash)

Secondary outcomes

1

Description
Pain severity

Timepoint
At baseline, and 3, 6, 12 weeks after treatment

Method of measurement
Value-added service (VAS) score

Intervention groups

1

Description
Group 2: Corticosteroid (Methyl-prednisolon acetate 1 ml) injection single dose into the painful zone

Category
Treatment - Drugs

2

Description
Group 1: injection of a local anesthesia (procaine 2% 1 ml)

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam-Reza Clinic of Poursina Hospital

Full name of responsible person
Dr Mohsen Mardani Kivi

Street address
Imam-Reza Clinic, Poursina Hospital, Parastar Avenue

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research, Guilan University of Medical Sciences

Full name of responsible person
Dr. Abdolrasoul Sobhani, Research Chancellor of Guilan University of Medical Science

Street address
Vice Chancellor for Research, Guilan University of Medical Sciences, Namjou Avenue
City
Rasht
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research, Guilan 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
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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