

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Study of the effects of local platelet-rich plasma (PRP) injection versus autologous blood injection in patients with lateral epicondylitis in PM & R clinic of Modarres hospital from 2011 to 2013

#### Protocol summary

##### Summary

This study was designed to compare the effects of PRP and autologous blood injection in patients with chronic lateral epicondylitis. 45 patients with chronic lateral epicondylitis and intractable pain were divided equally into 2 groups, group A and group B. Group A was treated with a single injection of 2 ml of PRP and group B with 2 ml autologous blood. Both groups used tennis elbow band and did stretching and strengthening exercises during 2 months of follow up. Pain visual analog scale (VAS), Mayo score (Modified Mayo clinic performance index for the elbow) and Pressure pain threshold (PPT) were evaluated at the beginning, 4 and 8 weeks after treatments.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013052313442N1**

Registration date: **2013-06-06, 1392/03/16**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2013-06-06, 1392/03/16

##### Registrant information

###### Name

Seyed Ahmad Raeissadat

###### Name of organization / entity

Modares Hospital

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 2273 1112

##### Email address

a\_raeissadat@sbmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research of faculty of medicine, Shahid Beheshti University of Medical Sciences

##### Expected recruitment start date

2016-08-22, 1395/06/01

##### Expected recruitment end date

2017-02-19, 1395/12/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Study of the effects of local platelet-rich plasma (PRP) injection versus autologous blood injection in patients with lateral epicondylitis in PM & R clinic of Modarres hospital from 2011 to 2013

##### Public title

Study of the effects of local platelet-rich plasma (PRP) injection versus autologous blood injection in patients with lateral epicondylitis

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: history of chronic (at least 3 months) pain or swelling of the lateral epicondyle and pain more than 5 of 10 according to visual analogue scale.

Exclusion criteria: systemic disorders such as diabetes, rheumatoid arthritis, hematological diseases (coagulopathy), severe cardiovascular diseases, infections, immunosuppression, patients in therapy with

anticoagulants or antiaggregants, the use of NSAIDs in the 2 days before blood donation and patients with Hb values of 10 and platelet values of 100,000/mm<sup>3</sup>; Pregnancy; vasovagal shock; injection of corticosteroid in since 2 weeks ago; any injection in site of tenderness since 1 month ago; malignancy; history of CTS, cervical radiculopathy or radial neuropathy.

#### Age

From **15 years** old to **65 years** old

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **45**

#### 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

Ethics committee of faculty of medicine, Shahid Beheshti University of Medical Sciences

##### Street address

Shahid Beheshti University of Medical Sciences, Velenjak

##### City

Tehran

##### Postal code

1985717443

#### Approval date

2012-11-28, 1391/09/08

#### Ethics committee reference number

12007

## 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

#### Timepoint

0,1,2 month

#### Method of measurement

VAS Questionnaire

## Secondary outcomes

### 1

#### Description

elbow function

#### Timepoint

0,1,2 month

#### Method of measurement

Modified Mayo clinic performance index for the elbow Questionnaire

### 2

#### Description

Pressure pain threshold

#### Timepoint

0,1,2 month

#### Method of measurement

Algometer sundoo

## Intervention groups

### 1

#### Description

An Injection of 2cc PRP or autologous blood

#### Category

Treatment - Drugs

### 2

#### Description

Rest, Tennis elbow strap, Acetaminophen, Wrist extensors stretching and strengthening exercises

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shahid Modarres Hospital

##### Full name of responsible person

Rosa Rahimi

**Street address**

Saadat Abad-Kaj sqr-Shahid Modarres Hospital

**City**

Tehran

**City**

Tehran

**Postal code****Phone**

+98 21220740909

**Fax****Email**

rosarahimi@gmail.com

**Web page address****Sponsors / Funding sources****1****Sponsor****Name of organization / entity**Ethic committe of faculty of medicine,Shahid beheshti  
University of Medical sciences**Full name of responsible person**

Vice chancellor for research, Dr. Rahmati Roodsari

**Street address**Tehran-Shahid Chamran highway-Velenjak-Shahid  
Beheshti university of Medical sciences**City**

Tehran

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**Ethic committe of faculty of medicine,Shahid beheshti  
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**

Shahid Modarres hospital

**Full name of responsible person**

Rosa Rahimi

**Position**

Resident

**Other areas of specialty/work****Street address**

Saadat abad-Kaj sqr-Shahid Modarres hospital

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shahid Modarres hospital

**Full name of responsible person**

Seyed Ahmad Raeissadat

**Position**

assistant professor

**Other areas of specialty/work****Street address**

Saadat Abad-Kaj sqr-Shahid Modarres hospital

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**Web page address****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*