Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
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Iran (Islamic Republic of)
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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 3months) 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/mmc; 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
Ethic committe of faculty of medicine,Shahid beheshti University of Medical siences

Street address
Shahid beheshti University of Medical siences,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

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ethic committe of faculty of medicine,Shahid beheshti University of Medical siences
Full name of responsible person
Vice chancellor for research, Dr. Rahmati Roodsari
Street address
Tehran-Shahid Chamran highway-Velenjak-Shahid Beheshti university of Medical siences
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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 siences
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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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