

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

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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 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/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 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

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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 addressTehran-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 sourceEthic 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**

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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*