Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of continuous Diathermy on pain and function of patients suffering from lateral epicondylitis

Protocol summary

Summary

Different types of physical modalities ranging from TENS to Ultrasound are used in the treatment of lateral epicondylitis (LE).Diathermy may increase vascular circulation and change tissue temperature causing proved pain relief in different musculoskeletal problems. There is little evidence to support the use of diathermy in the treatment of LE. In this double blind (patient, assessor), clinical randomized trial we aim to investigate the effect of 10 sessions of continuous diathermy application (15 minutes each session) in comparison to sham diathermy (on device without output). Subjects suffering from LE for more than 3 months, aged between 18 and 65, will be randomly allocated to 2 groups using sealed envelopes. Both groups will receive diathermy (real or sham) 3 days per week plus specific stretching and strengthening exercises. Pain (using visual analogue scale) and upper extremity function (using Quick DASH) Disabilities of the Arm Shoulder and Hand) outcome measure) will be measured before and after treatment as well as in 2 months follow up.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016042321139N4**
Registration date: **2016-05-12, 1395/02/23**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2016-05-12, 1395/02/23

Registrant information

Name

Safoora Ebadi

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Iran University of Medical Sciences

Expected recruitment start date

2016-05-16, 1395/02/27

Expected recruitment end date

2016-09-01, 1395/06/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of continuous Diathermy on pain and function of patients suffering from lateral epicondylitis

Public title

The effect of Diathermy on Tennis elbow

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion: 1.having lateral epycondilitis for more than 3 months 2.no history of surgery in upper extremities or spine 3.no history of fracture in upper exterimities or spine 4.have not received physiotherapy during last 6 months 5.not pregnant 6.no obvious psychological problem or not using related medcine Exclusion: 1.not willing to continue 2.not being able to tolerate the

modality
Age
From **18 years** old to **65 years** old
Gender
Both

Phase
3
Groups that have been masked
No information
Sample size
Target sample size: **50**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Iran University of Medical Sciences
Street address
Iran University of Medical Sciences ,Shahid Hemmat Highway .Tehran,1449614535,IRAN
City
Tehran
Postal code
Approval date
2015-09-23, 1394/07/01
Ethics committee reference number
IR.IUMS.REC 1394.8611215664

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
befor starting traetment-after treatment-2 months followup
Method of measurement
visual analog scale

Secondary outcomes

1

Description
Function
Timepoint
befor starting traetment-after treatment-2 months followup
Method of measurement
Disability of Arm Shoulder and Hand questionnaire

Intervention groups

1

Description
intervention: continuous diathermy 15 minutes (increase intensity until patient feels mild warmth) + stretching and strengthening exercise for upper extremity
Category
Rehabilitation

2

Description
control: sham diathermy (the device is on and positioned the same way as in intervention group with no out put for 15 minutes) + stretching and strengthening exercise for upper extremity exercise
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Firouzgar Hospital
Full name of responsible person
Dr. Safoora Ebadi
Street address
Physical Medicine and Rehabilitation Department, Firouzgar Hospital, Behafarin St., Karim khane zand St.
City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Iran University of Medical Sciences

Full name of responsible person
Dr. Javad Ali Musavi

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Iran University of Medical Sciences ,Shahid Hemmat Highway

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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
Vice chancellor for research, Iran 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
Iran University of Medical Sciences; Faculty of Medicine

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Assistant Professor

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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