

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparing the Clinical and Functional Outcomes of Treating the Elbow Lateral Epicondylitis (Tennis Elbow) with Dry Needling and Corticosteroid Injection

#### Protocol summary

##### Summary

The aim of this study: Comparing the Clinical and Functional Outcomes of Dry Needling and Corticosteroid Injection in patients with Elbow Lateral Epicondylitis (Tennis Elbow). Design study: non-randomized, Not blinded, single-center, trial phase 3. Population of intervention: Patients with lateral epicondylitis (Tennis Elbow) Inclusion criteria: pressure pain in humeral epicondyle; Increased pain during extension of wrist And positive mid-finger test Exclusion criteria: NSAID, Physiotherapy and Sedation therapy in the last two weeks; steroid injection in the last 3 months; Acupuncture or surgery in the last 6 months; Central and peripheral nervous system diseases; Radial nerve entrapment; Inflammatory rheumatic diseases; Gout; radioulnar or radiohumeral osteoarthritis; History of allergic reaction to corticosteroids Sample size: 100 patients Intervention: dry needling Intervention time: When the diagnosis Elbow Lateral Epicondylitis (Tennis Elbow) is definitive The study outcomes: pain intensity, functional status

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015082523750N1**  
Registration date: **2016-06-08, 1395/03/19**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-06-08, 1395/03/19

##### Registrant information

Name

Mahmoud Abdullahi

##### Name of organization / entity

Islamic Azad University of Shahrood

##### Country

Iran (Islamic Republic of)

##### Phone

+98 27 3339 0360

##### Email address

m.abdollahi@iau-shahrood.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

personally: by Mahmoud Abdollahi and Frivar Bagheri

##### Expected recruitment start date

2014-03-20, 1392/12/29

##### Expected recruitment end date

2016-03-19, 1394/12/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparing the Clinical and Functional Outcomes of Treating the Elbow Lateral Epicondylitis (Tennis Elbow) with Dry Needling and Corticosteroid Injection

##### Public title

Comparing the Clinical and Functional Outcomes of Treating the Elbow Lateral Epicondylitis (Tennis Elbow) with Dry Needling and Corticosteroid Injection

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Report of pressure pain in humeral epicondyle; Increased pain during extension of wrist In

the face of resistance And mid-finger test positive  
Exclusion criteria: Treatment of pain in the past two weeks with sedation, NSAID or Physiotherapy; Treatment of pain In the last 3 months with steroid injections; Treatment with acupuncture or surgery in the last 6 months; Central and peripheral nervous system diseases; Radial nerve entrapment; Inflammatory rheumatic diseases; Gout; radioulnar or radiohumeral osteoarthritis; A history of allergic reaction to corticosteroids

#### Age

No age limit

#### Gender

Both

#### Phase

3

#### Groups that have been masked

No information

#### Sample size

Target sample size: **100**

#### Randomization (investigator's opinion)

Not randomized

#### Randomization description

#### Blinding (investigator's opinion)

Not blinded

#### Blinding description

#### Placebo

Not used

#### Assignment

Parallel

#### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Shahroud University of Medical Sciences

##### Street address

Central Building of Shahroud University of Medical Sciences, Hafte-Tir Square, Shahroud

##### City

Shahroud

##### Postal code

#### Approval date

2015-01-21, 1393/11/01

#### Ethics committee reference number

930/35

## Health conditions studied

### 1

#### Description of health condition studied

Elbow Lateral Epicondylitis (Tennis Elbow)

#### ICD-10 code

M77.1

#### ICD-10 code description

Lateral epicondylitis

## Primary outcomes

### 1

#### Description

pain intensity

#### Timepoint

Two weeks after the intervention, eight weeks after intervention, 6 months after the intervention.

#### Method of measurement

Using the VAS and the use of questionnaires quick-DASH score and PRTEE

### 2

#### Description

functional status

#### Timepoint

Two weeks after the intervention, eight weeks after intervention, 6 months after the intervention.

#### Method of measurement

the use of questionnaires quick-DASH score and PRTEE

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention: dry needling Intervention methods: 1- initially determine the exact location of tenderness in Arjun extensor tendon by examination 2- Local anesthesia by lidocaine 3- Piercing the Damaged tendon by the needle (18) 4- prednisolone 40mg injected with 1ml of lidocaine 2%

#### Category

Treatment - Surgery

### 2

#### Description

control: Corticosteroid Intervention methods: 1- initially determine the exact location of tenderness in Arjun extensor tendon by examination 2- Local anesthesia by lidocaine 3- prednisolone 40mg injected with 1ml of lidocaine 2%

#### Category

Treatment - Surgery

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Imam Hussein Hospital

**Full name of responsible person**

Mahmoud Abdollahi

**Street address**

Imam Hussein Hospital, Ayatollah tohidi end of the street, Shahroud

**City**

Shahroud

## Sponsors / Funding sources

### 1

**Sponsor****Name of organization / entity**

Islamic Azad University of Shahroud

**Full name of responsible person**

Mahmoud Abdollahi

**Street address**

Islamic Azad University of Shahroud, University Blvd., Shahroud

**City**

Shahroud

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

Yes

**Title of funding source**

Islamic Azad University of Shahroud

**Proportion provided by this source****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*

### 2

**Sponsor****Name of organization / entity**

Medical School of Islamic Azad University of Shahroud

**Full name of responsible person**

Frivar Bagheri

**Street address**

Imam Ali (AS) Doctors Building

**City**

Shahroud

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

Yes

**Title of funding source**

Medical School of Islamic Azad University of Shahroud

**Proportion provided by this source****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**

Medical School of Islamic Azad University of Shahroud

**Full name of responsible person**

Mahmoud Abdollahi

**Position**

Medical Student

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

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**Postal code****Phone**

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M.abdollahi@iau-shahrood.ac.ir

**Web page address**

## Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Islamic Azad University of Shahroud

**Full name of responsible person**

Frivar Bagheri

**Position**

Orthopedic specialist and faculty member

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## Person responsible for updating data

**Contact****Name of organization / entity**

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**Full name of responsible person**

Mahmoud Abdollahi

**Position**

Medical Student

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

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**Web page address****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*