Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

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

Public title
Comparing the Clinical and Functinal 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
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University of Shahroud
Full name of responsible person
Mahmoud Abdullah
Street address
Islamic Azad University of Shahroud, University Blvd., Shahroud
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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
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
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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
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

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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