

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

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Email address

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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 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

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

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Full name of responsible person

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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**

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Frivar Bagheri

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Imam Ali (AS) Doctors Building

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

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Orthopedic specialist and faculty member

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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