# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 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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Islamic Azad University of Shahroud
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Iran (Islamic Republic of)
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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
**City**
Shahroud

## 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
**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**
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Medical Student
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*