

The Predictive Value of Extensor Grip Test for the Effectiveness of Treatment for Tennis Elbow: A Randomized Controlled Trial

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Abstract : Objective: There are different modalities proposed for tennis elbow treatment with few randomized trials comparing them. We designed a study to compare the effectiveness of five different modalities and determine the usefulness of recently proposed extensor grip test (EGT) in predicting the response to treatment. Methods: In a randomized controlled clinical trial 92 of 98 tennis elbow patients in Sina hospital of Tehran, Iran between 2006 and 2007 fulfill trial entry criteria, among these patients 56 (60.9%) had positive EGT result. Stratified on EGT result, patients allocated randomly to 5 treatment groups: Brace (B) group, physiotherapy (P), brace + physiotherapy (BP), injection (I) and injection + physiotherapy (IP). Results: Patients who had positive result of EGT had better response to treatments: less SOC ($p = 0.06$), less PFFQ and patients' satisfaction scores ($p < 0.001$). Among the treatment IP was the most successful, then BP, P and B, respectively; injection was the worst treatment modality. Response to treatment was comparable in all groups between EGT positive and negative patients except bracing; in which positive EGT was correlated with a dramatic response to treatment. Conclusion: In all patients IP and then BP is recommended but in EGT negatives, bracing seems to be of no use. Injection alone is not recommended in either group.

Keywords : tennis elbow, extensor grip test, physiotherapy, tennis elbow treatment

Conference Title : ICOT 2015 : International Conference on Orthopedics and Traumatology

Conference Location : Venice, Italy

Conference Dates : August 13-14, 2015