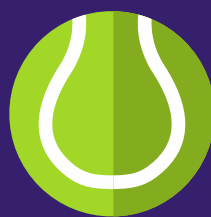


DRY NEEDLING FOR TENNIS ELBOW

WHAT IS

"TENNIS ELBOW"?

AKA lateral epicondylitis, is inflammation of tendons in the forearm, and is commonly seen in tennis players.



STUDY

PURPOSE

Compare the effects of standard practice vs. dry needling on pain relief and functional disability in patients with tennis elbow.

PARTICIPANTS

DRY NEEDLE TREATMENT

- 5 needles inserted in trigger point regions, 3-5 mm deep
- Needles rotated 3-4x and then left in place for 10 minutes
- Treatments repeated 2x/week for a total of 5 sessions.

STANDARD PRACTICE

- Control group
- Participants given 100 mg of ibuprofen 2x/day
- Participants given a proximal forearm brace

MEASURES

PATIENT-RATED TENNIS ELBOW EVALUATION

Self-reported pain and functional disability during both specific tasks and usual tasks.



Scale 0-100: 100 is the worst pain/ function imaginable and 0 is no pain/ full function

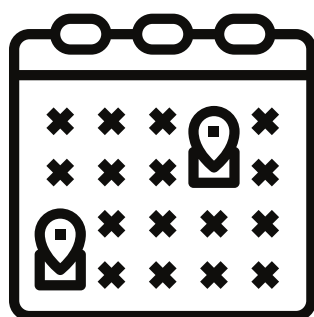
RESULTS

3-MONTHS POST TREATMENT

Both groups reported improved PRTEE scores.

6-MONTHS POST TREATMENT

Control group did not report any differences whereas the dry needle treatment group had improved PRTEE scores.



TAKE HOME POINTS

Dry needling was an effective alternative to more traditional methods for treating patients experience tennis elbow symptoms. Pain and functional disability decreased at both 3-month and 6-month check points following treatment.



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