The predictive value of Extensor grip test for the effectiveness of tennis elbow treatment

Dr. SeyedAlirezaMirghasemi, Dr. NargesRahimi

Abstract

Objective of study: There are different modalities proposed for tennis elbow treatment

With a few randomized trials comparing them. We designed a study to compare the Effectiveness of five different modalities and determine the use of extensor grip test in predicting treatment response.

Methods: In a randomized controlled clinical trial, 92 of 98 tennis elbow patients in Sina Hospital between 2006 and 2007 fulfilled trial entry criteria. Among these patients 56 (60.9%) had positive EGT results.

Stratified on EGT result, patients allocated randomly to 5 treatment groups: brace (B), physiotherapy (P), brace + physiotherapy (BP), injection (L), and injection +

Physiotherapy (IP)

Results: Patients who had positive EGT result had better response to treatment. Among them, 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 controlled 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 no recommended in either groups.

Key words: Tennis elbow, Extensor grip test