

CAT- US effectiveness on lateral epicondylitis

Clinical Bottom Line(s):

- 1. Currently, there is only limited low quality evidence that suggests US is effective in treatment of lateral epicondylitis**
- 2. Clinicians should use US only as an adjunct to an exercise program and not independently in the treatment of lateral epicondylitis, if they choose to employ this physical agent. There is recent evidence which shows that manual therapy is an effective intervention in the treatment of lateral epicondylitis, specifically mobilization with movement**

Citations(s): Trudel D et al, Rehabilitation for patients with lateral epicondylitis: A Systematic Review; *Journal of Hand Therapy*; volume 17(2) pg. 243-266, Apr- June 2004

Three/four part clinical question.

In adult males/females with acute or chronic lateral epicondylitis, is ultrasound effective in reducing pain and increasing function?

The study: An exhaustive and complete search of the literature was made, which included a search of Medline, CINAHL, EMBASE, PEDro, and the Cochrane database. The search was limited to English articles, and studies which were RCT's, and included adults 18+. A hand search of bibliographic references was also conducted. 203 references were gathered but only 31 were included in this review. 6 of these studies pertained to the use of ultrasound in treatment of lateral epicondylitis

The study patients: 6 studies including 332 subjects examined the use of ultrasound in the treatment of lateral epicondylitis. These six studies ranged from a level of 1b to 2b on the Sackett level of evidence scale. The scores for the studies ranged from 25 to 41 out of 48 in terms of quality of the study.

The evidence:

Outcome	Time to Outcome	DV
Decreased pain	5 weeks	VAS pain
Increased function	6 weeks	VAS function
strength	6 weeks	grip strength

Comments:

1. At most the studies included in this review reached a level 2b on the Sackett level of evidence scale. (The studies used in this review were low quality RCT's)
2. Better outcome measurements need to be used in future studies. All outcome measures that were used in the current studies have not yet been validated by being compared head to head; as such the relative value of the measures is unknown. Therefore, a clinician can not be completely confident in the results reported by such studies.

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20 Aug. 05

Kill or update by: