



COMPARISON BETWEEN THE EFFECTIVENESS OF CYRIAX PHYSIOTHERAPY AND LASER THERAPY IN TENNIS ELBOW.

Physiotherapy

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ABSTRACT

INTRODUCTION : Lateral epicondylitis is characterized as pain on the lateral side of the elbow that is aggravated with movements of the wrist, by palpation of the lateral side of the elbow or by contraction of the extensor muscles of the wrist. This condition is reported to be one of the most common upper extremity disorders with a well defined clinical presentation and functional limitations. that includes impaired job performance, activities of daily living.

NEED OF THE STUDY: The purpose of this study is to describe the outcomes for a series of patients of tennis elbow treated with cyriax and laser therapy as management programme.

RESEARCH DESIGN AND METHODOLOGY: Total 20 subjects of both sexes were taken from physiotherapy O.P.D who fulfilled the criteria by random sampling method. Two groups were made with ten patients in each group. Group A patients received Cyriax physiotherapy consisting of 10 minutes of deep transverse friction massage immediately followed by a single application of Mill's manipulation. Group B patients were given laser therapy on continuous mode for three times a week.

RESULTS: The results shows that there was a statistically significant improvement in subjects with tennis elbow received laser therapy.

KEYWORDS

Tennis Elbow, Cyriax, Laser

INTRODUCTION :

Lateral epicondylitis is characterized as pain on the lateral side of the elbow that is aggravated with movements of the wrist, by palpation of the lateral side of the elbow or by contraction of the extensor muscles of the wrist. This condition is reported to be one of the most common upper extremity disorders with a well defined clinical presentation and functional limitations that includes impaired job performance, activities of daily living. The symptoms are often provoked with activities that involve gripping actions of the hand including holding tools, shaking hands, repetitive wrist dorsiflexion with supination and pronation causes overuse of the extensor tendons of the forearm.

NEED OF THE STUDY:

The purpose of this study is to describe the outcomes for a series of patients of tennis elbow treated with cyriax and laser therapy as management programme.

RESEARCH DESIGN AND METHODOLOGY

The study is experimental in nature. The data was collected directly from University college of physiotherapy Faridkot. The inclusion criteria involves subject with age group 30-60 years, palpable tenderness and chronic pain atleast from two to six months. Whereas patients with neurological deficit, osteochondral lesions and fracture sequelae was excluded from the study.

Total 20 subjects of both sexes were taken from physiotherapy O.P.D who fulfilled the criteria by random sampling method. Two groups were made with ten patients in each group. Group A patients received Cyriax physiotherapy consisting of 10 minutes of deep transverse friction massage immediately followed by a single application of Mill's manipulation. Group B patients were given laser therapy on continuous mode for three times a week. The total duration of the treatment program was 4 weeks. The result were analysed by using the Wilcoxon sign rank test to compare VAS, PRTEE before and after the protocol within the two groups.

DATA ANALYSIS :

Table 1-1 The result were analysed by using the Wilcoxon sign rank test to compare VAS, PRTEE before and after the protocol within the two groups.

GROUP	PRE Mean	SD	POST Mean	SD	W	W(0.05)
Group A	6.8	1.16	5.3	1.41	50	35
Group B	7.4	1.2	2.9	1.14	55	35

Table 1-2 comparison between PRE and POST Mean value of PRTEE

Group	PRE Mean	SD	POST Mean	SD	W	SD
Group A	74.3	8.25	53.5	14.53	50	35
Group B	55.7	20.56	11.6	6.46	55	35

RESULTS

The results shows that there was a statistically significant improvement in subjects with tennis elbow received laser therapy. In Group B patient (laser therapy) shows more significant results in improving PRTEE (Patient rated tennis elbow evaluation) as compared to Group A. It also shows more statistically significant results in improving VAS in Group B.

DISCUSSION

The present study revealed significant effect of laser on tennis elbow but clinically meaningful improvement in pain and function. The findings of the present study are consistent with the study conducted by Chang WD in which he demonstrated that using LLLT on tender points or MTrPs of lateral epicondylitis effectively improves the therapeutic effects.

LIMITATIONS

- Small sample size
- Protocol for shorter duration.

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