

Effects of Low Intensity Laser Therapy with Deep Friction Massage in Individuals with Lateral Elbow Pain

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Abstract

Introduction: Lateral epicondylitis (le), commonly referred to as tennis elbow and/or lateral elbow tendinopathy, is one of the most common lesions of the arm. low-intensity laser therapy (lilt) has exhibited contradictory results when used for the treatment of lateral epicondylitis. hence this study aims to determine the effect of combined treatment in participants with lateral epicondylitis.

Methods: A randomized controlled trial was conducted in patients with lateral epicondylitis from patient attending physiotherapy opd in sri ramachandra hospital. a total of 44 individuals with unilateral lateral epicondylitis of both the gender, aged between 25 to 60 years are recruited for the study after obtaining the informed consent. the individuals were selected based on the inclusion and the exclusion criteria among patients with unilateral lateral epicondylitis. before treatment, pain intensity, grip strength, and disability was assessed using the outcome measures, numeric pain rating scale (nprs), handheld dynamometer, prtee(pain rated tennis elbow evaluation) questionnaire. experimental group received low intensity laser therapy and deep friction massage whereas control group received therapeutic ultrasound and conventional exercises. the post test of the outcomes are measured. the treatment was given to both the groups for 1 week.

Results: Statistical analysis reveals that there is greater significant difference in prtee-questionnaire ($p < 0.0001$) and minimal significant difference in numeric pain rating scale (nprs) and grip strength.

Conclusion: In conclusion, this study enables the individuals to know more about the combined effects of low intensity laser therapy and deep friction massage in individuals with lateral elbow pain.