

Comparison of Concentric Exercise and Eccentric Exercise with Extracorporeal Shock Wave Therapy on Pain and Grip Strength in Tennis Elbow

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Abstract

Introduction: To determine the effect of concentric exercise versus eccentric exercise along with shockwave therapy on pain and grip strength in tennis elbow participants. various literature have studied the individual effects of these techniques, comparing and combined treatment effects are needed to study their effects for better management.

Methods: A quasi experimental study design, group a received shockwave therapy with concentric exercise and group b received shockwave therapy with eccentric exercise for 4 weeks.30 participants equally divided into two groups, 15 participants each by randomized sampling method. a pre and post test using unpaired 't' test for pain and grip strength was measured using visual analogue scale and handheld dynamometry.

Results: Both groups showed significant improvements. group b showed significant improvement than group a.

Conclusion: This study concluded that concentric and eccentric exercises with shockwave therapy showed significant improvements but eccentric exercise with shockwave therapy showed significantly more improvement than concentric exercise with shockwave therapy