

Effectiveness of Mulligan Mobilization with Movement and Supervised Exercise Program Related to Supervised Exercise Program Alone for Female Homemakers With Subacute Lateral Epicondylitis

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Abstract

Introduction: Lateral epicondylitis (le), or tennis elbow, is a painful condition characterised by pain at the lateral epicondyle, aggravated by resisted muscle contraction of the extensor carpi radialis brevis (ECRB). The dominant arm is commonly affected. The peak prevalence of lateral epicondylitis is between 30 and 60 years, and the disorder appears to be of longer duration and severity in women. MWM is a manual therapy that includes a sustained lateral glide to the elbow joint with concurrent physiological movement.

Methods: 20 female homemakers were selected in the age group between 30-60 years who have complaints of Sub-acute lateral epicondyle pain. They were given Mulligan MWM and a supervised exercise program for 12 sessions. Pain and hand grip strength were assessed using a visual analogue scale and hand dynamometer.

Results: In VAS, the calculated independent t-test value is (4.88), the table 't' is the value (2.101), and the p-value is (p=0.0001) hand grip strength, the calculated independent t-test value is (3.555), the table 't' is (2.101) p-value (p=0.0023). Therefore, treatment given in the experimental group increases functional activities of the elbow joint more effectively than in the control group.

Conclusion: This study concluded that mulligan MWM and supervised exercise programs would reduce pain and improve hand grip strength for homemakers with sub-acute lateral epicondylitis.