

OBESITY & FITNESS EXPO

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Dav Institute of Physiotherapy and Rehabilitation

Introduction: Tennis elbow is a syndrome characterized by an insidious onset of elbow pain brought on by wrist extension with pronation or supination and aggravated by gripping. Tennis elbow affects 1-3% of the population.

Objective: To compare the effectiveness of Cyriax manual therapy and Muscle Energy Technique in pain, grip strength and functional disability in subjects with tennis elbow.

Methodology: A minimum of 45 subjects were taken for the study. Study was done in the D.A.V Institute of physiotherapy, Jalandhar and related hospitals. Total duration was one and half year. Convenient sampling technique was done, with three equal groups of 15 subjects i.e. Group A (control) received ultra sound, static stretching, eccentric exercises. Group B received ultrasound, Cyriax manual therapy, static stretching and eccentric exercises. Group C received ultrasound, Muscle Energy Technique, static stretching, eccentric exercises. Treatment was given for 8 sessions within two weeks. Data was collected 1st (pre-treatment), 4th and 8th (post-treatment) session. Total of 8 treatment sessions were given to each group within 2 weeks.

Result: The result showed significant improvement in Grip Strength, VAS and PRTEE within three groups. Intergroup analysis showed that there was non significant difference between the effectiveness of Cyriax Manual therapy and Muscle Energy Technique in patients with tennis elbow.

Conclusion: Cyriax Manual therapy and Muscle Energy Technique are equally effective in decreasing pain, functional disability and increasing grip strength in subjects with tennis elbow.

Key Words: Tennis elbow; Cyriax Manual therapy; Muscle Energy Technique; Patient rated tennis elbow evaluation questionnaire; Visual Analogue Scale; hand dynamometer.

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