

Yoga and Physiotherapy Congress

October 16-17, 2017 Chicago, USA

Yoga and Physiotherapy 2017

Investigation of the effectiveness of graston technique in persons with lateral epicondylitis

Buket Buyukturan

Ahi Evran University, Turkey

Introduction: Lateral epicondylitis is one of the most common causes of elbow pain. Lateral epicondylitis treatment has different treatment modalities. The graston technique is one of these treatment modalities. The graston technique treats and detects to dysfunctions in the treatment of lateral epicondylitis. It is used in the treatment of many problems, but the study on lateral epicondylitis activity is scarce. This study aims to investigate of the effectiveness of graston technique in persons with lateral epicondylitis

Methods: A total of 32 individuals participated in this study. Patients were randomly separated into two groups. First group was applied coldpack, electrotherapy, stretching, eccentric training and strengthening exercises including three times a week for a total of 18 sessions. The second group was used graston technique in addition to same program applied first group at twice a week for 6 weeks. Patients with lateral epicondylitis were assessed by Socio-demographic characteristics, Visual Analog Scale (VAS) for pain intensity, grip strength with hand dynamometer, and Patient-Rated Tennis Elbow Evaluation Scale (PRTEE) for functionality at baseline and after 6 weeks.

Results: Socio-demographic characteristics of both groups was shown in table 1. Grip strength, pain intensity, and Patient-Rated Tennis Elbow Evaluation improved in both groups following the treatments ($p < 0.05$) (Table 2). Comparing the effectiveness of these two treatments, in second group the increase in pain intensity, and PRTEE was greater ($p < 0.05$) (Table 2).

Conclusions: Application of the graston technique was found to be effective in recovering grip strength and increasing capacity of functional activity in the treatment of patients with lateral epicondylitis. There is a need for more extensive case studies and further studies on evaluating the long-term effect in the graston technique.

fztkaya04@hotmail.com

Notes: