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## [Osteopathic versus orthopedic treatments for chronic epicondylopathia humeri radialis: a randomized controlled trial].

[Article in German]

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### Abstract

**BACKGROUND:** The Epicondylopathia humeri radialis is mainly caused by an overload of the extensor muscles of the hand, the afflicted side is generally the dominant hand. There is a multitude of treatment methods, none of them, however, can guarantee success.

**OBJECTIVE:** Can an osteopathic treatment of the chronic Epicondylopathia humeri radialis reduce the pain more effectively than an orthopedic treatment?

**STUDY DESIGN:** Randomized controlled clinical study.

**MATERIAL AND METHODS:** 53 patients were randomly distributed among examination and control group. They were treated for 8 weeks. The osteopathic treatment was done exclusively manually, with parietal, visceral, and **craniosacral** techniques, individually chosen for each patient. The orthopedic treatment was performed with chiropractic techniques, antiphlogistics, and mostly with injections of cortison. Four common tests were used, all 4 valuing pain and development of power: pressure pain test, Thomsen test, middlefinger extension test, and test for strength. Additionally a questionnaire about the attendant circumstances of the chronic Epicondylopathia humeri radialis was raised.

**RESULTS:** Subjective pain sensation reduced from 50% to 33% ( $p < 0.01$ ) in the intervention group and from 48% to 32% ( $p = 0.03$ ) in the orthopedic group. A reduction of pain as well as an increase of power could be measured. The difference between the two treatment methods, however, was not statistically significant.

**CONCLUSIONS:** In this study it was possible to successfully treat the chronic Epicondylopathia humeri radialis with an osteopathic approach. A significant difference to an orthopedic treatment could not be proved.

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