

Author

Saeedi, Marjan (None IR) | Master student
Iran University of Medical Sciences - Orthotics & Prosthetics

Title

Review of Cost-Effectiveness of Non-Operative Treatment in Lateral Epicondylitis: Literature Review

Coauthors

None

Summary

Lateral Epicondylitis is an acute tenderness of the wrist extensor muscle at the lateral epicondyle. There are too many treatments for this complaint hence, deciding between them in terms of cost effectiveness is so important.

Introduction

Lateral Epicondylitis (LE), often termed “tennis elbow” is defined as acute tenderness or strain of the wrist extensor muscles at or near their lateral epicondyle origin or directly over the epicondyle. It is associated with continued stretching of forearm extensor musculotendinous structures with an annual incidence between 1% and 3% in the general population.

The conservative treatments for this complaint are vary and this is the therapist who decides which one is the best by the situation of patient. Health care center and also the patient undergo to the huge amount of costs for each treatment, therefore it would be very economic to know the cost effectiveness of conservative interventions for LE.

Methods

A literature search was conducted in computerized bibliographic databases like: PubMed, Google Scholar, Science Direct, Medline, Cochrane Library. The search identified the cost efficacy of interventions for LE. The studies were inspected if the design was original and review articles and if the type of the interventions were conservative.

Results

Although the interventions are different in cost and benefit in patient, there is no relevant or statistically significant differences in effectiveness between the interventions. More than 40

treatments for the tennis elbow have been described in the literatures, but it is the wait and see policy recommended by them.

Conclusion

Physiotherapy showed more beneficial effects than the wait and see policy and brace, but the two last intervention are slightly less costly. With regards to cost effectiveness, none of the interventions was found to be superior.

As no treatment strategy has yet been shown to be superior, therefore cost may be a decisive factor in deciding which treatment is to be preferred for tennis elbow.

References

1. Inez Farag^{1*} CS, Manuela Ferreira¹ and Kirsten Howard². A systematic review of the unit costs of allied health and community services used by older people in Australia. 2013.
2. Ingeborg B.C. Korthals-de Bos NS, 1 Maurits W. van Tulder,^{1,2} M³ MPMHR-v, olken HJA, Windt, 4 Willem J.J. Assendelft⁵ and Lex M. Bouter¹. Cost Effectiveness of Interventions for Lateral Epicondylitis. 2004.
3. Long L, Briscoe S, Cooper C, Hyde C, Crathorne L. What is the clinical effectiveness and cost-effectiveness of conservative interventions for tendinopathy? An overview of systematic reviews of clinical effectiveness and systematic review of economic evaluations. *Health Technol Assess.* 2015;19(8):1-134.
4. Struijs PA, Korthals-de Bos IB, van Tulder MW, van Dijk CN, Bouter LM, Assendelft WJ. Cost effectiveness of brace, physiotherapy, or both for treatment of tennis elbow. *Br J Sports Med.* 2006;40(7):637-43; discussion 43.
5. Hong QN, Durand MJ, Loisel P. Treatment of lateral epicondylitis: where is the evidence? *Joint Bone Spine.* 2004;71(5):369-73.
6. Loew LM, Brosseau L, Tugwell P, Wells GA, Welch V, Shea B, et al. Deep transverse friction massage for treating lateral elbow or lateral knee tendinitis. *Cochrane Database Syst Rev.* 2014(11):CD003528.
7. MARGARET P. STAPLES A, RONNIE PTASZNIK, JEANINE GORDON,, BUCHBINDER aR. ARandomized Controlled Trial of Extracorporeal ShockWave Therapy for Lateral Epicondylitis (Tennis Elbow). 2008.

8. Matache BA, Berdusco R, Momoli F, Lapner PL, Pollock JW.