

Treatment of epicondylalgia and nerve entrapments around the elbow

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THESIS AT A GLANCE

Paper	Hypotesis	Design	Method	Material	Answer
I (Part 1)	Conservative treatment can reduce pain and increase grip strength in patients with LE	Prospective	Eccentric exercises Stretching	38 patients	Yes
(Part 2)	Conservative treatment can render long-lasting effect in patients with LE	Prospective	Eccentric exercises	127 patients	Yes
II	Surgery can improve symptoms in patients with refractory LE	Retrospective	Lateral extensor release	51 patients	Yes with reservations
III	Conservative treatment can improve EMG/NCV and reduce symptoms in patients with CuTS	Prospective	Nerve gliding exercises Night splint Information	70 patients	Yes
IV	Surgery can improve symptoms in patients with nerve compressions in the forearm	Retrospective	Simple decompression	205 patients	Yes with reservations
V	Conservative treatment can reduce pain and increase grip strength in patients with ME	Prospective	Eccentric exercises	20 patients	Yes



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