

Effectiveness of Iontophoresis for Lateral Elbow Tendinopathy

Keywords: Lateral elbow tendinopathy, Iontophoresis, Effectiveness, Physiotherapy, Pain management.

Introduction

Lateral elbow tendinopathy (LET) is a common condition characterized by pain and dysfunction of the lateral elbow. It is often associated with repetitive activities and overuse of the forearm muscles. The pathophysiology of LET is complex, involving degenerative changes in the tendon structure and chronic inflammation. Iontophoresis is a non-invasive electrotherapeutic technique that uses electrical current to deliver medication or drugs through the skin. This method is often used to reduce pain and inflammation in various musculoskeletal conditions. The purpose of this review is to evaluate the effectiveness of iontophoresis in the treatment of lateral elbow tendinopathy. We will discuss the underlying mechanisms, clinical applications, and the current evidence supporting its use. The review is structured as follows: first, we will define LET and its clinical presentation. Next, we will explore the mechanisms of iontophoresis and how it may be beneficial for LET. We will then review the available literature, including clinical trials and case reports, to assess the effectiveness of iontophoresis. Finally, we will discuss the implications for clinical practice and future research directions.

Citation: Dimitrios S, Konstantinos P, Antonis K (2013) Effectiveness of Iontophoresis for Lateral Elbow Tendinopathy.

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Citation: Dimitrios S, Konstantinos P, Antonis K (2013) Effectiveness of Iontophoresis for Lateral Elbow Tendinopathy. J Nov Physiother S2: 005.
doi:[10.4172/2165-7025.S2-005](https://doi.org/10.4172/2165-7025.S2-005)
