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ESPS PEER-REVIEW REPORT

Name of journal: World Journal of Orthopedics

ESPS manuscript NO: 24973

Title: LATERAL ELBOW TENDINOPATHY: EVIDENCE OF PHYSIOTHERAPY MANAGEMENT

Reviewer's code: 03068218

COMMENTS TO AUTHORS

This editorial about the current evidence on the management of lateral elbow tendinopathy is thorough. One intervention I see may be missing in terms of whether or not is evidence-based is the platelet-rich plasma injection (PRP) **I did not refer PRP because the results of physiotherapy management are presented in the present editorial. The PRP is not physiotherapy technique.** Also the table provided is unnecessary since based on the author own statement "There is lack of evidence to investigate the effectiveness of the Stanish exercise protocol in the management of LET". The author could simply point to a reference where readers can have access to this table. **The TABLE 1 was deleted and the reference for the table was added in the text.**

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COMMENTS TO AUTHORS

First of all, I'd like to congratulate the author for choose this topic for his editorial. This is a very common condition in clinical practice but not always is managed considering basic principles related to the load management in LET. It is a well-written and interesting narrative review. There are very interesting and updated references. Then, these are my comments about. 1.- I consider that it could be interesting for readers to know about the available outcome measures for LET. Specifically, the Patient-rated Tennis Elbow Evaluation Questionnaire. It was developed by Rompe et al. and has been translated to several languages. Reference: Rompe JD, Overend TJ, MacDermid JC. Validation of the Patient-rated Tennis Elbow Evaluation Questionnaire. J Hand Ther. 2007;20(1):3-10. **I add the PTREE**

as an outcome measure for LET. 2.- It's interesting the discussion about the load management in LET. I think the paragraph with the reference of Malliaras et al., 2013, should be located prior the Stanish protocol description. You have introduced the HSR program, but, to the best of my knowledge, there is no evidence of its efficacy on upper limb tendinopathy. It would be interesting to discuss more deeply the potential benefits and problems of this adaptation. What do you think about this exercise proposed by Page (2010): a new exercise for tennis elbow that works! N Am J Sports Phys Ther. 2010 Sep; 5(3): 189-193. The paragraph with the reference of Malliaras et al., 2013, was located prior the Stanish protocol description. I agree with reviewer that, there is no evidence of HSR program on upper limb tendinopathy. I added this sentence. I know the Page clinical commentary article. The patients carried out eccentric exercises using Hold FlexBar. It is a clinical suggestion no a trial. 3.- From my point of view, the table 1 it is not necessary. It includes exercises for the leg...and for this case I think it is not appropriate. The TABLE 1 was deleted and the reference for the table was added in the text. 4.- Also, it could be interesting introduce the reader information about trigger points that could appear or that are related with LET. I add a paragraph about trigger points. I have already written about myofascial components. 5.- Due to its use in clinical practice, I would discuss more about the external support (bracing, taping...) How about the compressive forces/load related to the tendinopathy? In WJO there is a reference about this mechanical problem: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3717240/> I add some comments about external supports 6.- There is an incipient minimal invasive therapy for tendinopathy called "Ultrasound-guided percutaneous needle electrolysis". I attach a file with a paper about for your consideration in the discussion your manuscript. I did not refer Ultrasound-guided percutaneous needle electrolysis because the results of physiotherapy management are presented in the present editorial. The Ultrasound-guided percutaneous needle electrolysis is not physiotherapy technique. Other minor changes: Page 3: - line 1: warm-up instead "warm up". - line 12. LET is missing at the end of the sentence, could be? I correct the minor changes such as warm - up,

I added references and I changed the number of references according to the above