**Gautam V, Verma S, et al. Platelet-rich plasma versus corticosteroid injection for recalcitrant lateral epicondylitis: clinical and ultrasonographic evaluation.. J Orthop Surg (Hong Kong). 2015;23(1);1-5.**

PMID: 25920633

Design: randomized clinical trial

Purpose of study: to compare the effects of steroid injection versus platelet rich plasma (PRP) on the clinical and ultrasonographic characteristics of the common extensor tendon in patients with lateral epicondylitis (LE)

Reasons not to cite as evidence:

* The description of the patient population is meager; the gender distribution and average age are not given, and the eligibility criterion of “recalcitrant” LE says that the patients had not responded to 6 months of oral medication or “noninvasive” treatment
* It is generally done in randomized trials for upper extremity conditions that the Table 1 will list the baseline characteristics not only for the outcome variables but the sex, age, dominant hand, and previous interventions (such as splinting, physical therapy, etc), especially when the entry criteria involve failure to respond to earlier treatments
* The sample size is quite small (15 per group)
* The information that steroid injections lead to early improvement followed by later recurrence of symptoms is already robustly documented elsewhere
* The favorable comparison of PRP to steroid injection at 6 months does not confirm the effectiveness of PRP due to the possibility that steroid injection could be detrimental after the initial response
* Evidence for PRP versus placebo is documented elsewhere and is more relevant for the guideline revision process