

Baseline characteristics

Age

Gender

Patient still at work?

Manual labour ?

Duration of complaint in weeks

Daily pain last week?

Acute onset/gradual onset (days) of pain?

Dominant elbow affected?

Previous episode of lateral elbow pain?

Probable overuse, usual activity?

Probable overuse, unusual activity?

Patients preferred treatment. (physiotherapy, wait-and-see, corticosteroid injection, none preferred)?

Use of pain killers last week?

Other medical conditions (hypertension, diabetes...)

Assessment before start

Elbow pain registered on a VAS-scale (Visual Analogue Scale)

To what extent the use of the elbow is affected registered on a VAS-scale

Severity of main complaint registered on a VAS-scale

Whether the patient experiences pain during eight everyday activities (dressing, eating, washing, household tasks, opening doors, carrying objects, at work, at sports)

Pain free grip strength and maximum grip strength registered with a hand held dynamometer (mean of three measurements as ratio of affected to unaffected side)

Pressure-pain threshold over the epicondyle measured with an analogue algometer (mean of three measurements as ratio of affected to unaffected side)

Pain on resisted dorsiflexion of the wrist with extended elbow and fingers flexed or resisted dorsiflexion of third finger
