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Author's Response/Yazarların Yanıtı

RE: A Comparison of the short-term effects of steroid injection, prolotherapy and home-based physiotherapy in patients with chronic lateral elbow tendinopathy

Yazarların Yanıtı: Kronik lateral dirsek tendinopatili hastalarda steroid enjeksiyonu, proloterapi ve fizyoterapinin kısa dönemdeki etkilerinin karşılaştırılması

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Dear Editor,

We would like to express our gratitude to the authors for their insightful comments and thorough analyses regarding the results of our article.¹ As stated by the authors, their insights support and reinforce our findings, underscoring the strength of our work.

The six-week follow-up period in our study unfortunately constrains our ability to present the longer-term benefits of various therapeutic approaches, particularly those like prolotherapy and home-based physiotherapy. While corticosteroid injections often provide rapid pain relief, their effects can be transient. In contrast, prolotherapy may require more time to reveal its true potential. To fully understand the enduring effectiveness of each

treatment option, future studies should adopt longer follow-up durations. This will allow us to gain deeper insights into their long-term impacts and underscore the value of our work in guiding better patient care.²

As mentioned by the authors, variability in patient compliance may influence the consistency of the outcomes regarding adherence to home-based physiotherapy.³ Our study provided participants with structured guidance and regular reminders to ensure adherence. Incorporating digital tools like telerehabilitation or mobile applications may enhance monitoring and engagement, leading to a more structured and trackable exercise training process in future protocol designs and studies.

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Lastly, we also recognize the current lack of clear standardization in prolotherapy protocols. Our protocol was developed in accordance with the available literature and the author's clinical experiences. Still, we recognize that differences in dosage, frequency, and injection technique may lead to variability in results across different settings.⁴ Therefore, as the author suggests, we agree that the author's observations on larger-scale and multicenter randomized controlled trials are needed to develop evidence-based guidelines for prolotherapy.

In conclusion, we appreciate the valuable insights in this letter, highlighting key areas for further research. We are confident that such cooperative academic discussions will contribute significantly to optimizing treatment strategies for chronic lateral elbow tendinopathy.

Declaration of Interests

The authors have no conflict of interest to declare.

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