



## **Efficacy of Movement with Mobilization followed by Tapping in Treatment of Tennis Elbow**

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**Abstract:**This study were carried out to investigate the effect of movement with mobilization (MWM) followed by tapping[ Mulligan technique]for elbow joint on pain level and pain free grip muscle strength (PFGS) in patients with tennis elbow (TE).A total 60 patients aged between 30 to 50 years old in both sexes complained by TE divided randomly into two groups . Experimental group(n=30) received MWM plus tapping with traditional treatment only. The sample was randomly . They were evaluated before the treatment and after 4 weeks (12 sessions , 3 per week) . Pain and Pain free grip muscle strength ( PFGS) were measured by VAS and digital hand held dynamometer respectively. The difference between both groups was assessed by 2x2 mixed design Manova.There was a significant improvement in pain and PFGS in both experimental and control groups . But as pain ( VAS) means in experimental group were  $6.07 \pm 0.64, 1.44 \pm 1.05$  pre and post treatment respectively,  $p= 0.0001$ , in control group VAS measurement means were  $5.68 \pm 0.95, 4.52 \pm 0.97$  pre and post treatment respectively,  $p=0.0001$ . PFGS means in experimental group were  $12.65 \pm 3.72, 20.93 \pm 5.24$  pre and post treatment respectively,  $p=0.0001$ , in control group, PFGS means were  $11.71 \pm 2.31, 13.67 \pm 2.92$  pre and post treatment respectively ,  $p= 0.0001$ , but the experimental group had more significant improvement than the control group( $p < 0.05$ ). The study showed that the combination of movement with mobilization followed by tapping with traditional treatment results to better improvement in the treatment of tennis elbow.

**Keywords:**Tennis elbow,lateral epicondylitis, movement with mobilization, mulligan, tapping.