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The effectiveness of braces on patients with lateral elbow tendinopathy. A Systematic Review

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Introduction: Lateral elbow tendinopathy is a common elbow disease, where patients complain about pain and reduced functionality in their daily activities. **Objective:** The aim of this systematic review was to investigate the effectiveness of braces on patients with lateral elbow tendinopathy. **Methods:** Research was conducted through the electronic databases Pub Med, Pedro, Physical Therapy and CINAHL. The search was limited to English articles and aimed at identifying all types of clinics. **Results:** 9 study titles were used, with significant improvement in the use of brace and other therapies (Physiotherapy, HILT, corticosteroid injection, saline injection), while the brace was compared to and combined with other types of treatment and with placebo treatment. **Conclusions:** The comparison as well as, the combination of brace with other therapies and also, with a placebo treatment indicated significant benefits from the brace and other therapies, despite the difficulty due to the heterogeneity of the studies. However, the brace scored equal improvement in comparison and combination with other conservative interventions.