

## **9. SUMMARY**

Enthesopathy of tennis elbow is a very common disease, but there is still a lack of standardized therapeutic methods that would allow to achieve the expected results. The use of shock wave and manual therapy through transverse massage in our own research has allowed us to compare the clinical effectiveness of both methods. Currently, there are no reports in the literature about this model of rehabilitation in the course of tennis elbow syndrome. Inasmuch as there are a lot of studies on the impact of a shock wave on a tennis elbow, there are practically no studies on the effects of transverse massage, let alone studies comparing these two procedures. Therefore, considering the large number of patients with a tennis elbow who is seeking help from a physiotherapist, it was decided to look into this problem and conduct research in this direction. An undoubted novelty is the use of ultrasound in this type of examination to check tissue improvement, which takes place not only on questionnaire cards or during tests.

In the introduction, anatomy of the elbow, etiology, pathomechanism as well as diagnostics and treatment of tennis elbow are discussed. Additionally, the characteristics of transverse massage and shock wave are presented. The next chapter discusses the assumptions, methodology and purpose of the work and presents the results of research. The results achieved between the two groups were then compared.

The results that have been achieved have shown that these two methods - transverse massage and shock wave, give really good results in the treatment of tennis elbow syndrome, with better results despite all the group treated with transverse massage. The use of additional ultrasound examination before and after therapy only confirmed the results obtained in tests and questionnaires. This was especially evident in differences in tendon thickness before and after therapy.