



Comments on the Article “What Is the Most Effective Eccentric Stretching Position in Lateral Elbow Tendinopathy?”

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To the Editor:

I read carefully the recently published article “What is the most effective eccentric stretching position in lateral elbow tendinopathy?” by Seo et al.¹⁾ I found the article interesting and well written. I would like to comment the following. First, the term “eccentric stretching” is incorrect. The correct terms are eccentric loading/contraction/training and static/passive stretching. The authors mentioned correctly the term “passive stretching” in Fig. 1 in the article.¹⁾ Second, the optimal time of stretching is not mentioned. Third, physiotherapists apply stretching as experts in exercise therapy. Fourth, a study with lateral elbow tendinopathy patients is needed to confirm the results. Lastly, a similar static stretching exercise protocol was recommended by Stasinopoulos and his colleagues.²⁻⁴⁾ A debate on the above topics is most welcome as existing aspects may contribute to misunderstanding and inappropriate treatment.

CONFLICT OF INTEREST

No potential conflict of interest relevant to this article was reported.

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Received March 16, 2018; Accepted March 20, 2018

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<https://doi.org/10.4055/cios.2018.10.2.269>