**UQ Winter Research Project Description**

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| **Project title:** | **Application of the clinical grading system for nociplastic pain to lateral elbow tendinopathy** |
| **Hours of engagement & delivery mode** | For the Winter program, students will be engaged **for 4 weeks only**.Hours of engagement must be between 20 – 36 hrs per week and must fall within the official program dates (30 June – 25 July 2025).This program will have 50% on-site requirements, the other 50% may be achieved by hybrid arrangement.  |
| **Description:** | Altered nociceptive signal processing in the central nervous system (CNS) has been suggested to contribute to the pain experience in many chronic musculoskeletal conditions, including lateral elbow tendinopathy (LET). In 2019, a task force of the IASP proposed a mechanistic descriptor called ‘nociplastic pain’ to acknowledge mounting evidence that sensitisation of the nociceptive system may support chronic pain states in the absence of tissue injury or somatosensory nervous system lesions. Recently, clinical criteria and a grading system was published to identify nociplastic pain experienced in the musculoskeletal system. The aims of the current study are to apply the clinical grading system to LET. Previously collected data from participants with LET will be used to identify possible and probable cases of nociplastic pain.  |
| **Expected learning outcomes and deliverables:** | The eligible student will be expected to convert paper-based body charts into an electronic body chart and apply criteria to classify pain as widespread, regional or multifocal. The student will use an excel spreadsheet to apply the classification system, perform basic statistical comparisons and create tables and flowcharts. The student will gain an appreciation of the features that discriminate pain types and how this information can be used to support patients to receive the right treatments. |
| **Suitable for:** | This project is open to physiotherapy students of any year level. |
| **Primary Supervisor:** | Co-supervision from Dr Brooke Coombes and Dr Viana Vuvan. |
| **Further info:** | Please contact Viana v.vuvan@uq.edu.au to discuss this project and your suitability prior to submitting an application. Prior to the discussion, please review the following paper, which provides an overview relevant to the topic. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11647825/> |