

Data extraction form Scoping Review

NB: Data extraction completed in Microsoft Excel, table details extraction fields & definitions

Headings	Description	
Study Information	Author	<i>Last name</i>
	Year	<i>Study year</i>
	Study title	<i>Study title</i>
	Country	<i>Country of origin of research – one of the 62 countries ranked very high on HDI</i>
	Journal	<i>Full journal title</i>
	SCOPUS link	<i>SCOPUS URL to article</i>
	Supplementary file link(s)	<i>Hyperlink to supplementary files (if relevant)</i>
	Aims/purpose	<i>Summary of study aims/purpose</i>
	Study type	<i>Drop-down options:</i> <ul style="list-style-type: none"> • <i>Mixed method(s)</i> • <i>NR</i> • <i>Observational</i> • <i>Other</i> • <i>Pilot</i> • <i>Qualitative</i> • <i>Quasi-experimental</i> • <i>RCT</i> • <i>Survey</i> • <i>Systematic reviews/Secondary analysis</i>
Study sub-type	<i>Drop-down options:</i> <ul style="list-style-type: none"> • <i>NA</i> • <i>NR</i> • <i>Observational - Cross-sectional</i> • <i>Observational - Case-control</i> • <i>Observational - Case-series/reports</i> • <i>Observational - Cohort</i> • <i>Observational - Natural</i> • <i>Pilot - Feasibility</i> • <i>Pilot - Non-randomised</i> • <i>Pilot - Randomised</i> • <i>Pilot - undefined</i> • <i>QE - Interrupted time-series</i> • <i>QE - with control (no pretest)</i> • <i>QE - with control (with pretest)</i> • <i>QE - without control</i> • <i>RCT - Cluster</i> • <i>RCT - Cross-over</i> • <i>RCT - Stepped-wedge</i> 	
Study type (please describe)	<i>Describe further particulars of study design if relevant, including all relevant groups (e.g., arm(s) of study if RCT etc.)</i>	
Population	Sample size	<i>Total number and number recruited to each group (if relevant). For RCTs, include sample size randomised, any drop-outs/any other information presented, and total involved in analyses</i>
	Age	<i>Mean age (represented with M) and standard deviation (represented with SD) for each group if available. Include all information relevant to age in this column</i>
	Gender	<i>Report split % and/or number per group if available. Include all information relevant to gender in this column</i>

Headings		Description
	Ethnicity	Report split % and/or number per group if available. Include all information relevant to ethnicity in this column
	Inclusion criteria	Key overview, succinct
	Diagnosis method	Describe how tendinopathy diagnosed in article. Separate methods via a comma if presented in a list
	Other characteristics	List other relevant characteristics (e.g. body mass index, athleticism, health behaviours (e.g. smoking), co-morbidities (e.g. diabetes) and medication). Separate list by using a comma.
Study Information	Body part	Drop-down options: <ul style="list-style-type: none"> • All • Lower limb • NR • Other • Upper limb
	Tendinopathy type	Drop-down options: <ul style="list-style-type: none"> • Achilles • Gluteal (including GTPS) • Hamstring • Lateral elbow/tennis elbow • Medial elbow/golfer/s elbow • NA • NR • Other • Patellar • Peroneal • Posterior tibial tendon • Quadriceps • Rotator cuff - subacromial impingement • Tibialis posterior • Wrist
	Tendinopathy type (other- please describe)	If other selected, describe tendinopathy
	Settings	Drop-down options: <ul style="list-style-type: none"> • Clinic • Community • Hospital • Lab • Mixed/multiple • NA • NR • People's homes
Exercise arm	Author focus	Drop-down options: <ul style="list-style-type: none"> • Primary • Neutral • Secondary <p>Applicable for all study types. What is the author focus for inclusion of exercise in the study: Primary = inclusion of exercise is the new intervention which is the focus of the study, neutral = authors are comparing different interventions with equal focus, secondary = inclusion of exercise as a control to different intervention(s)</p>
	Exercise hierarchy (for quant studies)	Drop-down options: <ul style="list-style-type: none"> • 1: Exercise only

Headings		Description
		<ul style="list-style-type: none"> • 2: Exercise + other intervention • 3: Other intervention + exercise as adjunct • 4: Multiple exercise types • NA
	Type	Drop-down options: <ul style="list-style-type: none"> • Aerobic • Flexibility • NA • NR • Other • Strengthening
	Sub-type	Drop-down options: <ul style="list-style-type: none"> • Aerobic - Aerobic • Flexibility - Active stretching • Flexibility - Ballistic stretching • Flexibility - Dynamic stretching • Flexibility - Passive stretching • Flexibility - PNF • Flexibility - Static stretching • Flexibility - Stretching • NA • NR • Other - Proprioception • Other - Scapular stabilisation or motor control • Strength - Concentric • Strength - Concentric + Eccentric • Strength - Eccentric • Strength - HSRT • Strength - Isokinetic • Strength - Isometric • Strength - Isotonic/static • Strength - Plyometric • Strength - Progressive Resistance Exercise
	Why	Drop-down options: <ul style="list-style-type: none"> • Fully reported • NA • NR • Partially reported
	What (Materials)	Drop-down options: <ul style="list-style-type: none"> • Fully reported • NA • NR • Partially reported
	What (Procedures)	Drop-down options: <ul style="list-style-type: none"> • Fully reported • NA • NR • Partially reported
	Who	Drop-down options: <ul style="list-style-type: none"> • Fully reported • NA • NR • Partially reported
	How	Drop-down options: <ul style="list-style-type: none"> • Fully reported • NA • NR • Partially reported
	Where	Drop-down options:

Headings		Description
		<ul style="list-style-type: none"> Fully reported NA NR Partially reported
	When and how much	Describe the number of times the intervention was delivered and over what period time - including the number of sessions, their schedule, and duration, intensity or dose. Frequency, intensity and volume required, including number of reps, time etc.
	Tailoring	If intervention was planned to be personalised, titrated or adapted, then describe what, why, when, and how
	Modifications	If the intervention was modified during the course of the study, describe any changes (what, why, when and how) – not relevant for protocols
	How well (Planned)	If intervention adherence or fidelity was assessed, describe how and by whom, and if any strategies were used to maintain or improve fidelity, describe them
	How well (Actual)	If intervention adherence or fidelity was assessed, describe the extent to which the intervention was delivered as planned - not relevant for protocols
	Reproducibility	Drop-down options: <ul style="list-style-type: none"> Fully reproducible NA Not reproducible Partially reproducible
Non-exercise arm	Non-exercise arm?	Drop-down options: <ul style="list-style-type: none"> NA No NR Yes
	Non-exercise arm (treatment)	Drop-down options: <ul style="list-style-type: none"> Injection Laser Manual therapy NA NR Other Shockwave Splinting/taping
	Non-exercise arm (other – please describe)	Describe treatment if selected 'other' in non-exercise (treatment) column
	Non-exercise arm (what)	Describe mode of delivery; type; dosage and any other relevant details
Adjunct(s)	Adjunct(s)?	Drop-down options: <ul style="list-style-type: none"> NA No NR Yes
	Adjunct(s) (treatment)	Drop-down options: <ul style="list-style-type: none"> Injection Laser Manual therapy NA NR Other

Headings		Description
		<ul style="list-style-type: none"> Shockwave Splinting/taping
	Adjunct(s) (other – please describe)	Describe treatment if selected 'other' in Adjunct column
	Adjunct(s) (what)	Describe mode of delivery; type; dosage and any other relevant details
Primary non-exercise intervention(s)	Primary non-exercise intervention(s)?	Drop-down options: <ul style="list-style-type: none"> NA No NR Yes
	Primary non-exercise (treatment)	Drop-down options: <ul style="list-style-type: none"> Injection Laser Manual therapy NA NR Other Shockwave Splinting/taping
	Primary non-exercise (other – please describe)	Describe treatment if selected 'other' in Primary non-exercise intervention(s) treatment column
	Primary non-exercise (what)	Describe mode of delivery; type; dosage and any other relevant details
Comparison/control	Comparison/control?	Drop-down options: <ul style="list-style-type: none"> NA No NR Yes
	Exercise type	Drop-down options: <ul style="list-style-type: none"> Aerobic Flexibility NA NR Other Strengthening
	Exercise sub-type	Drop-down options: <ul style="list-style-type: none"> Aerobic - Aerobic Flexibility - Active stretching Flexibility - Ballistic stretching Flexibility - Dynamic stretching Flexibility - Passive stretching Flexibility - PNF Flexibility - Static stretching Flexibility - Stretching NA NR Other - Proprioception Other - Scapular stabilisation or motor control Strength - Concentric Strength - Concentric + Eccentric Strength - Eccentric Strength - HSRT Strength - Isokinetic Strength - Isometric Strength - Isotonic/static Strength - Plyometric Strength - Progressive Resistance Exercise
	Why	Drop-down options:

Headings		Description
		<ul style="list-style-type: none"> • Fully reported • NA • NR • Partially reported
	What (Materials)	<p>Drop-down options:</p> <ul style="list-style-type: none"> • Fully reported • NA • NR • Partially reported
	What (Procedures)	<p>Drop-down options:</p> <ul style="list-style-type: none"> • Fully reported • NA • NR • Partially reported
	Who	<p>Drop-down options:</p> <ul style="list-style-type: none"> • Fully reported • NA • NR • Partially reported
	How	<p>Drop-down options:</p> <ul style="list-style-type: none"> • Fully reported • NA • NR • Partially reported
	Where	<p>Drop-down options:</p> <ul style="list-style-type: none"> • Fully reported • NA • NR • Partially reported
	When and how much	<p>Describe the number of times the control was delivered and over what period time - including the number of sessions, their schedule, and duration, intensity or dose. Frequency, intensity and volume required, including number of reps, time etc</p>
	Tailoring	<p>If control was planned to be personalised, titrated or adapted, then describe what, why, when, and how</p>
	Modifications	<p>If the control was modified during the course of the study, describe any changes (what, why, when and how) – not relevant for protocols</p>
	How well (Planned)	<p>If control adherence or fidelity was assessed, describe how and by whom, and if any strategies were used to maintain or improve fidelity, describe them</p>
	How well (actual)	<p>If control adherence or fidelity was assessed, describe the extent to which the intervention was delivered as planned – not relevant for protocols</p>
Outcomes	Primary outcomes	<p>Drop-down options:</p> <ul style="list-style-type: none"> • Acceptability • Adverse events • Disability • Feasibility • Function • Muscle strength • NA • NR • Other • Pain • Patient satisfaction

Headings	Description
	<ul style="list-style-type: none"> • QoL • Return to activities • ROM • Work-related outcomes
	<p>Primary outcomes review (ICON)</p> <p><i>Drop-down options:</i></p> <ul style="list-style-type: none"> • Adverse effects/events • Clinical examination findings • Disability • Drop out or discontinued treatment • Economic impact costs • Function • Medication use • NA • NR • Other • Pain - clinician applied stress/examination • Pain on loading/activity • Pain over a specified time • Pain without further specification • Palpation • Participant/patient rating overall condition • Participation • Physical activity • Physical function capacity • Psychological factors • QoL • ROM • Sensory modality specific pain • Structure
	<p>Primary outcomes (tools)</p> <p><i>Note primary outcome tools using in article, separated with a comma</i></p>
	<p>Secondary outcomes</p> <p><i>Drop-down options:</i></p> <ul style="list-style-type: none"> • Acceptability • Adverse events • Disability • Feasibility • Function • Muscle strength • NA • NR • Other • Pain • Patient satisfaction • QoL • Return to activities • ROM • Work-related outcomes
	<p>Secondary outcomes review (ICON)</p> <p><i>Drop-down options:</i></p> <ul style="list-style-type: none"> • Adverse effects/events • Clinical examination findings • Disability • Drop out or discontinued treatment • Economic impact costs • Function • Medication use • NA • NR • Other • Pain - clinician applied stress/examination

Headings		Description
		<ul style="list-style-type: none"> • Pain on loading/activity • Pain over a specified time • Pain without further specification • Palpation • Participant/patient rating overall condition • Participation • Physical activity • Physical function capacity • Psychological factors • QoL • ROM • Sensory modality specific pain • Structure
	Secondary outcomes (tools)	<i>Note secondary outcome tools using in article, separated with a comma</i>
Study Information	Findings	<i>Succinct and keep to key findings (that focus on exercise), no p values required</i>
	Conclusions	<i>Key overview, succinct</i>
	Practice and/or research recommendations	<i>For clinical practice and/or further research - key overview, succinct</i>
	Suitability	<i>Drop-down options:</i> <ul style="list-style-type: none"> • Effectiveness • Feasibility/Acceptability • Not relevant

Key: GTPS = Greater Trochanteric Pain Syndrome; HDI = Human Development Index; HSRT = Heavy Slow Resistance Training; PNF = Proprioceptive Neuromuscular Facilitation; NA = Not Applicable; NR = Not Reported; QoL = Quality of Life; RCT = Randomised Controlled Trial; ROM = Range of Movement