Data extraction form efficacy review round 1

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

Heading	Description
Author	First author surname
Year	Year of publication
Study title	Study title
•	Country of origin of research – one of the 62 countries ranked very
Country	high on HDI
Journal	Full journal title or NA - Thesis
Supplementary file	URL to supplementary file(s) where applicable
link(s)	
Aims/purpose	Summary of study aims/purpose
Study type	RCT or Quasi-experimental
Body part	Lower limb, Upper limb, Other
Tan din anakhu kuma	Achilles, Bicep, Gluteal (including GTPS), Hamstring, Lateral elbow/tennis elbow, Other, Patellar, Posterior tibial tendon, Quadriceps, Rotator cuff – subacromial impingement, Tibialis posterior. If more than one tendinopathy included in study, separate
Tendinopathy type	with comma Select ICON outcome domain. Drop-down options:
	 Disability Pain on loading/activity Pain over specified time Pain without further specification Physical function capacity Patient rating overall condition Participation QoL ROM - Shoulder Function Adverse events One row per outcome domain, per outcome tool, per measurement
Outcome Domain	time
	Tool used to measure outcome domains e.g. VISA scales, Global
Outcome Tool	impression of change, VAS
	1 = Increase in outcome indicates positive treatment; -1 =
Reflection	Decrease in outcome indicates positive treatment
Measurement Time	Time of measurement in weeks
(Weeks)	
Measurement Time (Months)	Time of measurement in months
	Study investigates the effect of exercise dose. Drop-down options: • Yes
ExerciseDoseStudy	• No
	Intervention sample size at specified time or number of individuals
Int1N	included in presentation of data based on intention to treat analysis
Int1BaseMean	Baseline mean for Intervention 1
Int1BaseSD	Baseline standard deviation for Intervention 1
Int1PostMean	Mean of outcome for Intervention 1 at stated time point
	Standard deviation of outcome for Intervention 1 at stated time
Int1PostSD	point State if a different value has been entered for means (e.g. median), a different value for standard deviations (e.g. standard error, IQR, percentiles, distance from mean to upper bound). Provide the
DataComments	relevant statistic (width of CI's, width of percentiles). Also state if data has not been extracted but it exists in terms of figure that could be digitized.

Heading	Description
	Drop-down options:
	• 1 = Exercise only
	• 2 = Exercise plus non-exercise
	• 3 = Non-exercise plus exercise as adjunct
Int1ExerciseHierarchy	• 4 = Multiple exercise types
	Select dominant treatment class from drop-down options:
	Resistance
	Flexibility
	Proprioception
	Plyometric
	Vibration
	Placebo - wait and see
	Electro-therapy
	Kinetics
	Manual Therapy
	• Injection
Int1TreatmentClassD	Surgery
	List all treatment classes separated by commas e.g. resistance,
Int1TreatmentClassAll	flexibility, proprioception
	Select dominant treatment from drop-down options:
	Concentric Only
	Eccentric Only
	Concentric and eccentric
	Isokinetic
	Isometric
	Static
	Dynamic
	• PNF
	Ballistic
	Joint position sense
	Balance
	Movement pattern retraining
	Plyometric
	• Vibration
	Placebo - wait and see
	Shockwave
	Placebo - wait and see
	Shockwave
	• Laser
	Electro Other
	Immobilisation
	Altered loading
	Manual Therapy
	• Injection
Int1TreatmentD	• Surgery
	List all treatments separated by commas e.g. static, eccentric only,
Int1TreatmentAll	injection
	Intervention sample size at specified time or number of individuals
Int2N	included in presentation of data based on intention to treat analysis
Int2BaseMean	Baseline mean for Intervention 2
Int2BaseSD	Baseline standard deviation for Intervention 2
Int2PostMean	Mean of outcome for Intervention 2 at stated time point
	Standard deviation of outcome for Intervention 2 at stated time
Int2PostSD	point
	State if a different value has been entered for means (e.g. median),
	a different value for standard deviations (e.g. standard error, IQR,
	percentiles, distance from mean to upper bound). Provide the
	relevant statistic (width of CI's, width of percentiles). Also state if
	data has not been extracted but it exists in terms of figure that
DataComments	could be digitized.
	Drop-down options:
Int2ExerciseHierarchy	• 1 = Exercise only
	1 - Lacroise only

Heading	Description
	2 = Exercise plus non-exercise
	• 3 = Non-exercise plus exercise as adjunct
	• 4 = Multiple exercise types
	Select dominant treatment class from drop-down options:
	Resistance
	• Flexibility
	Proprioception
	Plyometric
	Vibration Placebe wait and see
	Placebo - wait and seeElectro-therapy
	Kinetics
	Manual Therapy
	• Injection
Int2TreatmentClassD	• Surgery
	List all treatment classes separated by commas e.g. resistance,
Int2TreatmentClassAll	flexibility, proprioception
	Select dominant treatment from drop-down options:
	Concentric Only
	Eccentric Only
	Concentric and eccentric
	Isokinetic
	• Isometric
	Static
	DynamicPNF
	Ballistic
	Joint position sense
	Balance
	Movement pattern retraining
	Plyometric
	Vibration
	Placebo - wait and see
	Shockwave
	Placebo - wait and see
	Shockwave
	• Laser
	Electro Other Transport Washington Tr
	Immobilisation Altered leading
	Altered loadingManual Therapy
	• Injection
Int2TreatmentD	• Surgery
	List all treatments separated by commas e.g. static, eccentric only,
Int2TreatmentAll	injection
	Intervention sample size at specified time or number of individuals
Int3N	included in presentation of data based on intention to treat analysis
Int3BaseMean	Baseline mean for Intervention 3
Int3BaseSD	Baseline standard deviation for Intervention 3
Int3PostMean	Mean of outcome for Intervention 3 at stated time point
Int2DoctCD	Standard deviation of outcome for Intervention 3 at stated time
Int3PostSD	State if a different value has been entered for means (e.g. median)
	State if a different value has been entered for means (e.g. median), a different value for standard deviations (e.g. standard error, IQR,
	percentiles, distance from mean to upper bound). Provide the
	relevant statistic (width of CI's, width of percentiles). Also state if
	data has not been extracted but it exists in terms of figure that
DataComments	could be digitized.
-	Drop-down options:
	1 = Exercise only
	• 2 = Exercise plus non-exercise
Int3ExerciseHierarchy	• 3 = Non-exercise plus exercise as adjunct

Select dominant treatment class from drop-down options: Resistance Flexibility Proprioception Plyometric Vibration Placebo - wait and see Electro-therapy KintaTreatmentClassAll IntaTreatmentClassAll IntaTreatmentClassAll IntaTr
Select dominant treatment class from drop-down options: Resistance Flexibility Proprioception Plycobe - wait and see Electro-therapy Kinetics Manual Therapy Injection Surgery List all treatment classes separated by commas e.g. resistance, flexibility, proprioception Select dominant treatment from drop-down options: Concentric Only Eccentric Only Concentric and eccentric Isokinetic Isometric Static Dynamic PNF Ballistic Joint position sense Balance Movement pattern retraining Plycometric Vibration Placebo - wait and see Shockwave Placebo - wait and see Shockwave Laser Electro Other Immobilisation Altered loading Manual Therapy Injection MintaTreatmentD List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis included in presentation of data based on intention to treat analysis included in presentation of data based on intention to treat analysis included in presentation of of ata based on intention to treat analysis included in presentation of for Intervention 4 Intervention and course for Intervention 4 Intervention of outcome for Intervention 4 Intervention of outcome for Intervention 4 Intervention of outcome for Intervention 4 at stated time point
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• Vibration • Placebo - wait and see • Electro-therapy • Kinetics • Manual Therapy • Injection • Surgery List all treatment classes separated by commas e.g. resistance, flexibility, proprioception Select dominant treatment from drop-down options: • Concentric Only • Eccentric Only • Concentric and eccentric • Isokinetic • Isometric • Isometric • Static • Dynamic • PNF • Ballistic • Joint position sense • Balance • Movement pattern retraining • Plyometric • Vibration • Placebo - wait and see • Shockwave • Placebo - wait and see • Shockwave • Placebo - wait Therapy • Laser • Electro Other • Immobilisation • Altered loading • Manual Therapy • Injection List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseSD Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 Int4PostMean Mean of outcome for Intervention 4
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Electro-therapy Kinetics Manual Therapy Injection Surgery List all treatment classes separated by commas e.g. resistance, flexibility, proprioception Select dominant treatment from drop-down options: Concentric Only Eccentric Only Concentric and eccentric Isokinetic Isometric Static Dynamic PNF Ballistic Joint position sense Balance Movement pattern retraining Plyometric Vibration Placebo - wait and see Shockwave Placebo - wait and see Shockwave Placebo - wait and see Shockwave Laser Electro Other Immobilisation Altered loading Manual Therapy Injection Intervention Intervention Intervention to treat analysis Int44N Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int44PostMean Mean of outcome for Intervention 4 at stated time point Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point Intervention 4 Int4PostMean Intervention 6 Intervention 6 Intervention 6 Intervention 7 Intervention 7 Intervention 8 Int4PostMean Intervention 6 Intervention 6 Intervention 7 Intervention 7 Intervention 8 Intervention 8 Intervention 9 Intervention
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Manual Therapy Injection Surgery
Int3TreatmentClassD List all treatment classes separated by commas e.g. resistance, flexibility, proprioception Select dominant treatment from drop-down options: • Concentric Only • Eccentric Only • Concentric and eccentric • Isokinetic • Isometric • Isometric • Static • Dynamic • PNF • Ballistic • Joint position sense • Balance • Movement pattern retraining • Plyometric • Vibration • Placebo - wait and see • Shockwave • Placebo - wait and see • Shockwave • Laser • Electro Other • Immobilisation • Altered loading • Manual Therapy • Injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis int4BaseSD Int4BaseSD Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 Intervention sense • Surgery List all treatment of the t
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• PNF • Ballistic • Joint position sense • Balance • Movement pattern retraining • Plyometric • Vibration • Placebo - wait and see • Shockwave • Placebo - wait and see • Shockwave • Placebo - wait ind see • Shockwave • Laser • Electro Other • Immobilisation • Altered loading • Manual Therapy • Injection • Surgery List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Baseline mean for Intervention 4 Int4BaseSD Baseline standard deviation for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point
Ballistic Joint position sense Balance Movement pattern retraining Plyometric Vibration Placebo - wait and see Shockwave Placebo - wait and see Shockwave Itaser Electro Other Immobilisation Altered loading Manual Therapy Injection Surgery List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Baseline mean for Intervention 4 Int4BaseSD Baseline standard deviation for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point
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• Balance • Movement pattern retraining • Plyometric • Vibration • Placebo - wait and see • Shockwave • Placebo - wait and see • Shockwave • Laser • Electro Other • Immobilisation • Altered loading • Manual Therapy • Injection • Surgery List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point
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• Vibration • Placebo - wait and see • Shockwave • Placebo - wait and see • Shockwave • Placebo - wait and see • Shockwave • Laser • Electro Other • Immobilisation • Altered loading • Manual Therapy • Injection • Surgery List all treatments separated by commas e.g. static, eccentric only, injection IntaTreatmentAll Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseSD Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point
Placebo - wait and see Shockwave Placebo - wait and see Shockwave Laser Electro Other Immobilisation Altered loading Manual Therapy Injection Surgery List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseSD Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 Mean of outcome for Intervention 4 Mean of outcome for Intervention 4
• Shockwave • Placebo - wait and see • Shockwave • Laser • Electro Other • Immobilisation • Altered loading • Manual Therapy • Injection • Surgery List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point
Placebo - wait and see Shockwave Laser Electro Other Immobilisation Altered loading Manual Therapy Injection Surgery List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point
• Shockwave • Laser • Electro Other • Immobilisation • Altered loading • Manual Therapy • Injection • Surgery List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point
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 Altered loading Manual Therapy Injection Surgery List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Int4BaseSD Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point
Manual Therapy
Int3TreatmentD Surgery List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Baseline mean for Intervention 4 Int4PostMean Int4PostMean Intervention 4 at stated time point
List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Int4BaseSD Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point
List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Int4BaseSD Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point
List all treatments separated by commas e.g. static, eccentric only, injection Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Baseline mean for Intervention 4 Int4PostMean List all treatments separated by commas e.g. static, eccentric only, injection Intervention 4 Intervention 4 Mean of outcome for Intervention 4 at stated time point
Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis Int4BaseMean Int4BaseSD Baseline mean for Intervention 4 Int4PostMean Mean of outcome for Intervention 4 at stated time point
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Int4BaseMeanBaseline mean for Intervention 4Int4BaseSDBaseline standard deviation for Intervention 4Int4PostMeanMean of outcome for Intervention 4 at stated time point
Int4PostMean Mean of outcome for Intervention 4 at stated time point
Standard deviation of outcome for Intervention 4 at stated time
Int4PostSD point
State if a different value has been entered for means (e.g. median),
a different value for standard deviations (e.g. standard error, IQR,
percentiles, distance from mean to upper bound). Provide the
relevant statistic (width of CI's, width of percentiles). Also state if
data has not been extracted but it exists in terms of figure that
DataComments could be digitized.
Drop-down options:
• 1 = Exercise only
• 2 = Exercise plus non-exercise
• 3 = Non-exercise plus exercise as adjunct
Int4ExerciseHierarchy • 4 = Multiple exercise types
Int4TreatmentClassD Select dominant treatment class from drop-down options:

Heading	Description
neading	Resistance
	Resistance Flexibility
	Proprioception
	Plyometric
	Vibration
	Placebo - wait and see
	Electro-therapy
	Kinetics
	Manual Therapy
	Injection
	Surgery
_	List all treatment classes separated by commas e.g. resistance,
Int4TreatmentClassAll	flexibility, proprioception
	Select dominant treatment from drop-down options:
	Concentric Only
	Eccentric Only
	Concentric and eccentric Tackingtic
	Isokinetic Isometric
	Isometric Static
	• Dynamic
	• PNF
	Ballistic
	Joint position sense
	Balance
	Movement pattern retraining
	Plyometric
	• Vibration
	Placebo - wait and see
	• Shockwave
	Placebo - wait and see
	• Shockwave
	• Laser
	Electro Other Transport Weather
	Immobilisation Alternal leading
	Altered loadingManual Therapy
	Injection
Int4TreatmentD	Surgery
THE TI CULINICITY	List all treatments separated by commas e.g. static, eccentric only,
Int4TreatmentAll	injection
	Intervention sample size at specified time or number of individuals
Int5N	included in presentation of data based on intention to treat analysis
Int5BaseMean	Baseline mean for Intervention 5
Int5BaseSD	Baseline standard deviation for Intervention 5
Int5PostMean	Mean of outcome for Intervention 5 at stated time point
	Standard deviation of outcome for Intervention 5 at stated time
Int5PostSD	point
	State if a different value has been entered for means (e.g. median),
	a different value for standard deviations (e.g. standard error, IQR,
	percentiles, distance from mean to upper bound). Provide the
	relevant statistic (width of CI's, width of percentiles). Also state if
DataComments	data has not been extracted but it exists in terms of figure that
DataComments	could be digitized. Drop-down options:
	• 1 = Exercise only
	• 2 = Exercise offy • 2 = Exercise plus non-exercise
	 3 = Non-exercise plus exercise as adjunct
Int5ExerciseHierarchy	• 4 = Multiple exercise types
	Select dominant treatment class from drop-down options:
	Resistance
Int5TreatmentClassD	Flexibility
	•

Heading	Description
	Proprioception
	Plyometric
	Vibration
	Placebo - wait and see
	Electro-therapy
	Kinetics
	Manual Therapy
	Injection
	Surgery
	List all treatment classes separated by commas e.g. resistance,
Int5TreatmentClassAll	flexibility, proprioception
	Select dominant treatment from drop-down options:
	Concentric Only
	Eccentric Only
	Concentric and eccentric
	Isokinetic
	• Isometric
	Static
	Dynamic
	• PNF
	Ballistic
	Joint position sense
	Balance
	Movement pattern retraining
	Plyometric
	Vibration
	Placebo - wait and see
	Shockwave
	Placebo - wait and see
	Shockwave
	• Laser
	Electro Other
	Immobilisation
	Altered loading
	Manual Therapy Trickling
IntETwentmentD	Injection
Int5TreatmentD	Surgery List all treatments conserted by common a graphic acceptain and a
Int5TreatmentAll	List all treatments separated by commas e.g. static, eccentric only,
Intorreatmentan	Intervention cample size at specified time or number of individuals
Tn+6N	Intervention sample size at specified time or number of individuals
Int6N Int6BaseMean	included in presentation of data based on intention to treat analysis Baseline mean for Intervention 6
	Baseline mean for Intervention 6 Baseline standard deviation for Intervention 6
Int6BaseSD Int6PostMean	
THEOPOSEMEAN	Mean of outcome for Intervention 6 at stated time point
Int6PostSD	Standard deviation of outcome for Intervention 6 at stated time point
THUPUSISD	State if a different value has been entered for means (e.g. median),
	a different value for standard deviations (e.g. standard error, IQR,
	percentiles, distance from mean to upper bound). Provide the
	relevant statistic (width of CI's, width of percentiles). Also state if
	data has not been extracted but it exists in terms of figure that
DataComments	could be digitized.
	Drop-down options:
	• 1 = Exercise only
	• 2 = Exercise plus non-exercise
	• 3 = Non-exercise plus exercise as adjunct
Int6ExerciseHierarchy	• 4 = Multiple exercise types
	Select dominant treatment class from drop-down options:
	Resistance
	Flexibility
	Proprioception
Int6TreatmentClassD	Plyometric
	•

Heading	Description
	Vibration
	Placebo - wait and see
	Electro-therapy
	Kinetics
	Manual Therapy
	Injection
	Surgery
	List all treatment classes separated by commas e.g. resistance,
Int6TreatmentClassAll	flexibility, proprioception
	Select dominant treatment from drop-down options:
	Concentric Only
	Eccentric Only
	Concentric and eccentric
	Isokinetic
	Isometric
	Static
	Dynamic
	• PNF
	Ballistic
	Joint position sense
	Balance
	Movement pattern retraining
	Plyometric
	Vibration
	Placebo - wait and see
	Shockwave
	Placebo - wait and see
	Shockwave
	• Laser
	Electro Other
	Immobilisation
	Altered loading
	Manual Therapy
	• Injection
Int6TreatmentD	Surgery
	List all treatments separated by commas e.g. static, eccentric only,
Int6TreatmentAll	injection
	val: HDI = Human Development Index: IOR = Interquartile Range: PNF

Key: CI = Confidence Interval; HDI = Human Development Index; IQR = Interquartile Range; PNF = Proprioceptive Neuromuscular Facilitation; NA = Not Applicable; QoL = Quality of Life; RCT = Randomised Controlled Trial; ROM = Range of Movement; SD = Standard Deviation; VAS = Visual Analogue Scale; VISA = Victorian Institute of Sport Assessment