Data extraction form effectiveness review round 3

NB: Data extraction completed in Microsoft Excel, table details extraction fields & 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
Country	very 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
Tendinopathy type	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 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
Outcome Domain	One row per outcome domain, per outcome tool, per measurement time
Outcome Tool	Tool used to measure outcome domains e.g. VISA scales, Global impression of change, VAS
Not Change Score	Not an absolute value e.g. change in pain scores (baseline=8, follow up=2; therefore change= 6)
Proportion Variable	The proportion or number of patients who reported an outcome e.g. number of patients who reported high satisfaction 1 = Increase in outcome indicates positive treatment; -1 =
Reflection	Decrease in outcome indicates positive treatment
Measurement Time (Weeks)	Time of measurement in weeks
Measurement Time (Months)	Time of measurement in months
Exercise Dose Study	Investigates the effect of exercise dose. Drop-down options: • Yes • No
	Double check if intervention investigates the effect of exercise
Exercise Dose Check	dose
	Single value for the study as a whole. Where values are presented
	for each group individually take the average. If range is the only
Age Mean	thing available note it down and comment 'range'.
Age SD	Age SD for study population as a whole
Training Status	Drop downs options:

Heading	Description
	 Performance: Professional athletes or athletes under a professional like structure: (e.g. Sport Scotland, Collegiate sporting programs). Recreational: Individuals that engage in regular sporting or fitness activities. Other: general population, or a mixture of all that's difficult to differentiate.
Training Status Comments	Any further explanation e.g. type of sport
Percent Female	Single value for the study as a whole. Where values are presented for each group individually take the average.
DMI Meen	Single value for the study as a whole. Where values are presented for each group individually take the average. If range is the only thing available note it down and comment vance.
BMI Mean	thing available note it down and comment 'range'.
BMI SD	<i>BMI SD for study population as a whole</i> <i>Single value for the study as a whole. Where values are presented</i>
Symptom Duration Mean (months)	for each group individually take the average. If range is the only thing available note it down and comment 'range'.
Symptom Duration SD	Symptom duration SD for study population as a whole
	Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat
Int1N	analysis
Int1BaseMean	Baseline mean for Intervention 1
Int1BaseSD	Baseline standard deviation for Intervention 1
LB UB	<i>Baseline lower bound 95% confidence interval for Intervention 1</i> <i>Baseline upper bound 95% confidence interval for Intervention 1</i>
Int1PostMean	Mean of outcome for Intervention 1 at stated time point
Incipostmean	Standard deviation of outcome for Intervention 1 at stated time
Int1PostSD	point
LB	<i>Lower bound 95% confidence interval for Intervention 1 at stated time point</i>
UB	<i>Upper bound 95% confidence interval for Intervention 1 at stated time point</i>
DataComments	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 could be digitized. Drop-down options:
	 1 = Exercise only 2 = Exercise plus non-exercise 3 = Non-exercise plus exercise as adjunct
Int1ExerciseHierarchy	• 4 = Multiple exercise types Check variables (e.g exercise dose, exercise hierarchy, class and
Int1ExerciseHierarchy Check	treatment): place an x if you agree with the previous designation and if disagree enter the new designation.
	Select dominant treatment class from drop-down options: Resistance Flexibility Proprioception Plyometric Vibration Placebo - wait and see Electro-therapy Kinetics Manual Therapy
Int1TreatmentClassD	InjectionSurgery

Heading	Description
Int1TreatmentClassD	Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
	List all treatment classes separated by commas e.g. resistance,
Int1TreatmentClassAll	flexibility, proprioception
Int1TreatmentClassAll	Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
	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
Int1TreatmentD	Surgery
IntiTrootmontD Chock	Place an x if you agree with the previous designation and if
Int1TreatmentD Check	disagree enter the new designation
Int1TreatmentAll	<i>List all treatments separated by commas e.g. static, eccentric only, injection</i>
Intineatmentan	Place an x if you agree with the previous designation and if
Int1TreatmentAll Check	disagree enter the new designation
Inti i reatmentan check	Percentage adherence for the specific intervention (NR if not
	reported). changes Applies to all interventions (exercise and non-
Adherence%	exercise).
Autor chece //	Applies to exercise interventions only. If more than one location
	list the location of the dominant treatment class. There are two
	columns, one to differentiate if it was a supervised exercise or
	not, one to note the location (when unclear if 'clinic' or 'fitness
Location (Exercise)	facility' just pick either as the default will be the first column).
	Place an x if you agree with the previous designation and if
Location (Exercise)	disagree enter the new designation
	Only extract resistance ex columns when it's the dominant
	<i>class.</i> If the number changes across sessions/time, select the
Number Resistance	average for that time period. (Note average does not have to be
Exercise Per Session	the precise average but a "representative" average.
Decision of Values	Only extract resistance ex columns when it's the dominant
Resistance Volume	class.
	Only extract resistance ex columns when it's the dominant
	<i>class.</i> Hierarchy: 1) sets*reps, reps per set, sets per session,
	session duration. Where this varies across time select the "average" for the time period reported. Select the categorisation
Volume Categorication	
Volume Categorisation	<i>that matches the numerical entry in the next column.</i> Only extract resistance ex columns when it's the dominant
	class. Numerical value for the average resistance used (either
Resistance Intensity	absolute kg, or relative % maximum). Where multiple resistances
Resistance Intelisity	absolute kg, or relative /o maximum). where multiple resistances

Heading	Description
	are provided for different exercises, select the value that applies
	to the primary exercise. Leave blank for bodyweight or
	bodyweight+ and use the next column to identify.
	Only extract resistance ex columns when it's the dominant
Intensity Categorisation	class.
	Applies to all modes of exercise. Enter the total number of
Intervention Frequency	exercise sessions per week. This does NOT apply to other
(sessions/week)	treatments (e.g. electro-therapy etc).
Length of intervention (weeks)	Applied to all modes of exercise.
	Applies to all modes of exercise. Select all progression categories
	that occur during the total training time, with commas
	between each progression type. This does NOT apply to other
	treatments (e.g. electro-therapy etc).
	1 = No progression; 2 = NR; 3 = Progression volume; 4 =
Tatomontion	Progression intensity; 5 = Progression frequency; 6 =
Intervention	Progression specificity;7 = Progression capacity; 8 = Other
Progression	Intervention complexity of energified time or number of individuals
	Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat
Int2N	analysis
Int2BaseMean	Baseline mean for Intervention 2
Int2BaseSD	Baseline standard deviation for Intervention 2
LB	Baseline lower bound 95% confidence interval for Intervention 2
UB	Baseline upper bound 95% confidence interval for Intervention 2
Int2PostMean	Mean of outcome for Intervention 1 at stated time point
	Standard deviation of outcome for Intervention 2 at stated time
Int2PostSD	point
	Lower bound 95% confidence interval for Intervention 2 at stated
LB	time point
	Upper bound 95% confidence interval for Intervention 2 at stated
UB	time 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).
Data Carra i	Also state if data has not been extracted but it exists in terms of
DataComments	figure that could be digitized.
	Drop-down options:
	 1 = Exercise only 2 = Exercise plus non-exercise
	 2 = Exercise plus non-exercise 3 = Non-exercise plus exercise as adjunct
Int2ExerciseHierarchy	 4 = Multiple exercise types
	Check variables (e.g exercise dose, exercise hierarchy, class and
Int2ExerciseHierarchy	treatment): place an x if you agree with the previous designation
Check	and if disagree enter the new designation.
	Select dominant treatment class from drop-down options:
	Resistance
	Flexibility
	Proprioception
	Plyometric
	Vibration
	Placebo - wait and see
	Electro-therapy Kinsteiner
	Kinetics
	Manual Therapy Injustion
Int2TreatmentClassD	Injection Surgery
Int2TreatmentClassD	Surgery Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
CHECK	עושמעופר כוונכו נווכ ווכאי עלשועוומנוטוו

Heading	Description
y	List all treatment classes separated by commas e.g. resistance,
Int2TreatmentClassAll	flexibility, proprioception
Int2TreatmentClassAll	Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
	Select dominant treatment from drop-down options: Concentric Only
	Concentric Only Eccentric Only
	Concentric and eccentric
	 Isokinetic
	Isometric
	Static
	• Dynamic
	• PNF
	Ballistic
	 Joint position sense Balance
	 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
Int2TreatmentD	Surgery
	Place an x if you agree with the previous designation and if
Int2TreatmentD Check	disagree enter the new designation
	List all treatments separated by commas e.g. static, eccentric
Int2TreatmentAll	only, injection
Int2TreatmentAll Check	<i>Place an x if you agree with the previous designation and if disagree enter the new designation</i>
	Percentage adherence for the specific intervention (NR if not
	reported). changes Applies to all interventions (exercise and non-
Adherence%	exercise).
	Applies to exercise interventions only. If more than one location
	list the location of the dominant treatment class. There are two
	columns, one to differentiate if it was a supervised exercise or
Location (Exercise)	not, one to note the location (when unclear if 'clinic' or 'fitness
	facility' just pick either as the default will be the first column). Place an x if you agree with the previous designation and if
Location (Exercise)	disagree enter the new designation
	Only extract resistance ex columns when it's the dominant
	<i>class.</i> If the number changes across sessions/time, select the
Number Resistance	average for that time period. (Note average does not have to be
Exercise Per Session	the precise average but a "representative" average.
	Only extract resistance ex columns when it's the dominant
Resistance Volume	class.
	Only extract resistance ex columns when it's the dominant class. Hierarchy: 1) sets*reps, reps per set, sets per session,
	session duration. Where this varies across time select the
	"average" for the time period reported. Select the categorisation
1	
Resistance Volume	
Resistance Volume	that matches the numerical entry in the next column. Only extract resistance ex columns when it's the dominant
Resistance Volume	<i>that matches the numerical entry in the next column.</i> Only extract resistance ex columns when it's the dominant class. Numerical value for the average resistance used (either
Resistance Volume Volume Categorisation	that matches the numerical entry in the next column. Only extract resistance ex columns when it's the dominant

Heading	Description
	to the primary exercise. Leave blank for bodyweight or
	bodyweight+ and use the next column to identify.
	Only extract resistance ex columns when it's the dominant
Resistance Intensity	class.
	Applies to all modes of exercise. Enter the total number of
	exercise sessions per week. This does NOT apply to other
Intensity Categorisation	treatments (e.g. electro-therapy etc).
Intervention Frequency (sessions/week)	Applied to all modes of exercise.
(Sessions/week)	Applies to all modes of exercise. Select all progression categories
	that occur during the total training time, with commas
	between each progression type. This does NOT apply to other
	treatments (e.g. electro-therapy etc).
	1 = No progression; 2 = NR; 3 = Progression volume; 4 =
	Progression intensity; 5 = Progression frequency; 6 =
Length of intervention	Progression specificity;7 = Progression capacity; 8 = Other
(weeks)	
	Intervention sample size at specified time or number of individuals
Intervention	included in presentation of data based on intention to treat
Progression	<i>analysis</i> <i>Intervention sample size at specified time or number of individuals</i>
	included in presentation of data based on intention to treat
Int3N	analysis
Int3BaseMean	Baseline mean for Intervention 3
Int3BaseSD	Baseline standard deviation for Intervention 3
LB	Baseline lower bound 95% confidence interval for Intervention 3
UB	Baseline upper bound 95% confidence interval for Intervention 3
Int3PostMean	Mean of outcome for Intervention 1 at stated time point
	Standard deviation of outcome for Intervention 3 at stated time
Int3PostSD	point
LB	Lower bound 95% confidence interval for Intervention 3 at stated
LB	<i>time point</i> <i>Upper bound 95% confidence interval for Intervention 3 at stated</i>
UB	time 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).
	<i>Provide the relevant statistic (width of CI's, width of percentiles).</i>
	Also state if data has not been extracted but it exists in terms of
DataComments	figure that could be digitized. Drop-down options:
	• $1 = Exercise only$
	 2 = Exercise plus non-exercise
	 3 = Non-exercise plus exercise as adjunct
Int3ExerciseHierarchy	• 4 = Multiple exercise types
	Check variables (e.g exercise dose, exercise hierarchy, class and
Int3ExerciseHierarchy	treatment): place an x if you agree with the previous designation
Check	and if disagree enter the new designation.
	Select dominant treatment class from drop-down options: Resistance
	 Resistance Flexibility
	 Proprioception
	 Plyometric
	Vibration
	Placebo - wait and see
	Electro-therapy
	Kinetics
	Manual Therapy
	Injection
Int3TreatmentClassD	Surgery

Heading	Description
Int3TreatmentClassD	Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
	List all treatment classes separated by commas e.g. resistance,
Int3TreatmentClassAll	flexibility, proprioception
Int3TreatmentClassAll	Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
	Select dominant treatment from drop-down options:
	Concentric Only
	Eccentric Only
	Concentric and eccentric
	Isokinetic
	Isometric
	Static
	• Dynamic
	PNF Particular
	Ballistic
	Joint position sense Balance
	Balance Mayament pattern retraining
	Movement pattern retraining
	 Plyometric Vibration
	 Shockwave Placebo - wait and see
	 Placebo - wait and see Shockwave
	• Laser
	Electro Other
	Immobilisation
	Altered loading
	Manual Therapy
	 Injection
Int3TreatmentD	Surgery
	Place an x if you agree with the previous designation and if
Int3TreatmentD Check	disagree enter the new designation
	List all treatments separated by commas e.g. static, eccentric
Int3TreatmentAll	only, injection
	Place an x if you agree with the previous designation and if
Int3TreatmentAll Check	disagree enter the new designation
	Percentage adherence for the specific intervention (NR if not
	reported). changes Applies to all interventions (exercise and non-
Adherence%	exercise).
	Applies to exercise interventions only. If more than one location
	list the location of the dominant treatment class. There are two
	columns, one to differentiate if it was a supervised exercise or
	not, one to note the location (when unclear if 'clinic' or 'fitness
Location (Exercise)	facility' just pick either as the default will be the first column).
Location (Exercise)	
	Only extract resistance ex columns when it's the dominant
	<i>class.</i> If the number changes across sessions/time, select the
Number Resistance	average for that time period. (Note average does not have to be
Exercise Per Session	the precise average but a "representative" average.
Decistance Malaria	Only extract resistance ex columns when it's the dominant
Resistance Volume	class.
	Only extract resistance ex columns when it's the dominant
	<i>class.</i> Hierarchy: 1) sets*reps, reps per set, sets per session,
	appaign dynation 11/hours this series series that the
	session duration. Where this varies across time select the
Decistance Volume	"average" for the time period reported. Select the categorisation
Resistance Volume	"average" for the time period reported. Select the categorisation that matches the numerical entry in the next column.
Resistance Volume	 "average" for the time period reported. Select the categorisation that matches the numerical entry in the next column. Only extract resistance ex columns when it's the dominant
Resistance Volume	 "average" for the time period reported. Select the categorisation that matches the numerical entry in the next column. Only extract resistance ex columns when it's the dominant class. Numerical value for the average resistance used (either
Resistance Volume	 "average" for the time period reported. Select the categorisation that matches the numerical entry in the next column. Only extract resistance ex columns when it's the dominant

t t <t< th=""><th>Description o the primary exercise. Leave blank for bodyweight or oodyweight+ and use the next column to identify. Dnly extract resistance ex columns when it's the dominant class.</th></t<>	Description o the primary exercise. Leave blank for bodyweight or oodyweight+ and use the next column to identify. Dnly extract resistance ex columns when it's the dominant class.
Resistance Intensity	Only extract resistance ex columns when it's the dominant
Resistance Intensity C A A	-
4	lass.
e	Applies to all modes of exercise. Enter the total number of
	exercise sessions per week. This does NOT apply to other
	reatments (e.g. electro-therapy etc).
	Applied to all modes of exercise.
(sessions/week)	
	Applies to all modes of exercise. Select all progression categories
	hat occur during the total training time, with commas
	petween each progression type. This does NOT apply to other
	reatments (e.g. electro-therapy etc). = No progression; 2 = NR; 3 = Progression volume; 4 =
	Progression intensity; 5 = Progression frequency; 6 =
	Progression specificity; 7 = Progression capacity; 8 = Other
(weeks)	$\frac{1}{2} = \frac{1}{2} = \frac{1}$
	ntervention sample size at specified time or number of individuals
	ncluded in presentation of data based on intention to treat
	inalysis
	ntervention sample size at specified time or number of individuals
	ncluded in presentation of data based on intention to treat
	nalysis
Int4BaseMean E	Baseline mean for Intervention 4
Int4BaseSD E	Baseline standard deviation for Intervention 4
LB E	Baseline lower bound 95% confidence interval for Intervention 4
	Baseline upper bound 95% confidence interval for Intervention 4
Int4PostMean /	<i>1ean of outcome for Intervention 1 at stated time point</i>
5	Standard deviation of outcome for Intervention 4 at stated time
	point
	ower bound 95% confidence interval for Intervention 4 at stated
	ime point
	<i>Ipper bound 95% confidence interval for Intervention 4 at stated</i>
	ime point
	State if a different value has been entered for means (e.g.
	nedian), 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).
	Nso state if data has not been extracted but it exists in terms of
	igure that 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
	Check variables (e.g exercise dose, exercise hierarchy, class and
	reatment): place an x if you agree with the previous designation
	nd if disagree enter the new designation.
5	Select dominant treatment class from drop-down options:
	Resistance
	Flexibility Branziasantian
	 Proprioception Plyometric
	 Plyometric Vibration
	 VIDIATION Placebo - wait and see
	 Flacebo - wait and see Electro-therapy
	 Kinetics
	Manual Therapy
	 Injection
Int4TreatmentClassD	Surgery

Heading	Description
Int4TreatmentClassD	Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
	List all treatment classes separated by commas e.g. resistance,
Int4TreatmentClassAll	flexibility, proprioception
Int4TreatmentClassAll	Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
	Select dominant treatment from drop-down options:
	Concentric Only
	Eccentric Only
	Concentric and eccentric
	Isokinetic
	Isometric
	Static
	 Dynamic PNF
	Ballistic
	 Danistic 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
Int4TreatmentD	Surgery
	Place an x if you agree with the previous designation and if
Int4TreatmentD Check	disagree enter the new designation
	List all treatments separated by commas e.g. static, eccentric
Int4TreatmentAll	only, injection
	Place an x if you agree with the previous designation and if
Int4TreatmentAll Check	disagree enter the new designation
	Percentage adherence for the specific intervention (NR if not
• • •	reported). changes Applies to all interventions (exercise and non-
Adherence%	exercise).
	Applies to exercise interventions only. If more than one location
	list the location of the dominant treatment class. There are two columns, one to differentiate if it was a supervised exercise or
	not, one to note the location (when unclear if 'clinic' or 'fitness
Location (Exercise)	facility' just pick either as the default will be the first column).
Location (Exercise)	
	Only extract resistance ex columns when it's the dominant
	<i>class.</i> If the number changes across sessions/time, select the
Number Resistance	average for that time period. (Note average does not have to be
Exercise Per Session	the precise average but a "representative" average.
	Only extract resistance ex columns when it's the dominant
Resistance Volume	class.
	Only extract resistance ex columns when it's the dominant
	<i>class.</i> Hierarchy: 1) sets*reps, reps per set, sets per session,
	session duration. Where this varies across time select the
	"average" for the time period reported. Select the categorisation
Resistance Volume	that matches the numerical entry in the next column.
	Only extract resistance ex columns when it's the dominant
	<i>class.</i> Numerical value for the average resistance used (either
	absolute kg, or relative % maximum). Where multiple resistances
Volume Categorisation	are provided for different exercises, select the value that applies

Heading	Description
	to the primary exercise. Leave blank for bodyweight or
	bodyweight+ and use the next column to identify.
	Only extract resistance ex columns when it's the dominant
Resistance Intensity	class.
	Applies to all modes of exercise. Enter the total number of
	exercise sessions per week. This does NOT apply to other
Intensity Categorisation	treatments (e.g. electro-therapy etc).
Intervention Frequency (sessions/week)	Applied to all modes of exercise.
(Sessions/week)	Applies to all modes of exercise. Select all progression categories
	that occur during the total training time, with commas
	between each progression type. This does NOT apply to other
	treatments (e.g. electro-therapy etc).
	1 = No progression; 2 = NR; 3 = Progression volume; 4 =
	Progression intensity; 5 = Progression frequency; 6 =
Length of intervention	Progression specificity;7 = Progression capacity; 8 = Other
(weeks)	
	Intervention sample size at specified time or number of individuals
Intervention	included in presentation of data based on intention to treat
Progression	analysis
	<i>Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat</i>
Int5N	analysis
Int5BaseMean	Baseline mean for Intervention 5
Int5BaseSD	Baseline standard deviation for Intervention 5
LB	Baseline lower bound 95% confidence interval for Intervention 5
UB	Baseline upper bound 95% confidence interval 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
	Lower bound 95% confidence interval for Intervention 5 at stated
LB	<i>time point</i> <i>Upper bound 95% confidence interval for Intervention 5 at stated</i>
UB	time 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).
	<i>Provide the relevant statistic (width of CI's, width of percentiles).</i>
. . . .	Also state if data has not been extracted but it exists in terms of
DataComments	figure that could be digitized.
	Drop-down options: • 1 = Exercise only
	 2 = Exercise plus non-exercise
	 3 = Non-exercise plus exercise as adjunct
Int5ExerciseHierarchy	 4 = Multiple exercise types
	Check variables (e.g exercise dose, exercise hierarchy, class and
Int5ExerciseHierarchy	treatment): place an x if you agree with the previous designation
Check	and if disagree enter the new designation.
	Select dominant treatment class from drop-down options:
	 Resistance Flexibility
	 Flexibility Proprioception
	 Plyometric
	Vibration
	 Placebo - wait and see
	• Electro-therapy
	Kinetics
	Manual Therapy
__	Injection
Int5TreatmentClassD	Surgery

Heading	Description
Int5TreatmentClassD	Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
	List all treatment classes separated by commas e.g. resistance,
Int5TreatmentClassAll	flexibility, proprioception
Int5TreatmentClassAll	Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
	Select dominant treatment from drop-down options:
	Concentric Only
	Eccentric Only
	Concentric and eccentric
	Isokinetic
	 Isometric Static
	 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
Int5TreatmentD	Surgery
	Place an x if you agree with the previous designation and if
Int5TreatmentD Check	disagree enter the new designation
	List all treatments separated by commas e.g. static, eccentric
Int5TreatmentAll	only, injection
	Place an x if you agree with the previous designation and if
Int5TreatmentAll Check	disagree enter the new designation
	Percentage adherence for the specific intervention (NR if not
Adharan ca0/	reported). changes Applies to all interventions (exercise and non-
Adherence%	exercise). Applies to exercise interventions only. If more than one location
	list the location of the dominant treatment class. There are two
	columns, one to differentiate if it was a supervised exercise or
	not, one to note the location (when unclear if 'clinic' or 'fitness
Location (Exercise)	facility' just pick either as the default will be the first column).
Location (Exercise)	
	Only extract resistance ex columns when it's the dominant
	class. If the number changes across sessions/time, select the
Number Resistance	average for that time period. (Note average does not have to be
Exercise Per Session	the precise average but a "representative" average.
	Only extract resistance ex columns when it's the dominant
Resistance Volume	class.
	Only extract resistance ex columns when it's the dominant
	<i>class. Hierarchy: 1) sets*reps, reps per set, sets per session,</i>
	session duration. Where this varies across time select the
.	"average" for the time period reported. Select the categorisation
Resistance Volume	that matches the numerical entry in the next column.
	Only extract resistance ex columns when it's the dominant
	class. Numerical value for the average resistance used (either
	absolute kg, or relative % maximum). Where multiple resistances
Volume Categorisation	are provided for different exercises, select the value that applies

Heading	Description
_	to the primary exercise. Leave blank for bodyweight or
	bodyweight+ and use the next column to identify.
	Only extract resistance ex columns when it's the dominant
Resistance Intensity	class.
	Applies to all modes of exercise. Enter the total number of
	exercise sessions per week. This does NOT apply to other
Intensity Categorisation	treatments (e.g. electro-therapy etc).
Intervention Frequency	Applied to all modes of exercise.
(sessions/week)	
	Applies to all modes of exercise. Select all progression categories
	that occur during the total training time, with commas
	between each progression type. This does NOT apply to other
	treatments (e.g. electro-therapy etc).
	$1 = No progression; 2 = NR; 3 = Progression volume; 4 = Dragona intensity \Gamma$
Longth of intomantion	Progression intensity; 5 = Progression frequency; 6 =
Length of intervention	Progression specificity;7 = Progression capacity; 8 = Other
(weeks)	Intervention sample size at specified time or number of individuals
Intervention	included in presentation of data based on intention to treat
Progression	analysis
	Intervention sample size at specified time or number of individuals
	included in presentation of data based on intention to treat
Int6N	analysis
Int6BaseMean	Baseline mean for Intervention 6
Int6BaseSD	Baseline standard deviation for Intervention 6
LB	Baseline lower bound 95% confidence interval for Intervention 6
UB	Baseline upper bound 95% confidence interval for Intervention 6
Int6PostMean	Mean of outcome for Intervention 6 at stated time point
	Standard deviation of outcome for Intervention 6 at stated time
Int6PostSD	point
	Lower bound 95% confidence interval for Intervention 6 at stated
LB	time point
	Upper bound 95% confidence interval for Intervention 6 at stated
UB	time 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).
	<i>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</i>
DataComments	figure that could be digitized.
Dataconments	Drop-down options:
	• 1 = Exercise only
	 2 = Exercise plus non-exercise
	• 3 = Non-exercise plus exercise as adjunct
Int6ExerciseHierarchy	• 4 = Multiple exercise types
	Check variables (e.g exercise dose, exercise hierarchy, class and
Int6ExerciseHierarchy	treatment): place an x if you agree with the previous designation
Check	and if disagree enter the new designation.
	Select dominant treatment class from drop-down options:
	Resistance
	• Flexibility
	Proprioception
	Plyometric
	Vibration
	Placebo - wait and see
	Electro-therapy
	Kinetics
	KineticsManual Therapy
Int6TreatmentClassD	Kinetics

Heading	Description
Int6TreatmentClassD	Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
	List all treatment classes separated by commas e.g. resistance,
Int6TreatmentClassAll	flexibility, proprioception
Int6TreatmentClassAll	Place an x if you agree with the previous designation and if
Check	disagree enter the new designation
	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
	Place an x if you agree with the previous designation and if
Int6TreatmentD Check	disagree enter the new designation
TubCTus shows and All	List all treatments separated by commas e.g. static, eccentric
Int6TreatmentAll	only, injection
	Place an x if you agree with the previous designation and if
Int6TreatmentAll Check	disagree enter the new designation
	Percentage adherence for the specific intervention (NR if not
Adhovonco0/	reported). changes Applies to all interventions (exercise and non-
Adherence%	<i>exercise).</i> Applies to exercise interventions only. If more than one location
	list the location of the dominant treatment class. There are two
	columns, one to differentiate if it was a supervised exercise or
	not, one to note the location (when unclear if 'clinic' or 'fitness
Location (Exercise)	facility' just pick either as the default will be the first column).
Location (Exercise)	
/	Only extract resistance ex columns when it's the dominant
	<i>class.</i> If the number changes across sessions/time, select the
Number Resistance	average for that time period. (Note average does not have to be
Exercise Per Session	the precise average but a "representative" average.
	Only extract resistance ex columns when it's the dominant
Resistance Volume	class.
	Only extract resistance ex columns when it's the dominant
	<i>class.</i> Hierarchy: 1) sets*reps, reps per set, sets per session,
	session duration. Where this varies across time select the
	"average" for the time period reported. Select the categorisation
Resistance Volume	I that matches the numerical entry in the next selumn
	that matches the numerical entry in the next column.
	Only extract resistance ex columns when it's the dominant
	Only extract resistance ex columns when it's the dominant class. Numerical value for the average resistance used (either
Volume Categorisation	Only extract resistance ex columns when it's the dominant

Heading	Description
	to the primary exercise. Leave blank for bodyweight or bodyweight + and use the next column to identify.
Resistance Intensity	Only extract resistance ex columns when it's the dominant class.
Intensity Categorisation	<i>Applies to all modes of exercise. Enter the total number of exercise sessions per week. This does NOT apply to other treatments (e.g. electro-therapy etc).</i>
Intervention Frequency (sessions/week)	Applied to all modes of exercise.
Length of intervention (weeks)	Applies to all modes of exercise. Select all progression categories that occur during the total training time, with commas between each progression type. This does NOT apply to other treatments (e.g. electro-therapy etc). 1 = No progression; 2 = NR; 3 = Progression volume; 4 = Progression intensity; 5 = Progression frequency; 6 = Progression specificity;7 = Progression capacity; 8 = Other
Intervention Progression	<i>Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis</i>

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