

Table 1 Excluded Studies Effectiveness Review

Exclusion reason	Full reference
Duplicate	Abat F, Gelber PE, Polidori F, et al. 1 Clinical Results After EPI ® and Eccentric Exercise in Patellar Tendinopathy at 10 Years Follow-Up. <i>Br J Sports Med</i> 2014;48:A1. https://bjsm.bmj.com/lookup/doi/10.1136/bjsports-2014-094114.1 (accessed 12 Jun 2021).
Duplicate	Cannell LJ, Taunton JE, Clement DB, et al. A randomised clinical trial of the efficacy of drop squats or leg extension/leg curl exercises to treat clinically diagnosed jumper's knee in athletes: pilot study. <i>Br J Sports Med</i> 2001;35:60-64.
Duplicate	De Mey K, Danneels L, Cagnie B, et al. Scapular muscle rehabilitation exercises in overhead athletes with impingement symptoms: effect of a 6-week training program on muscle recruitment and functional outcome. <i>Am J Sports Med</i> 2012;40:1906-1915.
Duplicate	de Vos RJ, Weir A, van Schie HT, et al. Platelet-rich plasma injection for chronic Achilles tendinopathy. <i>J - Am Med Assoc</i> 2010;303:144-9.
Duplicate	Frohm A, Saartok T, Halvorsen K, et al. Eccentric treatment for patellar tendinopathy: a prospective randomised short-term pilot study of two rehabilitation protocols. <i>Br J Sports Med</i> 2007;41:e7.
Duplicate	Ganderton C, Semciw A, Cook J, et al. Gluteal loading versus sham exercises to improve pain and dysfunction in postmenopausal women with greater trochanteric pain syndrome: a randomized controlled trial. <i>J Women's Heal</i> 2018;27:815-29.
Duplicate	Heron SR, Woby SR, Thompson DP. Comparison of three types of exercise in the treatment of rotator cuff tendinopathy/shoulder impingement syndrome: A randomized controlled trial. <i>Physiotherapy</i> 2017;103:167-73.
Duplicate	Jensen B, Bliddal H, Danneskiold-Samsøe B. Comparison of two different treatments of lateral humeral epicondylitis--"tennis elbow". A randomized controlled trial. <i>Ugeskr Laeg</i> 2001;1:1427-31.
Duplicate	Jonsson P, Alfredson H. Superior results with eccentric compared to concentric quadriceps training in patients with jumper's knee: a prospective randomised study. <i>Br J Sports Med</i> 2005;39:847-50
Duplicate	Manias P, Stasinopoulos D. A controlled clinical pilot trial to study the effectiveness of ice as a supplement to the exercise programme for the management of lateral elbow tendinopathy. <i>Br J Sports Med</i> 2006;40:81-85.
Duplicate	Senbursa G, Baltacı G, Atay A. Comparison of conservative treatment with and without manual physical therapy for patients with shoulder impingement syndrome: a prospective, randomized clinical trial. <i>Knee Surg Sports Traumatol Arthrosc.</i> 2007;15:915-921.

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Exclusion reason	Full reference
Duplicate	Stasinopoulos D, Manias P. Comparing two eccentric exercise programmes for the management of Achilles tendinopathy. A pilot trial. <i>J Bodyw Mov Ther</i> 2013;17:309-115.
Duplicate	Stergioulas A, Stergioula M, Aarskog R, et al. Effects of low-level laser therapy and eccentric exercises in the treatment of recreational athletes with chronic achilles tendinopathy. <i>Am J Sports Med</i> 2008;36:881-7.
Duplicate	van Ark M. Patellar tendinopathy: Physical therapy and injection treatments (Doctoral dissertation, University of Groningen).2015:1-136.
Duplicate	Walther M, Werner A, Stahlschmidt T, et al. The subacromial impingement syndrome of the shoulder treated by conventional physiotherapy, self-training, and a shoulder brace: results of a prospective, randomized study. <i>J Shoulder Elbow Surg</i> 2004;1:417-23.
Duplicate	Wetke E, Johannsen F, Langberg H. A hilles tendinopathy: A prospective study on the effect of active rehabilitation and steroid injections in a clinical setting. <i>Scan J Med Sci Sports</i> 2015;25:e392-399.
Insufficient exercise data	
Insufficient exercise data	Akgün K, Birtane M, Akarirmak U. Is local subacromial corticosteroid injection beneficial in subacromial impingement syndrome? <i>Clin Rheumatol</i> 2004;23:496-500.
Insufficient exercise data	Akkurt HE, Kocabas H, Yilmaz H, et al. Comparison of an epicondylitis bandage with a wrist orthosis in patients with lateral epicondylitis. <i>Prosthet Orthot Int</i> 2018;42:599-605.
Insufficient exercise data	Al Dajah SB. Soft tissue mobilization and PNF improve range of motion and minimize pain level in shoulder impingement. <i>J Phys Ther Sci</i> 2014;26:1803-5.
Insufficient exercise data	Alfredson H, Lorentzon R. Intratendinous glutamate levels and eccentric training in chronic Achilles tendinosis: a prospective study using microdialysis technique. <i>Knee Surg Sports Traumatol Arthrosc</i> 2003;11(3):196-199.
Insufficient exercise data	Apostolos S. The influence of low level laser and pyrometric exercises in the treatment of patients with tennis elbow. a pilot study. 2004. http://cev.org.br/biblioteca/the-influence-of-low-level-laser-and-plyometric-exercises-in-the-treatment-of-patients-with-tennis-elbow-pilot-study/ (accessed 21 Jun 2021)
Insufficient exercise data	Aytar A, Baltaci G, Uhl TL, et al. The effects of scapular mobilization in patients with subacromial impingement syndrome: a randomized, double-blind, placebo-controlled clinical trial. <i>J Sport Rehabil</i> 2015;24:116-29.
Insufficient exercise data	Bal A, Eksioğlu E, Gurcay E, et al. Low-level laser therapy in subacromial impingement syndrome. <i>Photomed Laser Surg</i> 2009;27:31-6.
Insufficient exercise data	Barra López ME, López de Celis C, Fernández Jentsch G, et al. Effectiveness of Diacutaneous Fibrolysis for the

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Exclusion reason	Full reference
	treatment of subacromial impingement syndrome: a randomised controlled trial. <i>Man Ther</i> 2013;18:418–24.
Insufficient exercise data	Başkurt F, Özcan A, Algun C. Comparison of effects of phonophoresis and iontophoresis of naproxen in the treatment of lateral epicondylitis. <i>Clin Rehabil</i> 2003;17:96–100.
Insufficient exercise data	Baumer TG, Peltz CD, Drake A, et al. Effects of Rotator Cuff Pathology and Physical Therapy on In Vivo Shoulder Motion and Clinical Outcomes in Patients With a Symptomatic Full-Thickness Rotator Cuff Tear. <i>Orthop J Sports Med</i> 2016;4:2325967116666506.
Insufficient exercise data	Berg OK, Paulsberg F, Brabant C, et al. High-Intensity Shoulder Abduction Exercise in Subacromial Pain Syndrome. <i>Med Sci Sports Exerc</i> 2021 ;53:1-9.
Insufficient exercise data	Bisset L, Beller E, Jull G, et al. Mobilisation with movement and exercise, corticosteroid injection, or wait and see for tennis elbow: Randomised trial. <i>Br Med J</i> 2006;333:939–41.
Insufficient exercise data	Bisset L, Yelland M, Ryan M, et al. Testing the effectiveness of emerging injection therapies compared to physiotherapy for tennis elbow: a randomised control trial. <i>Physiotherapy</i> 2015;101:e155.
Insufficient exercise data	Bisset LM, Coppieters MW, Vicenzino B. Sensorimotor deficits remain despite resolution of symptoms using conservative treatment in patients with tennis elbow: A randomized controlled trial. <i>Arch Phys Med Rehabil</i> 2009;90:1–8.
Insufficient exercise data	Blume CL. Comparison of an eccentric exercise intervention to a concentric exercise intervention in adults with subacromial impingement syndrome (Doctoral dissertation, Texas Woman’s University). 2014:1-218.
Insufficient exercise data	Bostrøm K, Mæhlum S, Småstuen MC, et al. Clinical comparative effectiveness of acupuncture versus manual therapy treatment of lateral epicondylitis: feasibility randomized clinical trial. <i>Pilot feasibility Stud</i> 2019;5:110.
Insufficient exercise data	Branson R, Naidu K, du Toit C, et al. Comparison of corticosteroid, autologous blood or sclerosant injections for chronic tennis elbow. <i>J Sci Med Sport</i> 2017;20:528-533.
Insufficient exercise data	Brown R, Orchard J, Kinchington M, et al. Aprotinin in the management of Achilles tendinopathy: a randomised controlled trial. <i>Br J Sports Med</i> 2006;40:275-279.
Insufficient exercise data	Brown R, Orchard J, Kinchington M, et al. Aprotinin in the management of Achilles tendinopathy: a randomised controlled trial. <i>Br J Sports Med</i> 2006;40:275–9.
Insufficient exercise data	Canbulat N, Seyahi A, Eren SM, et al. 24. The effect of core stabilization exercises in the rehabilitation of patients with subacromial impingement syndrome [Abstract]. <i>Türkiye Fiz Tıp ve Rehabil Derg</i> 2013;59:431.

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Exclusion reason	Full reference
Insufficient exercise data	Chapman-Jones D, Hill D. Novel microcurrent treatment is more effective than conventional therapy for chronic Achilles tendinopathy: randomised comparative trial. <i>Physiotherapy</i> 2002;1:471-80.
Insufficient exercise data	Cherry E, Agostinucci J, McLinden J. The effect of cryotherapy and exercise on lateral epicondylitis: a controlled randomised study. <i>Int J Ther Rehabil</i> 2012;19:641-650.
Insufficient exercise data	Chung B, Wiley JP, Rose MS. Long-term effectiveness of extracorporeal shockwave therapy in the treatment of previously untreated lateral epicondylitis. <i>Clin J Sport Med</i> 2005;15:305-12.
Insufficient exercise data	Citaker S, Taskiran H, Akdur H, et al. Comparison of the mobilization and proprioceptive neuromuscular facilitation methods in the treatment of shoulder impingement syndrome. <i>Pain Clin</i> 2005;17:197-202.
Insufficient exercise data	Cloke DJ, Watson H, Purdy S, et al. A pilot randomized, controlled trial of treatment for painful arc of the shoulder. <i>J Shoulder Elbow Surg</i> 2008;17:S17-21.
Insufficient exercise data	Coff L, Massy-Westropp N, Caragianis S. Randomized controlled trial of a new electrical modality (InterX) and soft tissue massage, stretching, ultrasound and exercise for treating lateral epicondylitis. <i>Hand Ther</i> 2009;14:46-52.
Insufficient exercise data	Cook C, Learman K, Houghton S, et al. The addition of cervical unilateral posterior-anterior mobilisation in the treatment of patients with shoulder impingement syndrome: A randomised clinical trial. <i>Man Ther</i> 2014;19:18-24 .
Insufficient exercise data	Coombes BK, Connelly L, Bisset L, et al. Economic evaluation favours physiotherapy but not corticosteroid injection as a first-line intervention for chronic lateral epicondylalgia: evidence from a randomised clinical trial. <i>Br J Sports Med</i> 2016;50:1400-5.
Insufficient exercise data	Crawshaw DP, Helliwell PS, Hensor EMA, et al. Exercise therapy after corticosteroid injection for moderate to severe shoulder pain: large pragmatic randomised trial. <i>BMJ</i> 2010;340:e3037-e3037.
Insufficient exercise data	Croisier JL, Forthomme B, Foidart-Dessalle M, et al. Isokinetic eccentric exercises in treating chronic tendinitis [Abstract]. <i>Isokinet Exerc Sci</i> 2002;10:25-6.
Insufficient exercise data	de Jonge S, de Vos J. R, Weir A, et al. One-year follow-up of platelet-rich plasma treatment in chronic Achilles tendinopathy: a double-blind randomized placebo-controlled trial. <i>Am J Sports Med</i> 2011;39:1623-9.
Insufficient exercise data	De Jonge S, de Vos RJ, Van Schie HTM, et al. One-year follow-up of a randomised controlled trial on added splinting to eccentric exercises in chronic midportion Achilles tendinopathy. <i>Br J Sports Med</i> 2010;44:673-677.

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Exclusion reason	Full reference
Insufficient exercise data	Di Lorenzo L, Pappagallo M, Gimigliano R, et al. Pain relief in early rehabilitation of rotator cuff tendinitis: any role for indirect suprascapular nerve block? <i>Eura Medicophys</i> 2006;42:195–204.
Insufficient exercise data	Dickens VA, Williams JL, Bhamra MS. Role of physiotherapy in the treatment of subacromial impingement syndrome: a prospective study. <i>Physiotherapy</i> 2005;91:159–64.
Insufficient exercise data	Dilek B, Gulbahar S, Gundogdu M, et al. Efficacy of Proprioceptive Exercises in Patients with Subacromial Impingement Syndrome: A Single-Blinded Randomized Controlled Study. <i>Am J Phys Med Rehabil</i> 2016;95:169–82.
Insufficient exercise data	Dragoo JL, Braun HJ, Wasterlain AS. Platelet-Rich Plasma as a Treatment for Patellar Tendinopathy: A Double-Blind Randomized Controlled Trial. <i>Am J Sports Med</i> 2014;42:610–618.
Insufficient exercise data	Dragoo JL, Wasterlain AS, Braun HJ, et al. Platelet-Rich Plasma as a Treatment for Patellar Tendinopathy. <i>Am J Sports Med</i> 2014;42:610–8.
Insufficient exercise data	Elsodany AM, Alayat MSM, Ali MME, et al. Long-Term Effect of Pulsed Nd:YAG Laser in the Treatment of Patients with Rotator Cuff Tendinopathy: A Randomized Controlled Trial. <i>Photomed Laser Surg</i> 2018;36:506–13.
Insufficient exercise data	Entrellardat Tortillol E. Effectiveness of percutaneous needle electrolysis and eccentric exercise in chronic patellar tendinopathy. <i>Rev Fisioter Invasiva / J Invasive Tech Phys Ther</i> 2019;02:75.
Insufficient exercise data	Eraslan L, Baltaci G, Yuce D, et al. Effects of Physiotherapy Approaches on Pain and Strength in Lateral Epicondylitis: A Randomized Clinical Trial [abstract]. <i>Med Sci Sport Exerc</i> 2015;47:614.
Insufficient exercise data	Farfaras S, Sernert N, Hallström E, et al. Comparison of open acromioplasty, arthroscopic acromioplasty and physiotherapy in patients with subacromial impingement syndrome: a prospective randomised study. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2016;24:2181–91.
Insufficient exercise data	Furia JP. High-energy extracorporeal shock wave therapy as a treatment for insertional Achilles tendinopathy. <i>Am J Sports Med</i> 2006;34:733–740.
Insufficient exercise data	Giombini A, Di Cesare A, Safran MR, et al. Short-term Effectiveness of Hyperthermia for Supraspinatus Tendinopathy in Athletes. <i>Am J Sports Med</i> 2006;34:1247–53.
Insufficient exercise data	González PP, Brahim MB. Treatment of Shoulder Impingement Syndrome in Adolescent Tennis Players. / Tractament de la síndrome subacromial en tennistes adolescents. <i>Apunt Educ Física i Esports</i> 2018;132:32–47.
Insufficient exercise data	Güler H, Turhanoğlu AD, Inanoğlu K, et al. Comparison of ketoprofen phonophoresis with ketoprofen and lidocaine-prilocaine phonophoresis in patients with subacromial

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Exclusion reason	Full reference
	impingement syndrome. Turkish J Rheumatol 2009;24:88–93.
Insufficient exercise data	Gunay Ucurum S, Kaya DO, Kayali Y, et al. Comparison of different electrotherapy methods and exercise therapy in shoulder impingement syndrome: A prospective randomized controlled trial. Acta Orthop Traumatol Turc 2018;52:249–55.
Insufficient exercise data	Haahr JP, Andersen JH. Exercises may be as efficient as subacromial decompression in patients with subacromial stage II impingement: 4-8-years' follow-up in a prospective, randomized study. Scand J Rheumatol 2006;35:224–8.
Insufficient exercise data	Haahr JP, Andersen JH. Prognostic factors in lateral epicondylitis: A randomized trial with one-year follow-up in 266 new cases treated with minimal occupational intervention of the usual approach in general practice. Rheumatology 2003;42:1216–25.
Insufficient exercise data	Hernández Herrero D, Berjillos Donamayor A, de la Corte Rodríguez H, et al. Elbow tendinosis treated by several electrotherapy techniques: a prospective randomized study. 2006;4:131–138
Insufficient exercise data	Jensen B, Bliddal H, Danneskiold-Samsøe B. Comparison of two different treatments of lateral humeral epicondylitis--" tennis elbow". A randomized controlled trial. Ugeskr Laeg 2001;163:1427-1431.
Insufficient exercise data	Jerosch J, Wustner P. The effect of a sensorimotor exercise program in patients with subacromial pain syndrome. Unfallchirurg 2002;105:36–43.
Insufficient exercise data	Johansson K, Bergström A, Schröder K, et al. Subacromial corticosteroid injection or acupuncture with home exercises when treating patients with subacromial impingement in primary care--a randomized clinical trial. Fam Pract 2011;28:355–65.
Insufficient exercise data	Jowett S, Crawshaw DP, Helliwell PS, et al. Cost-effectiveness of exercise therapy after corticosteroid injection for moderate to severe shoulder pain due to subacromial impingement syndrome: a trial-based analysis. Rheumatology 2013;52:1485–91.
Insufficient exercise data	Kaya E, Zinnuroglu M, Tugcu I. Kinesio taping compared to physical therapy modalities for the treatment of shoulder impingement syndrome. Clin Rheumatol 2011;30:201–7.
Insufficient exercise data	Kesikburun S, Tan AK, Yilmaz B, et al. Platelet-rich plasma injections in the treatment of chronic rotator cuff tendinopathy: a randomized controlled trial with 1-year follow-up. Am J Sports Med 2013;41:2609–16.
Insufficient exercise data	Ketola S, Lehtinen J, Elo P, et al. No difference in long-term development of rotator cuff rupture and muscle volumes in impingement patients with or without decompression: A

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Exclusion reason	Full reference
	randomized MRI study of 140 patients. Acta Orthop 2016;87:351–5.
Insufficient exercise data	Ketola S, Lehtinen J, Rousi T, et al. Which patients do not recover from shoulder impingement syndrome, either with operative treatment or with nonoperative treatment? Acta Orthop 2015;86:641–6.
Insufficient exercise data	Ketola S, Lehtinen JT, Arnala I. Arthroscopic decompression not recommended in the treatment of rotator cuff tendinopathy. Bone Joint J 2017;99-B:799–805.
Insufficient exercise data	Kim J, Lee SC, Chun Y, et al. Effects of a 4-Week Short-Foot Exercise Program on Gait Characteristics in Patients With Stage II Posterior Tibial Tendon Dysfunction. J Sport Rehabil 2020;30:120-128.
Insufficient exercise data	Kim S, Kwon O, Weon J, et al. The effect of the neurac training on shoulder isokinetic performance in patients with acute-phase subacromial impingement syndrome [Abstract]. Man Ther 2016;25:e59 https://www.infona.pl/resource/bwmeta1.element.elsevier-7217cec5-508b-3ebf-bb33-8aef41a575e1 (accessed 01 Jul 2021)
Insufficient exercise data	Kim SJ, Yeo SM, Noh SJ, et al. Effect of platelet-rich plasma on the degenerative rotator cuff tendinopathy according to the compositions. J Orthop Surg Res 2019;14:408.
Insufficient exercise data	Kolk A, Auw Yang KG, Tamminga R, et al. Radial extracorporeal shock-wave therapy in patients with chronic rotator cuff tendinitis: a prospective randomised double-blind placebo-controlled multicentre trial. Bone Joint J 2013;95:1521-6.
Insufficient exercise data	Krogh TP, Ellingsen T, Christensen R, et al. Ultrasound-guided injection therapy of Achilles tendinopathy with platelet-rich plasma or saline: a randomized, blinded, placebo-controlled trial. Am J Sports Med 2016;44:1990-1997.
Insufficient exercise data	Kumar N, Nehru A, Rajalakshmi D. Effect of taping as a component of conservative treatment for subacromial impingement syndrome. Health 2012;26:237-241.
Insufficient exercise data	Kvalvaag E, Brox JI, Engebretsen KB, et al. Effectiveness of radial extracorporeal shock wave therapy (rESWT) when combined with supervised exercises in patients with subacromial shoulder pain. Am J Sports Med 2017;45:2547–54.
Insufficient exercise data	Kvalvaag E, Roe C, Engebretsen KB, et al. One year results of a randomized controlled trial on radial Extracorporeal Shock Wave Treatment, with predictors of pain, disability and return to work in patients with subacromial pain syndrome. Eur J Phys Rehabil Med 2018;54:341–50.
Insufficient exercise data	Leduc BE, Caya J, Tremblay S, et al. Treatment of calcifying tendinitis of the shoulder by acetic acid iontophoresis: a

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Exclusion reason	Full reference
	double-blind randomized controlled trial. Arch Phys Med Rehabil 2003;84:1523–7.
Insufficient exercise data	Littlewood C, Malliaras P, Mawson S, et al. Self-managed loaded exercise versus usual physiotherapy treatment for rotator cuff tendinopathy: a pilot randomised controlled trial. Physiotherapy 2014;100:54–60.
Insufficient exercise data	López-de-Celis C, Barra-López ME, González-Rueda V, et al. Effectiveness of diacutaneous fibrolysis for the treatment of chronic lateral epicondylalgia: a randomized clinical trial. Clin Rehabil 2018;32:644–53.
Insufficient exercise data	Mellor R, Bennell K, Grimaldi A, et al. Education plus exercise versus corticosteroid injection use versus a wait and see approach on global outcome and pain from gluteal tendinopathy: prospective, single blinded, randomised clinical trial. Br J Sports Med 2018;52:1464–72.
Insufficient exercise data	Miccinilli S, Bravi M, Morrone M, et al. A Triple Application of Kinesio Taping Supports Rehabilitation Program for Rotator Cuff Tendinopathy: a Randomized Controlled Trial. Ortop Traumatol Rehabil 2018;20:499–505.
Insufficient exercise data	Munteanu SE, Scott LA, Bonanno DR, et al. Effectiveness of customised foot orthoses for Achilles tendinopathy: a randomised controlled trial. Br J Sports Med 2015;49:989–94.
Insufficient exercise data	Newcomer KL, Laskowski ER, Idank DM, et al. Corticosteroid injection in early treatment of lateral epicondylitis. Clin J Sport Med 2001;11:214–22.
Insufficient exercise data	O’Neill S, Watson P, Barry S. Eccentric rehabilitation for runners with Achilles tendinopathy improves endurance capacity of the plantarflexors [Abstract]. Physiotherapy 2015;101:e1143–4.
Insufficient exercise data	Ohberg L, Lorentzon R, Alfredson H. Eccentric training in patients with chronic Achilles tendinosis: normalised tendon structure and decreased thickness at follow up. Br J Sports Med 2004;38:8–11.
Insufficient exercise data	Oken O, Kahraman Y, Ayhan F, et al. The Short-term Efficacy of Laser, Brace, and Ultrasound Treatment in Lateral Epicondylitis: A Prospective, Randomized, Controlled Trial. J Hand Ther 2008;21:63–8.
Insufficient exercise data	Özgen M, Fırat S, Sarsan A, et al. Short- and long-term results of clinical effectiveness of sodium hyaluronate injection in supraspinatus tendinitis. Rheumatol Int 2012;32:137–44.
Insufficient exercise data	Paoloni JA, Appleyard RC, Nelson J, et al. Topical Glycerol Trinitrate Treatment of Chronic Noninsertional Achilles Tendinopathy. J Bone Jt Surg 2004;86:916–22.
Insufficient exercise data	Pasin T, Ataoglu S, Pasin O, et al. Comparison of the effectiveness of platelet-rich plasma, corticosteroid, and physical therapy in subacromial impingement syndrome. Arch Rheumatol 2019;34:308–16.

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Insufficient exercise data	Pienimaki T, Karinen P, Kemila T, et al. Long-term follow-up of conservatively treated chronic tennis elbow patients. A prospective and retrospective analysis. <i>Scand J Rehabil Med</i> 1998;30:159–66.
Insufficient exercise data	Prat PI, Cibrowski D, Zuliani A, et al. Efficacy of fascial manipulation and eccentric exercise for lateral elbow pain. <i>J Bodyw Mov Ther</i> 2018;22:855.
Insufficient exercise data	Ram R, Meeuwisse W, Patel C, et al. The Limited Effectiveness of a Home-Based Eccentric Training for Treatment of Achilles Tendinopathy. <i>Clin Investig Med</i> 2013;36:197.
Insufficient exercise data	Rasmussen S, Christensen M, Mathiesen I, et al. Shockwave therapy for chronic Achilles tendinopathy: a double-blind, randomized clinical trial of efficacy. <i>Acta Orthop</i> 2008;79:249-256.
Insufficient exercise data	Razavi M, Jansen GB. Effects of acupuncture and placebo TENS in addition to exercise in treatment of rotator cuff tendinitis. <i>Clin Rehabil</i> 2004;18:872–8.
Insufficient exercise data	Riley SP, Cote MP, Leger RR, et al. Short-term effects of thoracic spinal manipulations and message conveyed by clinicians to patients with musculoskeletal shoulder symptoms: a randomized clinical trial. <i>J Man Manip Ther</i> 2015;23:3–11.
Insufficient exercise data	Rio E, Kidgell D, Purdam C, et al. Isometric exercise induces analgesia and reduces inhibition in patellar tendinopathy. <i>Br J Sports Med</i> 2015;49:1277–1283.
Insufficient exercise data	Romero-Morales C, Martín-Llantino PJ, Calvo-Lobo C, et al. Effectiveness of eccentric exercise and a vibration or cryotherapy program in enhancing rectus abdominis muscle thickness and inter-rectus distance in patients with chronic mid-portion achilles tendinopathy: A randomized clinical trial. <i>Int J Med Sci</i> 2018;15:1764-1770.
Insufficient exercise data	Saggini R, Di Stefano A, Galati V, et al. Long-term effectiveness of combined mechanotransduction treatment in jumper’s knee. <i>Eur J Inflamm</i> 2012;10:515–24.
Insufficient exercise data	Schmitt J, Haake M, Tosch A, et al. Low-energy extracorporeal shock-wave treatment (ESWT) for tendinitis of the supraspinatus: a prospective, randomised study. <i>J Bone Surg Joint Am</i> 2001;83:873-876.
Insufficient exercise data	Selvanetti A, Barrucci A, Antonaci A, et al. L’esercizio eccentrico nella rieducazione funzionale dell’ epicondilitite: studio randomizzato controllato (Role of the eccentric exercise in the functional reeducation of lateral epicondylitis: a randomised controlled clinical trial) [Italian]. <i>Med Dello Sport</i> 2003;56:103–13.
Insufficient exercise data	Solomons L, Lee JJY, Bruce M, et al. Intramuscular stimulation vs sham needling for the treatment of chronic midportion Achilles tendinopathy: A randomized controlled clinical trial. <i>PLoS One</i> 2020;15: e0238579

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Insufficient exercise data	Stefanou A, Marshall N, Holdan W, et al. A randomized study comparing corticosteroid injection to corticosteroid iontophoresis for lateral epicondylitis. <i>J Hand Surg Am</i> 2012; 37:104-109.
Insufficient exercise data	Struijs PAA, Korthals-de Bos IBC, van Tulder MW, et al. Cost effectiveness of brace, physiotherapy, or both for treatment of tennis elbow. <i>Br J Sports Med</i> 2006;40:637-43.
Insufficient exercise data	Struyf F, Nijs J, Mollekens S, et al. Scapular-focused treatment in patients with shoulder impingement syndrome: a randomized clinical trial. <i>Clin Rheumatol</i> 2013;32:73-85.
Insufficient exercise data	Subaşı V, Çakır T, Arıca Z, et al. Comparison of efficacy of kinesiological taping and subacromial injection therapy in subacromial impingement syndrome. <i>Clin Rheumatol</i> 2016;35:741-6.
Insufficient exercise data	Subaşı V, Toktaş H, Demirdal ÜS, et al. Water-Based versus Land-Based Exercise Program for the Management of Shoulder Impingement Syndrome. / Omuz Subakromiyal Sıkışma Sendromunun Tedavisinde Su İçi Egzersizler ile Kara Egzersizlerinin Karşılaştırılması. <i>Turkish J Phys Med Rehabil</i> 2012;58:79-84.
Insufficient exercise data	Szczerko O, Cooley K, Mills EJ, et al. Naturopathic treatment of rotator cuff tendinitis among Canadian postal workers: A randomized controlled trial. <i>Arthritis Rheum</i> 2009;61:1037-45.
Insufficient exercise data	Taskaynatan MA, Ozgul A, Ozdemir A, et al. Effects of Steroid Iontophoresis and Electrotherapy on Bicipital Tendonitis. <i>J Musculoskelet Pain</i> 2007;15:47-54.
Insufficient exercise data	Tetschke E, Rudolf M, Lohmann CH, et al. Autologous proliferative therapies in recalcitrant lateral epicondylitis. <i>Am J Phys Med Rehabil</i> 2015;1:696-706.
Insufficient exercise data	Thanasas C, Papadimitriou G, Charalambidis C, et al. Platelet-rich plasma versus autologous whole blood for the treatment of chronic lateral elbow epicondylitis: a randomized controlled clinical trial. <i>Am J Sports Med</i> 2011;39:2130-4.
Insufficient exercise data	Thompson G, Pearson JF. No attributable effects of PRP on greater trochanteric pain syndrome. <i>N Z Med J</i> 2019;132:22-32.
Insufficient exercise data	Tumilty S, Baxter GD. Heavy load eccentric exercise for Achilles tendinopathy; too much of a good thing?. <i>Physiotherapy</i> 2015;101:e1546-1547.
Insufficient exercise data	Turgut E, Duzgun I. AB1428-HPR Two-year follow-up of the therapeutic exercise program for patients with rotator cuff tendinopathy: a single group study to investigate the effects on pain and disability. In: Saturday, 16 JUNE 2018. BMJ Publishing Group Ltd and European League Against Rheumatism 2018. 1847.3-1848.

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Exclusion reason	Full reference
Insufficient exercise data	van der Plas A, de Jonge S, de Vos RJ, et al. A 5-year follow-up study of Alfredson's heel-drop exercise programme in chronic midportion Achilles tendinopathy. <i>Br J Sport Med</i> 2012;46:214–8.
Insufficient exercise data	van der Vlist AC, Veldhoven PLJ, Oosterom RF, et al. Isometric exercises do not provide immediate pain relief in Achilles tendinopathy: A quasi-randomized clinical trial. <i>Scand J Med Sci Sports</i> 2020;30:1712–21.
Insufficient exercise data	van der Worp H, Zwerver J, Hamstra M, et al. No difference in effectiveness between focused and radial shockwave therapy for treating patellar tendinopathy: a randomized controlled trial. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2014;22:2026–32.
Insufficient exercise data	Wang CJ, Ko JY, Chan YS, et al. Extracorporeal shockwave for chronic patellar tendinopathy. <i>Am J Sports Med</i> 2007;35.
Insufficient exercise data	Weir A, Jansen J, Van de Port IGL, et al. Manual or exercise therapy for long-standing adductor-related groin pain: a randomised controlled clinical trial. <i>Man Ther</i> 2011;16:148–54.
Insufficient exercise data	Wiener M, Mayer F. Effects of physiotherapy on peak torque and pain in patients with tendinitis of the supraspinatus muscle. <i>Dtsch Z Sportmed</i> 2005;56:383–7.
Insufficient exercise data	Wilson JK, Sevier TL, Helfst R, et al. Comparison of rehabilitation methods in the treatment of patellar tendinitis. <i>J Sport Rehabil</i> 2000;9:304–14.
Insufficient exercise data	Worsley P, Mottram S, Warner M, et al. Clinical outcomes following motor control rehabilitation for shoulder impingement. <i>Rheumatology</i> 2012;51:95.
Insufficient exercise data	Yelland M, Rabago D, Ryan M, et al. Prolotherapy injections and physiotherapy used singly and in combination for lateral epicondylalgia: a single-blinded randomised clinical trial. <i>BMC Musculoskelet Disord</i> 2019;20:509.
Insufficient exercise data	Yildirim MA, Ones K, Celik EC. Comparison of ultrasound therapy of various durations in the treatment of subacromial impingement syndrome. <i>J Phys Ther Sci</i> 2013;25:1151–4.
Insufficient exercise data	Young M, Cook J, Purdam C, et al. Conservative treatment of patellar tendinopathy: A randomised trial comparing two treatment regimes [Abstract]. <i>J Sci Med Sport</i> 2002;5:120.
Insufficient exercise data	Yuksel E, Yesilyaprak SS. The Effectiveness of Scapular Stabilization Exercises in Patients with Subacromial Impingement Syndrome and Scapular Dyskinesia. <i>Ann Rheum Dis</i> 2015;74:1316.
Not tendinopathy specific	Bialoszewski D, Zaborowski G. Usefulness of Manual Therapy in the Rehabilitation of Patients with Chronic Rotator Cuff Injuries. Preliminary Report. <i>Ortop Traumatol Rehabil</i> 2011;1:9-20.

Table 1 Excluded Studies Effectiveness Review

Exclusion reason	Full reference
Not tendinopathy specific	Winters JC, Sobel JS, Groenier KH, et al. Comparison of physiotherapy, manipulation, and corticosteroid injection for treating shoulder complaints in general practice: randomised, single blind study. <i>BMJ</i> 1997;3:1320-1325.
Wrong concept	Alfredson H, Öhberg L. Sclerosing injections to areas of neo-vascularisation reduce pain in chronic Achilles tendinopathy: a double-blind randomised controlled trial. <i>Knee Surg Sports Traumatol Arthrosc</i> 2005; 13:338-44.
Wrong concept	Brinks A, van Rijn RM, Willemsen SP, Bohnen AM, Verhaar JA, Koes BW, Bierma-Zeinstra SM. Corticosteroid injections for greater trochanteric pain syndrome: a randomized controlled trial in primary care. <i>Ann Fam Med</i> 2011;1:226-34.
Wrong concept	Ebbesen BH, Mølgaard CM, Olesen JL, et al. No beneficial effect of polidocanol treatment in achilles tendinopathy: a randomised controlled trial. <i>Knee Surg Sports Traumatol Arthrosc</i> 2018;26:2038-44.
Wrong concept	Furia JP. Extracorporeal shockwave therapy in the treatment of chronic insertional Achilles tendinopathy: A congress report. <i>Orthopade</i> 2005;34:571-578.
Wrong concept	Furia JP. High-energy extracorporeal shock wave therapy as a treatment for chronic noninsertional Achilles tendinopathy. <i>Am J Sports Med</i> 2008;36:502-508.
Wrong concept	Gündüz R, Malas FÜ, Borman P, et al. Physical therapy, corticosteroid injection, and extracorporeal shock wave treatment in lateral epicondylitis. <i>Clin Rheumatol</i> 2012; 1:807-12.
Wrong concept	Hoksrud A, Öhberg L, Alfredson H, et al. Ultrasound-guided sclerosis of neovessels in painful chronic patellar tendinopathy: a randomized controlled trial. <i>Am J Sports Med</i> 2006;34:1738-1746.
Wrong concept	Saunders L. Laser versus ultrasound in the treatment of supraspinatus tendinosis: randomised controlled trial. <i>Physiotherapy</i> 2003;1:365-373.
Wrong concept	Schmitt J, Haake M, Tosch A, et al. Low-energy extracorporeal shock-wave treatment (ESWT) for tendinitis of the supraspinatus: a prospective, randomised study. <i>J Bone Joint Surg Am</i> 2001;83:873-6.
Wrong concept	Schmitt J, Tosch A, Hünerkopf M, et al. Extracorporeal shockwave therapy (ESWT) as therapeutic option in supraspinatus tendon syndrome? One year results of a placebo controlled study. <i>Orthopade</i> 2002;1:652-7.
Wrong concept	Skorupska E, Lisinski P, Samborski W. The effectiveness of the conservative versus myofascial pain physiotherapy in tennis elbow patients: double-blind randomized trial of 80 patients. <i>J Musculoskelet Pain</i> 2012; 1:41-50.
Wrong concept	Speed CA, Richards C, Nichols D, et al. Extracorporeal shock-wave therapy for tendonitis of the rotator cuff: a

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Exclusion reason	Full reference
	double-blind, randomised, controlled trial. J Bone Joint Surg Am 2002;84:509-12.
Wrong concept	Speed CA, Richards C, Nichols D, et al. Extracorporeal shock-wave therapy for tendonitis of the rotator cuff: a double-blind, randomised, controlled trial. J Bone Surg Joint Am 2002;84:509-512.
Wrong concept	Zwerver J, Hartgens F, Verhagen E, et al. No effect of extracorporeal shockwave therapy on patellar tendinopathy in jumping athletes during the competitive season: a randomized clinical trial. Am J Sports Med 2011;39:1191-1199.
Wrong HDI rank	Akhtar M, Karimi H, Gilani SA, et al. Effects of routine physiotherapy with and without neuromobilization in the management of internal shoulder impingement syndrome: A randomized controlled trial. Pak J Med Sci 2020;36:596-602
Wrong HDI rank	Atya AM. Efficacy of microcurrent electrical stimulation on pain, proprioception accuracy and functional disability in subacromial impingement: RCT. Indian J Physiother Occup Ther 2012;6:15-18.
Wrong HDI rank	Babaei-Ghazani A, Shahrami B, Fallah E, et al. Continuous shortwave diathermy with exercise reduces pain and improves function in Lateral Epicondylitis more than sham diathermy: A randomized controlled trial. J Bodyw Mov Ther 2020; 1:69-76.
Wrong HDI rank	Behera P, Dhillon M, Aggarwal S, et al. Leukocyte-poor platelet-rich plasma versus bupivacaine for recalcitrant lateral epicondylar tendinopathy. J Orthop Surg 2015;23:6-10.
Wrong HDI rank	Bhardwaj P, Dhawan A. The relative efficacy of mobilization with movement versus Cyriax physiotherapy in the treatment of lateral epicondylitis. Indian J Physiother Occup Ther 2011;5:142-146.
Wrong HDI rank	Deshak S, Yeole U, Moralwar S. Effect of Functional Task Exercises on Hand Function and Grip Strength in Patients with Lateral epicondylitis. Indian J Public Health Res Dev 2020;11:927-932.
Wrong HDI rank	Eslamian F, Shakouri SK, Ghojazadeh M, et al. Effects of low-level laser therapy in combination with physiotherapy in the management of rotator cuff tendinitis. Lasers Med Sci 2012; 27:951-8.
Wrong HDI rank	Ibrahim DH, El-Gazzar NM, El-Saadany HM, et al. Ultrasound-guided injection of platelet rich plasma versus corticosteroid for treatment of rotator cuff tendinopathy: effect on shoulder pain, disability, range of motion and ultrasonographic findings. Egypt Rheumatol 2019; 41:157-161.
Wrong HDI rank	Jiang W, Zhuang J, Zhang Y, et al. The effect of platelet-rich plasma in the treatment of external humeral

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Exclusion reason	Full reference
	epicondylitis and an analysis of the influencing factors. <i>Int J Clin Exp Med</i> 2020;13:3866-3874.
Wrong HDI rank	Kanniappan V, Sathosh AM. To Compare the Effect of Eccentric Exercises and Isometric Exercises for Achilles Tendinitis in Skaters. <i>Journal Lifestyle Med</i> 2020;10:49-54.
Wrong HDI rank	Kuhkamar MMZ, Hadadnezhad M, Tazji MK. The effect of eight weeks' scapular focused training on pain, proprioception, scapular kinematics and upper extremity performance in male volleyball players with shoulder impingement syndrome: a randomized clinical trial study. <i>Med J Tabriz Uni Med</i> 2020;42:466-475.
Wrong HDI rank	Kumar N, Nehru A, Rajalakshmi D. Effect of taping as a component of conservative treatment for subacromial impingement syndrome. <i>Health</i> 2012; 26:237-41.
Wrong HDI rank	Kumar PG, Balamurugan N, Rajavel R, et al. Comparison between the effectiveness of decline squat exercise and forward lunges in athletes with patellar tendinopathy. <i>Drug Invent Today</i> . 2020;14:997-1000.
Wrong HDI rank	Letafatkar A, Rabiei P, Kazempour S, et al. Comparing the effects of no intervention with therapeutic exercise, and exercise with additional Kinesio tape in patients with shoulder impingement syndrome. A three-arm randomized controlled trial. <i>Clin Rehabil</i> 2021;35:558-567.
Wrong HDI rank	Martins da Silva L, Maciel Bello G, Chuaste Flores B, et al. Kinesio Tape In Shoulder Rotator Cuff Tendinopathy: A Randomized, Blind Clinical Trial. <i>Muscles Ligaments Tendons J</i> 2020; 10:364-375.
Wrong HDI rank	Martins LV, Marziale MH. Assessment of proprioceptive exercises in the treatment of rotator cuff disorders in nursing professionals: a randomized controlled clinical trial. <i>Braz J Phys Ther</i> 2012;16:502-9.
Wrong HDI rank	Martins LV, Marziale MHP. Assessment of proprioceptive exercises in the treatment of rotator cuff disorders in nursing professionals: a randomized controlled clinical trial. <i>Rev Bras Fisioter</i> 2012;16:502-509.
Wrong HDI rank	Moezy A, Sephehrifar S, Dodaran MS. The effects of scapular stabilization based exercise therapy on pain, posture, flexibility and shoulder mobility in patients with shoulder impingement syndrome: a controlled randomized clinical trial. <i>Med J Islam Repub Iran</i> 2014;28:87.
Wrong HDI rank	Moslehi M, Letafatkar A, Miri H. Feedback improves the scapular-focused treatment effects in patients with shoulder impingement syndrome. <i>Knee Surg Sports Traumatol Arthrosc</i> 2021;29:2281-2288.
Wrong HDI rank	Mostafae N, Divandari A, Negahban H, et al. Shoulder and scapula muscle training plus conventional physiotherapy versus conventional physiotherapy only: a randomized controlled trial of patients with lateral elbow tendinopathy. <i>Physiother Theory Pract</i> 2020;26:1-2.

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Exclusion reason	Full reference
Wrong HDI rank	Ramteke S, Samal S. To Study the Effect of Rotator Cuff Exercises on Tennis Elbow. <i>Indian J Public Health Res Dev</i> 2020;11:610-613.
Wrong HDI rank	Shakeri H, Keshavarz R, Arab AM, et al. A randomized clinical trial of Kinesio-taping on DASH in patients with subacromial impingement syndrome. <i>J Nov Physiother</i> 2013;3:169.
Wrong outcomes	Balius R, Álvarez G, Baró F, et al. A 3-Arm Randomized Trial for Achilles Tendinopathy: Eccentric Training, Eccentric Training Plus a Dietary Supplement Containing Mucopolysaccharides, or Passive Stretching Plus a Dietary Supplement Containing Mucopolysaccharides. <i>Curr Ther Res</i> 2016;78:1-7.
Wrong outcomes	De Reu S. The Immediate Effects of an External Rotation Exercise Program Compared with a General Exercise Program in Patients with Rotator Cuff Tendinopathy and Healthy Controls: a Randomised Controlled Trial (Doctoral dissertation, Ghent University).2018.1-41.
Wrong outcomes	Desmeules F, Minville L, Riederer B, et al. Acromio-humeral distance variation measured by ultrasonography and its association with the outcome of rehabilitation for shoulder impingement syndrome. <i>Clin J Sport Med</i> 2004;14:197-205.
Wrong outcomes	Gatz M, Betsch M, Tingart M, et al. Effect of a 12-week Eccentric and Isometric Training in Achilles Tendinopathy on the Gastrocnemius Muscle: an Ultrasound Shear Wave Elastography Study. <i>Muscles Ligaments Tendons J</i> 2020; 10:92-99.
Wrong outcomes	Haahr JP, Østergaard S, Dalsgaard J, Norup K, Frost P, Lausen S, Holm EA, Andersen JH. Exercises versus arthroscopic decompression in patients with subacromial impingement: a randomised, controlled study in 90 cases with a one year follow up. <i>Ann Rheum Dis.</i> 2005;64:760-764.
Wrong outcomes	Hakgüder A, Tastekin N, Birtane M, Uzunca K, Zateri C, Süt N. Comparison of the Short-Term Efficacy of Physical Therapy in Subacromial Impingement Syndrome Patients with Stage I and II Magnetic Resonance Imaging Findings. <i>Turk. J. Rheumatol.</i> 2011;26(2):127-134.
Wrong outcomes	Hölmich P, Uhrskou P, Ulnits L, et al. Effectiveness of active physical training as treatment for long-standing adductor-related groin pain in athletes: randomised trial. <i>Lancet</i> 1999; 6:439-43.
Wrong outcomes	Kachanathu SJ, Zedan AM, Hafez AR, Alodaibi FA, Alenazi AM, Nuhmani S. Effect of shoulder stability exercises on hand grip strength in patients with shoulder impingement syndrome. <i>Somatosensory & motor research.</i> 2019;36:97-101.

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Exclusion reason	Full reference
Wrong outcomes	Öhberg L, Alfredson H. Effects on neovascularisation behind the good results with eccentric training in chronic mid-portion Achilles tendinosis? <i>Knee Surg Sports Traumatol Arthrosc</i> 2004;12:465-470.
Wrong outcomes	Romero-Morales C, Javier Martín-Llantino P, Calvo-Lobo C, et al. Ultrasonography effectiveness of the vibration vs cryotherapy added to an eccentric exercise protocol in patients with chronic mid-portion Achilles tendinopathy: A randomised clinical trial. <i>Int Wound J</i> 2019;16:542-549.
Wrong outcomes	Sayana MK, Maffulli N. Eccentric calf muscle training in non-athletic patients with Achilles tendinopathy. <i>J Sci Med Sport</i> . 2007;10:52-8.
Wrong outcomes	Taunton JE, Ryan MB, Wong T. ECCENTRIC-ONLY HEEL DROP TRAINING: EXAMINING A DOSE RESPONSE IN PATIENTS WITH ACHILLES TENDINOSIS. <i>Clin J Sport Med</i> 2004;14:382-383.
Wrong outcomes	Tumilty S, Mani R, Baxter GD. Photobiomodulation and eccentric exercise for Achilles tendinopathy: a randomized controlled trial. <i>Lasers Med Sci</i> 2016;31:127-135.
Wrong population	Brumitt J, Hutchison MK, Kang D, et al. Blood flow restriction training for the rotator cuff: a randomized controlled trial. <i>Int J Sports Physiol Perform</i> 2020;19:1175-1180.
Wrong population	Yiasemides R, Halaki M, Cathers I, et al. Does passive mobilization of shoulder region joints provide additional benefit over advice and exercise alone for people who have shoulder pain and minimal movement restriction? A randomized controlled trial. <i>Phys Ther</i> 2011; 1:178-189.
Wrong study design	Abat F, Diesel WJ, Gelber PE, Polidori F, Monllau JC, Sanchez-Ibañez JM. Effectiveness of the Intratissue Percutaneous Electrolysis (EPI®) technique and isoinertial eccentric exercise in the treatment of patellar tendinopathy at two years follow-up. <i>MLTJ</i> . 2014;4:188-193.
Wrong study design	Abat F, Gelber PE, Polidori F, Monllau JC, Sanchez-Ibañez JM. Clinical results after ultrasound-guided intratissue percutaneous electrolysis (EPI®) and eccentric exercise in the treatment of patellar tendinopathy. <i>Knee Surg Sports Traumatol Arthrosc</i> . 2015;23:1046-52.
Wrong study design	Baeske R, Hall T, Silva MF. The inclusion of mobilisation with movement to a standard exercise programme for patients with rotator cuff related pain: a randomised, placebo-controlled protocol trial. <i>BMC Musculoskelet Disord</i> 2020;21:1-10.
Wrong study design	Bernhardsson S, Klintberg IH, Wendt GK. Evaluation of an exercise concept focusing on eccentric strength training of the rotator cuff for patients with subacromial impingement syndrome. <i>Clin Rehabil</i> 2011;25:69-78.

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Exclusion reason	Full reference
Wrong study design	Croisier JL, Forthomme B, Foidart-Dessalle M, et al. Treatment of recurrent tendinitis by isokinetic eccentric exercises. <i>Isokinet Exerc Sci</i> 2001;9:133-141.
Wrong study design	Davidson JH, Vandervoort A, Lessard L, et al. The effect of acupuncture versus ultrasound on pain level, grip strength and disability in individuals with lateral epicondylitis: a pilot study. <i>Physiother Can</i> 2001;53:195-202.
Wrong study design	Fahlström M, Jonsson P, Lorentzon R, Alfredson H. Chronic Achilles tendon pain treated with eccentric calf-muscle training. <i>Knee Surg Sports Traumatol Arthrosc.</i> 2003;11:327-33.
Wrong study design	Gärdin A, Movin T, Svensson L, et al. The long-term clinical and MRI results following eccentric calf muscle training in chronic Achilles tendinosis. <i>Skeletal Radiol</i> 2010; 39:435-442.
Wrong study design	Holden S, Lyng K, Graven-Nielsen T, et al. Isometric exercise and pain in Patellar tendinopathy: a randomized crossover trial. <i>J Sci Med</i> 2020;1:208-14.
Wrong study design	Kaux JF, Forthomme B, Namurois MH, et al. Description of a standardized rehabilitation program based on sub-maximal eccentric following a platelet-rich plasma infiltration for jumper's knee. <i>Muscles Ligaments Tendons J</i> 2014;4:85-89.
Wrong study design	Keene DJ, Soutakbar H, Hopewell S, et al. Development and implementation of the physiotherapy-led exercise interventions for the treatment of rotator cuff disorders for the 'Getting it Right: Addressing Shoulder Pain'(GRASP) trial. <i>Physiotherapy</i> 2020;1:252-266.
Wrong study design	Knobloch K, Schreibmueller L, Longo UG, Vogt PM. Eccentric exercises for the management of tendinopathy of the main body of the Achilles tendon with or without the AirHeel™ Brace. A randomized controlled trial. A: effects on pain and microcirculation. <i>Disabil. Rehabil.</i> 2008;30:1685-91.
Wrong study design	Knobloch K. Eccentric training in Achilles tendinopathy: is it harmful to tendon microcirculation?. <i>Br. J. Sports Med.</i> 2007;41:1-5.
Wrong study design	Langberg H, Ellingsgaard H, Madsen T, et al. Eccentric rehabilitation exercise increases peritendinous type I collagen synthesis in humans with Achilles tendinosis. <i>Scand J Med Sci Sports</i> 2007 17:61-66.
Wrong study design	Lee DR, Kim LJ. Internal-and External-Rotation Peak Torque in Little League Baseball Players with Subacromial Impingement Syndrome: Improved by Closed Kinetic Chain Shoulder Training. <i>J Sport Rehabil</i> 2016;25:263-265.
Wrong study design	Littlewood C, Malliaras P, Mawson S, et al. Development of a self-managed loaded exercise programme for rotator cuff tendinopathy. <i>Physiotherapy</i> 2013; 1;99:358-362.

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Exclusion reason	Full reference
Wrong study design	Lyftogt J. Prolotherapy and Achilles tendinopathy: a prospective pilot study of an old treatment. <i>Australas Musculoskelet Med</i> 2005;10:17-19
Wrong study design	Macías-Hernández SI, García-Morales JR, Hernández-Díaz C, et al. Tolerance and effectiveness of eccentric vs. concentric muscle strengthening in rotator cuff partial tears and moderate to severe shoulder pain. A randomized pilot study. <i>J Clin Orthop Trauma</i> 2021; 1:106-112.
Wrong study design	Maffulli N, Walley G, Sayana MK, Longo UG, Denaro V. Eccentric calf muscle training in athletic patients with Achilles tendinopathy. <i>Disabil. Rehabil.</i> 2008;30:1677-84.
Wrong study design	Malliaras P, Cridland K, Hopmans R, et al. Internet and telerehabilitation-delivered management of rotator cuff-Related shoulder pain (INTEL trial): Randomized controlled pilot and feasibility trial. <i>JMIR mHealth uHealth</i> 2020;8:e24311.
Wrong study design	Miller P, Osmotherly P. Does scapula taping facilitate recovery for shoulder impingement symptoms? A pilot randomized controlled trial. <i>J Man Manip Ther</i> 2009; 1:6E-13E.
Wrong study design	Payne C. Clinical applications of shear wave elastography to achilles tendon imaging and the monitoring of a rehabilitation protocol for achilles tendinopathy (Doctoral dissertation, University of Brighton). 2018.109-187.
Wrong study design	Pearson SJ, Stadler S, Menz H, Morrissey D, Scott I, Munteanu S, Malliaras P. Immediate and short-term effects of short-and long-duration isometric contractions in patellar tendinopathy. <i>Clin J Sport Med.</i> 2020;30:335-340.
Wrong study design	Roddy E, Ogollah RO, Oppong R, Zwierska I, Datta P, Hall A, Hay E, Jackson S, Jowett S, Lewis M, Shufflebotham J. Optimising outcomes of exercise and corticosteroid injection in patients with subacromial pain (impingement) syndrome: a factorial randomised trial. <i>Br. J. Sports Med.</i> 2021;55:262-271.
Wrong study design	Røe C, Brox JI, Bøhmer AS, et al. Muscle activation after supervised exercises in patients with rotator tendinosis. <i>Arch Phys Med Rehabil</i> 2000;8:67-72.
Wrong study design	Sandford FM, Sanders TA, Wilson H, et al. A randomised controlled trial of long-chain omega-3 polyunsaturated fatty acids in the management of rotator cuff related shoulder pain. <i>BMJ Open Sport Exerc Med</i> 2018;4:e000414.
Wrong study design	Savoie A, Mercier C, Desmeules F, Frémont P, Roy JS. Effects of a movement training oriented rehabilitation program on symptoms, functional limitations and acromiohumeral distance in individuals with subacromial pain syndrome. <i>Man Ther.</i> 2015;20:703-8.
Wrong study design	Silbernagel KG, Thomeé R, Eriksson BI, et al. Full symptomatic recovery does not ensure full recovery of

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Exclusion reason	Full reference
	muscle-tendon function in patients with Achilles tendinopathy. <i>Br J Sports Med</i> 2007;41:276-280.
Wrong study design	Sosa C, Lorenzo A, Jimenez SL, et al. Eccentric exercise in treatment of patellar tendinopathy in high level basketball players. A randomised clinical trial [Abstract]. <i>J Strength Cond Res</i> 2014;28:1
Wrong study design	Stasinopoulos D, Stasinopoulos I. Comparison of effects of exercise programme, pulsed ultrasound and transverse friction in the treatment of chronic patellar tendinopathy. <i>Clin Rehabil</i> 2004;18:347-352.
Wrong study design	Tyler TF, Nicholas SJ, Schmitt BM, et al. Clinical outcomes of the addition of eccentrics for rehabilitation of previously failed treatments of golfers elbow. <i>Int J Sports Phys Ther</i> 2014;9:365-370
Wrong study design	Valera-Garrido F, Minaya-Muñoz F, Medina-Mirapeix F. Ultrasound-guided percutaneous needle electrolysis in chronic lateral epicondylitis: short-term and long-term results. <i>Acupunct Med</i> 2014;32(6):446-454.
Wrong study design	van Ark M, Rio E, Cook J, et al. Clinical improvements are not explained by changes in tendon structure on UTC following an exercise program for patellar tendinopathy. <i>Am J Phys Med</i> 2018;97:708-714.
Wrong study design	van Rensburg KJ, Atkins E. Does thoracic manipulation increase shoulder range of movement in patients with subacromial impingement syndrome? A pilot study. <i>Int Musculoskelet Med</i> 2012; 1:101-107.
Wrong study design	Worsley P, Warner M, Mottram S, et al. Motor control retraining exercises for shoulder impingement: effects on function, muscle activation, and biomechanics in young adults. <i>J Shoulder Elbow Surg</i> 2013;22:e11-9.