

Intervention characteristics of the included trials

Study (year)	Intervention groups*	Injection protocol	Post-intervention exercises
Tiwari (2013) [56]	1) Methylprednisolone (40mg/1ml) 2) PRP (5ml)	Single injection	N/m
Rodriguez (2013) [64]	1) BTX-A (250U) 2) Dexamethasone (8mg) and LA	Single injection	Stretching exercises
Kiter (2006) [57]	1) AWB (2mL) combined with LA 2) Methylprednisolone (40mg) combined with LA 3) Dry needling combined with LA	AWB group: three patients received second injection at four weeks; and ten patients received third injection at eight weeks LC group: seven patients received second injection at four weeks DN group: four patients received second injection at four weeks; and seven patients received third injection at eight weeks. The peppering technique included 10-15 penetrations of the fascia through a skin portal	N/m
Guner (2013) [58]	1) Tenoxicam (10mg) with LA 2) Methylprednisolone (40 mg) with LA	Single injection in both groups, and peppering technique through a single skin portal	Two days after treatment, a PT gave patients the stretching protocol. A formal strengthening program was undertaken after the stretching exercise.
Peterlein (2012) [55]	1) BTX-A (200U) 2) Saline (2ml)	Single injection	Stretching/strengthening programs
Zelen (2013) [52]	1) Standard care [†] , LA, and saline (1.25cc) 2) Standard care [†] , LA, and mDHACM [‡] (0.5cc) 3) Standard care [†] , LA, and mDHACM [‡] (1.25cc)	Two injections (injection of LA, and then injections of either saline or mDHACM)	No
Díaz-Llopis (2011) [61]	1) BTX-A [§] (70U) 2) Betamethasone (12mg) with LA	Single injection was performed at two sites	Patients were encouraged to continue performing stretching of the plantar fascia and of the calf muscles after the injections.
Hanselman (2014) [53]	1) Methylprednisolone (40mg) with LA 2) c-hAM (1ml) with LA	Seventeen participants received one injection, and six patients received two injections.	Participants were given written instructions for plantar fascia and calf stretching exercises. They were instructed to perform these exercises at least five times daily.

Intervention characteristics of the included trials (Continued)

Study (year)	Intervention groups*	Injection protocol	Post-intervention exercises
Babcock (2005) [65]	1) BTX-A ^s (70U) 2) Saline (0.7ml)	Single injection was performed at two sites	All participants were given a home stretching program for the plantar fascia and gastroc/soleus muscle complex.
Lee & Ahmad (2007) [59]	1) AWB (1.5ml) combined with LA 2) Triamcinolone (20mg) with LA	AWB group: Three patients received second injection at twelve weeks. LC group: Two patients received second injection at twelve weeks.	Standard stretching program for the Achilles tendon and plantar fascia
Kim (2013) [47]	1) US-guided 15% dextrose injection (2ml) 2) US-guided unbuffered and unactivated PRP (about 2ml)	Injections of PRP or dextrose solution at a two-week interval using a peppering technique (five penetrations of the fascia through a single skin portal)	No
Monto (2014) [49]	1) US-guided methylprednisolone (40mg) and LAFB (6cc) 2) US-guided unbuffered and unactivated PRP (3cc) and LAFB (6cc)	Single injection	Home eccentric exercises (Swedish heel drop program) and calf/arch stretching regimen on a daily basis
Ball (2012) [62]	1) US-guided of methylprednisolone (20mg) and saline (0.5 ml) 2) Methylprednisolone (20mg) with LA 3) US-guided saline (1ml)	Single injection	N/m
Crawford (1999) [51]	1) Prednisolone (25mg) with LA. 2) Prednisolone (25mg) with LA after a TBN 3) LA 4) LA after a TBN	Single injection in two groups, and injection after a TBN in the rest two groups	N/m
McMillan (2012) [46]	1) Dexamethasone (4mg) after a TBN with LA 2) Saline (1ml) after a TBN with LA	Single injection after a TBN	For the first eight weeks of the study, participants were instructed to complete a daily stretching program.
Mulherin (2009) [63]	1) Methylprednisolone (80mg) with LA 2) TBN 3) TBN and methylprednisolone (80mg)	Single injection in the first group; TBN in the second group; and TBN followed by a single injection in the third group	N/m

Intervention characteristics of the included trials (Continued)

Study (year)	Intervention groups*	Injection protocol	Post-intervention exercises
Huang (2010) [48]	1) US-guided BTX-A [§] injection (50U) in 1ml saline 2) US-guided saline injection (1ml)	Single injection	No
Abdihakim (2012) [66]	1) Methylprednisolone (40mg) with LA and conservative management ^w 2) Saline (1ml) with LA, and conservative management ^w	Single injection	Stretching exercises
Cotchett (2014) [50]	1) Real dry needling 2) Sham dry needling	For both groups: one treatment per week for 6 weeks DN group: the number of insertions depended on the number of MTrPs, participant's tolerance to the injections, tissue responsiveness to intervention, level of post-injection soreness for each muscle Control group: simulation of dry needling injections	No
Omar (2012) [67]	1) CS 2) Unbuffered and unactivated PRP	Single injection	N/m
Kalaci (2009) [60]	1) AWB (2mL) 2) Triamcinolone (2ml) 3) Triamcinolone (2ml) combined with dry needling 4) Dry needling combined with LA	Single injection in two groups, and injection in combination with peppering in the rest two groups	N/m
Kim (2015) [54]	1) PDRN [†] (1.5ml) and conservative management [‡] 2) Saline (1.5ml) and conservative management [‡]	One injection weekly for three weeks	Stretching exercises when the participants wanted it

*Palpation guided, unless indicated otherwise

[†]Nightly splinting (Darco International Inc, Huntington, WV), and daytime use of CamBoot (Active Offloading Walker, Royce Medical, Inc, Camarilo, CA) for two weeks after the intervention

[‡]AmnioFix[®] Injectable, MiMedx Group Inc, Marietta, GA

[§]Botox, Allergan, Irvine, CA, USA

^{||}Clarix® FLO, Amniox Medical, Atlanta, GA

[¶]Placentex® Integro, Mastelli, San Remo, Italy

^wAnalgesics, orthotics, stretching exercises, and shoe recommendations

[¥]Oral medication, stretching exercise or shoe modification when the participants wanted it

AWB= Autologous Whole Blood; LC= Local Corticosteroid; DN= Dry Needling; CS= Corticosteroids; N/m= Not mentioned; PT= physiotherapist;

mDHACM= micronised Dehydrated Amniotic/Chorionic Membrane; TBN= Tibial Nerve Block; LAFB= Local Anesthetic Field Block;

US= Ultrasound; LA= Local Anesthetic; PRP= Platelet-Rich Plasma; BTX-A= Botulinum Toxin-A; PDRN= Polydeoxyribonucleotide;

c-hAM= cryopreserved human Amniotic Membrane; MTrPs= Myofascial Trigger Points.