

Appendix 3a Summary effect sizes, pain and function, longest follow-up and shortest follow-up

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E

Medication

Corticosteroids vs Control	-0.65 (-1.04, -0.26)	8/6 (372)	66	+	-0.99 (-1.42, -0.57)	8/6 (386)	70	+	-0.56 (-1.06, -0.05)	7/5 (362)	80	+	-0.65 (-1.01, -0.29)	8/6 (413)	65	+
Corticosteroids vs Active Control	-0.03 (-0.19, 0.12)	22/20 (1354)	46	+	-0.25 (-0.46, -0.05)	22/20 (1394)	69	+	-0.04 (-0.17, 0.08)	19/18 (1505)	30	+	-0.13 (-0.28, 0.01)	19/18 (1523)	45	+
Corticosteroids vs NSAID	0.51 (-0.44, 1.45)	4/4 (142)	86	+	0.51 (-0.44, 1.45)	4/4 (142)	86	+	-0.04 (-0.48, 0.56)	5/5 (198)	70	+	0.53 (-0.04, 1.10)	5/5 (198)	74	+
Local CS vs Systemic CS	-0.38 (-0.76, 0.01)	1 (106)	NA	+	-0.24 (-0.62, 0.14)	1 (106)	NA	+	-0.14 (-0.52, 0.25)	1 (106)	NA	+	0.17 (-0.22, 0.55)	1 (104)	NA	+
Ultrasound Guided Corticosteroid Injection vs Blind Injections	-0.51 (-0.89, -0.13)	6/5 (298)	61	+	-0.54 (-0.92, -0.16)	6/5 (298)	61	+	-0.43 (-0.71, -0.15)	6/5 (298)	20	+	-0.44 (-0.70, -0.17)	6/5 (298)	21	+
Corticosteroid plus NSAID versus NSAID	-0.76 (-1.26, -0.26)	1 (66)	NA	+	-0.76 (-1.26, -0.26)*	1 (66)	NA	+	-0.82 (-1.32, -0.31)	1 (66)	NA	+	-0.82 (-1.32, -0.31)*	1 (66)	NA	+

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
Corticosteroid plus NSAID versus Kinesiotaping plus NSAID	0.00 (-0.48, 0.48)	1 (66)	NA	+	0.00 (-0.48, 0.48)	1 (66)	NA	+	0.40 (-0.08, 0.89)	1 (66)	NA	+	0.40 (-0.08, 0.89)*	1 (66)	NA	+
Ketoprofen plus Lidocaine Phonophoresis vs Ketoprofen Phonophoresis	-0.55 (-1.03, -0.07)	1 (70)	NA	+	-0.09 [-0.56, 0.38]	1(70)	NA	+	0.09 (-0.38, 0.56)	1 (70)	NA	+	0.09 (-0.38, 0.56)*	1 (70)	NA	+
Celecoxib or Naproxen vs Placebo	-0.29 (-0.53, -0.05)	2/1 (306)	0	+	-2.62 (-4.32, -0.91)	2/1 (306)	96	+	No Study				No Study			
Topical Glyceryl Trinitrate Patch versus Placebo Patch	-0.93 (-1.52, -0.33)	1 (48)	NA	+	-0.11 (-0.66, 0.44)	1 (51)	NA	+	No Study				No Study			
Naprosyn + Exercise versus Pre-cut Tape plus exercise	-0.30 (-0.80, 0.20)	1 (62)	NA	+	-0.30 (-0.80, 0.20)*	1 (62)	NA	+	0.12 (-0.35, 0.59)	1 (71)	NA	+	0.12 (-0.35, 0.59)*	1 (71)	NA	+
Local Anaesthetics versus Corticosteroids	-0.04 (-0.25, 0.32)	5/4 (194)	0	+	0.45 (0.17, 0.73)	5/4 (207)	0	+	0.06 (-0.21, 0.33)	5/4 (218)	0	+	0.24 (-0.03, 0.51)	5/4 (218)	0	+
Local Anesthetic Patch	-0.14 (-0.52, 0.24)	2/2 (106)	0	+	-0.16 (-0.54, 0.22)	2/2 (106)	0	+	No Study				No Study			

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up				
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E	
versus Corticosteroids																	
Diclofenac versus Placebo	-0.70 (-1.34, -0.06)	1 (40)	NA	+	-0.70 (-1.34, -0.06)*	1 (40)	NA	+	-1.15 (-1.82, -0.47)	1(40)	NA	+	-1.15 (-1.82, -0.47)*	1 (40)	NA	+	
Exercise																	
Exercise vs Nothing	-0.94 (-1.69, -0.19)	5/5 (189)	80	+	-0.94 (-1.69, -0.19)*	5/5 (189)	80	+	-0.57 (-0.85, -0.29)	4/4 (202)	0	+	-1.29 (-2.61, 0.03)	4/4 (202)	94	+	
Exercise vs Passive Physical Therapy	-0.12 (-0.60, 0.36)	5/5 (183)	58	+	-0.05 (-0.66, 0.55)	4/4 (181)	74	+	-0.56 (-1.55, 0.42)	6/6 (210)	91	+	-0.38 (-1.29, 0.52)*	6/6 (249)	91	+	
Exercise vs Surgery	0.13 (-0.52, 0.78)	3/3 (291)	87	+	0.25 (-0.25, 0.74)	3/3 (321)	80	+	0.01 (-0.19, 0.21)	4/4 (379)	0	+	0.03 (-0.17, 0.23)	4/4 (402)	0	+	
Specific vs Non Specific Exercise	-0.65 (-0.99, -0.32)	2/2 (145)	0	+	-0.54 (-0.97, -0.11)	2/2 (159)	44	+	-0.68 (-1.26, -0.10)	2/2 (145)	52	+	-0.82 (-1.35, -0.28)	2/2 (159)	14	+	
Exercise vs ESWT	-0.09 (-0.49, 0.32)	1 (94)	NA	+	-0.16 (-0.55, 0.22)	1 (104)	NA	+	-0.15 (-0.56, 0.25)	1 (94)	NA	+	-0.34 (-0.73, 0.05)	1 (102)	NA	+	

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
Land Based vs Water Based	0.80 (0.26, 1.34)	1 (57)	NA	+	0.80 (0.26, 1.34)*	1 (57)	NA	+	1.01 (0.45, 1.56)	1 (57)	NA	+	1.01 (0.45, 1.56)*	1 (57)	NA	+
Traditional Exercise vs Neurocognitiv Exercise	0.16 (-0.40, 0.73)	1 (48)	NA	+	-0.10 (-0.67, 0.46)	1 (48)	NA	+	-0.36 (-0.93, 0.21)	1 (48)	NA	+	-0.05 (-0.61, 0.52)	1 (48)	NA	+
Scapular Oriented Motor Control vs Exercise plus Manual Therapy	-0.27 (-0.81, 0.27)	3/3 (103)	44	+	-0.27 (-0.81, 0.27)*	3/3 (103)	44	+	-0.01 (-0.89, 0.87)	3/3 (103)	78		-0.01 (-0.89, 0.87)*	3/3 (103)	78	+
Home Based Exercise vs Occupational Therapy	-0.20 (-0.84, 0.45)	1 (38)	NA	+	-0.20 (-0.84, 0.45)*	1 (38)	NA	+	0.15 (-0.49, 0.79)	1 (39)	NA	+	0.15 (-0.49, 0.79)*	1 (39)	NA	+
High Dose vs Low Dose Exercise	-0.47 (-1.04, 0.10)	1 (49)	NA	+	-0.06 (-0.58, 0.47)	1 (56)	NA	+	-0.53 (-1.10, 0.04)	1 (49)	NA	+	-1.29 (-1.87, -0.71)	1 (56)	NA	+
Motor imagery plus Exercise vs Exercise	-1.42 (-2.56, -0.29)	1 (16)	NA	+	-1.42 (-2.56, -0.29)*	1 (16)	NA	+	-1.05 (-2.11, 0.02)	1 (16)	NA	+	-1.05 (-2.11, 0.02)*	1 (16)	NA	+
Exercises below 90° versus above	-0.36 (-1.09, 0.36)	1 (30)	NA	+	-0.71 (-1.45, 0.03)	1 (30)	NA	+	No Study				No Study			

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
Physiotherapy plus Proprioception versus Physiotherapy	0.55 (0.03, 1.06)	1 (61)	NA	+	-0.14 (-0.64, 0.36)	1 (61)	NA	+	0.63 (0.11, 1.14)	1 (61)	NA	+	-0.47 (-0.98, 0.04)	1 (61)	NA	+
Supervised vs Home-Based Exercise	-0.09 (-0.68, 0.50)	1 (44)	NA	+	-0.09 (-0.68, 0.50)*	1 (44)	NA	+	-0.14 (-0.77, 0.49)	1 (39)	NA	+	0.00 (-0.59, 0.59)	1 (44)	NA	+
Weighted Pendulum Exercises versus Unweighted Pendulum Exercises	-0.12 (-0.80, 0.55)	1 (34)	NA	+	-0.12 (-0.80, 0.55)*	1 (34)	NA	+	-0.39 (-1.07, 0.29)	1 (34)	NA	+	-0.39 (-1.07, 0.29)*	1 (34)	NA	+
Eccentric versus Concentric Exercises	0.09 (-0.57, 0.75)	1 (36)	NA	+	-0.64 (-1.33, 0.06)	1 (34)	NA	+	-0.47 (-1.14, 0.20)	1 (30)	NA	+	-0.02 (-0.70, 0.65)*	1 (34)	NA	+
Exercise plus ESWT versus ESWT	-2.77 (-3.81, -1.73)	1 (30)	NA	+	-0.17 (-0.89, 0.54)	1 (38)	NA	+	-2.42 (-3.40, -1.45)	1 (30)	NA	+	0.18 (-0.89, 0.54)	1 (39)	NA	+
Clinic Based vs Work-Place Based	No study				No Study				0.60 (0.18, 1.01)	1 (95)	NA	+	0.60 (0.18, 1.01)*	1 (95)	NA	+

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
Traditional Exercise + Eccentric Exercise vs Traditional Exercise Only	No study				No Study				0.16 (-0.27, 0.59)	1 (84)	NA	+	0.16 (-0.27, 0.59)*	1 (84)	NA	+
Closed Kinetic Chain vs Open Kinetic Chain	No study				No Study				1.70 (-0.77, 4.17)	2/2 (94)	87	+	1.70 (-0.77, 4.17)*	2/2 (94)	87	+
Range of Motion Exercises versus Muscle Activation Exercises	No study				No Study				-0.09 (-0.66, 0.48)	2/0 (120)	55	+	-0.09 (-0.66, 0.48)*	2/0 (120)	55	+

Manual therapy

Manual Therapy vs Placebo	-0.35 (-0.69, -0.01)	4/4 (137)	0	+	-0.31 (-0.63, 0.01)	3/3 (130)	0	+	0.17 (-0.41, 0.75)	2/2 (47)	0	+	0.09 (-0.39, 0.57)	2/2 (67)	0	+
Manual Therapy plus Exercise vs Exercise alone	-0.24 (-0.60, 0.12)	9/9 (360)	62	+	-0.32 (-0.62, -0.01)	9/9 (363)	48	+	-0.34 (-0.75, 0.07)	7/7 (301)	65	+	-0.41 (-0.71, -0.11)	7/7 (301)	35	+
Manual Therapy plus Exercise vs Exercise plus	0.53 (-0.02, 1.07)	1 (54)	NA	+	0.53 (-0.02, 1.07)*	1 (54)	NA	+	-0.20 (-0.77, 0.37)	1 (48)	NA	+	-0.20 (-0.77, 0.37)*	1 (48)	NA	+

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up				
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E	
Tape																	
Manual Therapy plus Exercise vs Naturopathic Care	0.88 (0.44, 1.33)	1 (85)	NA	+	0.88 (0.44, 1.33)*	1 (85)	NA	+	0.95 (0.45, 1.46)	1 (68)	NA	+	0.95 (0.45, 1.46)*	1 (68)	NA	+	
Manual Therapy plus Exercise vs Corticosteroid Injection	No study				No study				-0.10 (-0.43, 0.23)	1 (143)	NA	+	-0.08 (-0.42, 0.25)	1 (137)	NA	+	
Manual Therapy plus Exercise versus Sham Ultrasound and Placebo Gel	-0.35 (-0.71, 0.01)	1 (120)	NA	+	-0.30 (-0.66, 0.06)	1 (120)	NA	+	-0.42 (-0.78, -0.06)	1 (120)	NA	+	-0.28 (-0.64, 0.08)	1 (120)	NA	+	
Manual Therapy plus Exercise versus Medication (Misc.)	-0.19 (-0.60, 0.21)	1 (94)	NA	+	-0.05 (-0.47, 0.37)	1 (88)	NA	+	-0.15 (-0.78, 0.49)	1 (39)	0	+	-0.15 (-0.78, 0.49)*	1 (39)	0	+	
Manual Therapy plus Exercise plus Corticosteroids versus	No Study				No Study				-0.06 (-0.63, 0.52)	1 (47)	NA	+	-0.06 (-0.63, 0.52)*	1 (47)	NA	+	

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
Corticosteroid Injections																
Immediate Effects: Manual Therapy vs Placebo	-0.62 (-0.97, -0.28)	3/3 (134)	0	+	-0.62 (-0.97, -0.28)*	3/3 (134)	0	+	No Study				No Study			
Neck or Thoracic Manual Therapy versus Shoulder Treatment including Manual Therapy	0.07 (-0.43, 0.58)	2/2 (86)	17	+	0.03 (-0.55, 0.61)	2/2 (86)	NA	+	0.22 (-0.18, 0.61)	3/3 (103)	0	+	0.22 (-0.18, 0.61)*	2/2 (101)	0	+
Manual Therapy vs Supervised Exercise	-0.22 (-1.13, 0.70)	1 (19)	NA	+	-0.23 (-0.85, 0.39)	1 (40)	NA	+	-0.39 (-0.53, 1.31)	1(19)	NA	+	-0.23 (-0.85, 0.39)	1(40)	NA	+
Manual Therapy plus Kinesiotape plus Exercise versus Exercise plus Kinesiotape	-1.18 (-1.90, -0.46)	1 (36)	17	+	-1.18 (-1.90, -0.46)*	1 (36)	17	+	-0.77 (-1.45, -0.08)	1 (36)	NA	+	-0.77 (-1.45, -0.08)*	1 (36)	0	+
Manual Therapy versus Myofascial Trigger Point Therapy	0.18 (-0.46, 0.81)	1 (38)	17	+	-0.14 (-0.77, 0.50)	1 (38)	NA	+	0.00 (-0.64, 0.63)	1 (38)	NA	+	0.00 (-0.64, 0.63)*	1 (38)	0	+

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E

Laser

Laser plus Exercise vs Exercise (plus Sham Laser)	-0.65 (-0.99, -0.31)	6/6 (313)	53	+	-0.65 (-0.99, -0.31)*	6/6 (313)	53	+	0.12 (-0.24, 0.49)	4/4 (190)	50	+	0.12 (-0.24, 0.49)*	4/4 (190)	50	+
Laser vs Sham Laser	-0.88 (-1.48, -0.27)	3/3 (128)	58	+	-0.80 (-1.43, -0.17)	3/3 (128)	61	+	-0.67 (-1.60, 0.25)	2/2 (125)	81	+	-0.67 (-1.60, 0.25)*	2/2 (125)	81	+
Laser plus Exercise vs US plus Exercise	-0.15 (-0.63, 0.34)	2/2 (67)	0	+	-0.07 (-0.55, 0.42)	2/2 (67)	0	+	-0.63 (-1.25, -0.01)	1 (42)	NA	+	-0.63 (-1.25, -0.01)*	1 (42)	NA	+
Laser vs Ultrasound	-1.39 (-1.91, -0.86)	1 (70)	NA	+	-1.39 (-1.91, -0.86)*	1 (70)	NA	+	-0.46 (-1.17, 0.26)	3 (162)	80	+	-0.46 (-1.17, 0.26)*	3 (162)	80	+
Laser vs Medication	0.18 (-0.25, 0.61)	1 (83)	NA	+	0.18 (-0.25, 0.61)*	1 (83)	NA	+	0.13 (-0.29, 0.54)	1 (90)	NA	+	0.34 (-0.08, 0.76)	1 (90)	NA	+
Laser plus Manual Therapy plus Kinesiotape plus Exercise versus Manual Therapy plus Kinesiotape plus Exercise	-0.12 (-0.76, 0.52)	1 (38)	NA	+	0.12 (-0.76, 0.52)*	1 (38)	NA	+	-0.35 (-0.99, 0.29)	1 (38)	NA	+	-0.35 (-0.99, 0.29)*	1 (38)	NA	+

Ultrasound

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
Ultrasound vs Sham Ultrasound	-0.14 (-0.54, 0.25)	2/2 (100)	0	+	-0.09 (-0.62, 0.44)	2/2 (105)	41	+	-0.12 (-0.52, 0.27)	2/2 (100)	0	+	-0.14 (-0.53, 0.26)	2/2 (100)	0	+
Ultrasound plus Hotpack plus Exercise vs Hotpack plus Exercise	-0.59 (-1.25, 0.08)	1 (37)	NA	+	-0.59 (-1.25, 0.08)*	1 (37)	NA	+	-0.64 (-1.31, 0.02)	1 (37)	NA	+	0.15 (-0.52, 0.81)	1 (36)	NA	+
Ultrasound vs Hyperthermia	1.43 (0.55, 2.31)	1 (26)	NA	+	1.27 (0.42, 2.13)	1 (26)	NA	+	1.06 (0.22, 1.89)	1 (26)	NA	+	1.26 (0.41, 2.21)	1 (26)	NA	+
Ultrasound plus Exercise vs Sham US and Exercise	0.10 (-0.32, 0.53)	2/2 (84)	0		0.12 (-0.31, 0.55)	2/2 (84)	0		-0.28 (-0.65, 0.09)	3/3 (115)	0	+	-0.16 (-0.65, 0.34)	3/3 (115)	42	+
Ultrasound vs Passive Exercises	0.08 (-0.74, 0.90)	1 (23)	NA	+	0.17 (-0.65, 0.99)	1 (23)	NA	+	0.09 (-0.73, 0.91)	1 (23)	NA	+	0.09 (-0.73, 0.91)*	1 (23)	NA	+
Ultrasound plus Exercise vs Laser plus Exercise	0.15 (-0.34, 0.63)	2/2 (67)	0	+	0.07 (-0.42, 0.55)	2/2 (67)	0	+	0.59 (0.12, 1.06)	2/2 (73)	0	+	0.40 (-0.06, 0.87)	2/2 (73)	0	+
Ultrasound vs Acupuncture	0.22 (-0.21, 0.65)	1 (85)	NA	+	0.30 (-0.13, 0.72)	1 (85)	NA	+	No Study				No Study			

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
Ultrasound vs Laser	1.38 (0.85, 1.90)	1 (70)	NA	+	1.38 (0.85, 1.90)*	1 (70)	NA	+	0.60 (-0.05, 1.25)	3/3 (168)	76	+	0.60 (-0.05, 1.25)*	3/3 (168)	76	+
Long Duration vs Short Duration	-1.32 (-1.76, -0.89)	1 (100)	NA	+	-1.32 (-1.76, -0.89)*	1 (100)	NA	+	-0.42 (-0.82, -0.02)	1 (100)	NA	+	-0.42 (-0.82, -0.02)*	1 (100)	NA	+
Ultrasound vs Myofascial Trigger Point Therapy	1.84 (0.97, 2.71)	1 (30)	NA	+	1.84 (0.97, 2.71)*	1 (30)	NA	+	No Study				No Study			
Ultrasound versus Phonophoresis with Dexketoprofen	-0.07 (-0.41, 0.56)	1 (65)	NA	+	-0.07 (-0.41, 0.56)*	1 (65)	NA	+	0.14 (-0.35, 0.62)	1 (65)	NA	+	-0.14 (-0.63, 0.34)	1 (65)	NA	+
Ultrasound versus Iontophoresis with Dexketoprofen	0.18 (-0.30, 0.67)	1 (66)	NA	+	-0.18 (-0.67, 0.30)	1 (66)	NA	+	0.10 (-0.39, 0.58)	1 (66)	NA	+	-0.16 (-0.64, 0.32)	1 (66)	NA	+
Ultrasound vs Deep Friction	0.79 (0.15, 1.44)	1 (40)	NA	+	0.79 (0.15, 1.44)*	1 (40)	NA	+	No Study				No Study			

Extracorporeal Shockwave Treatment

- ESWT

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
ESWT vs Exercise	0.09 (-0.32, 0.49)	1 (94)	NA	+	0.09 (-0.32, 0.49)*	1 (94)	NA	+	-0.44 (-1.64, 0.76)	2 (154)	92	+	-0.44 (-1.64, 0.76)*	2 (154)	92	+
ESWT vs Sham ESWT	-0.39 (-0.78, -0.01)	3/3 (117)	6	+	-0.22 (-0.72, 0.28)	3/3 (122)	42	+	-0.27 (-0.90, 0.35)	3/3 (117)	60	+	-1.53 (-3.63, 0.57)	3/3 (117)	95	+
High Energy vs Low Energy	0.07 (-0.58, 0.71)	1 (37)	NA	+	0.27 (-0.38, 0.91)	1 (37)	NA	+	-0.53 (-1.19, 0.13)	1 (37)	NA	+	-0.41 (-1.07, 0.24)	1 (37)	NA	+
ESWT vs Radiotherapy	-0.26 (-0.98, 0.46)	1 (30)	NA	+	-0.93 (-1.69, -0.17)	1 (30)	NA	+	-0.43 (-1.15, 0.30)	1 (30)	NA	+	-0.43 (-1.15, 0.30)*	1 (30)	NA	+
ESWT vs Advice	No Study				No Study				-1.11 (-1.66, -0.57)	1 (60)	NA	+	-1.11 (-1.66, -0.57)*	1 (60)	NA	+

Tape

Tape plus Exercise vs Physiotherapy (including Exercise)	-0.01 (-0.78, 0.81)	4/4 (161)	82	+	-0.10 (-0.91, 0.72)	4/4 (161)	83	+	-0.02 (-0.74, 0.69)	4/4 (161)	78	+	-0.12 (-0.87, 0.63)	4/4 (161)	80	+
Tape plus Exercise vs Corticosteroids plus Exercise	0.17 (-0.18, 0.51)	2/2 (131)	0	+	0.06 (-0.28, 0.40)	2/2 (131)	0	+	0.21 (-0.13, 0.56)	2/2 (131)	0	+	0.15 (-0.20, 0.49)*	2/2 (131)	0	+
Pre-Cut-Tape plus exercise	0.30 (-0.20, 0.80)	1 (62)	NA	+	0.30 (-0.20, 0.80)*	1 (62)	NA	+	0.17 (-0.33, 0.67)	1 (62)	NA	+	0.17 (-0.33, 0.67)*	1 (62)	NA	+

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
versus NSAID plus exercise																
Pre-Cut-Tape plus exercise versus exercise only	0.11 (-0.35, 0.58)	1 (71)	NA	+	0.11 (-0.35, 0.58)*	1 (71)	NA	+	-0.12 (-0.59, 0.35)	1 (71)	NA	+	-0.12 (-0.59, 0.35)*	1 (71)	NA	+
Kinesiotape plus NSAID versus Corticosteroid plus NSAID	0.00 (-0.48, 0.48)	1/1 (66)	Na	+	0.00 (-0.48, 0.48)*	1/1 (66)	NA	+	-0.40 (-0.89, 0.08)	1 (66)	NA	+	-0.40 (-0.89, 0.08)*	1 (66)	0	+
Kinesiotape plus NSAID versus NSAID	-0.82 (-1.33, -0.32)	1/1 (66)	86	+	-0.82 (-1.33, -0.32)*	1/1 (66)	86	+	-1.22 (-1.74, -0.69)	1 (66)	NA	+	-1.22 (-1.74, -0.69)*	1 (66)	NA	+
Taping versus Sham Taping	-0.64 (-1.16, -0.12)	5/5 (155)	73	+	-0.49 (-1.06, 0.08)	5/5 (155)	78	+	-0.75 (-1.64, 0.15)	3/3 (122)	82	+	-0.52 (-1.00, -0.04)	3/3 (123)	43	+
Hyaluronate																
Hyaluronate vs Placebo	-0.76 (-1.87, 0.36)	3/3 (183)	92	+	-0.33 (-1.02, 0.36)	3/3 (195)	81	+	-0.50 (-1.56, 0.55)	3/3 (183)	91	+	-0.50 (-1.56, 0.55)*	3/3 (183)	91	+
Hyaluronate vs Control	-0.23 (-1.05, 0.58)	2/2 (50)	52	+	-0.23 (-1.05, 0.58)*	2/2 (50)	52	+	-0.38 (-1.13, 0.38)	2/2 (50)	44	+	-1.56 (-4.69, 1.58)	2/2 (50)	95	*
Hyaluronate vs	0.22 (-0.33, 0.77)	5/4 (277)	75	+	0.32 (-0.39, 1.03)	5/4 (289)	86	+	0.21 (-0.17, 0.59)	5/4 (277)	51	+	0.21 (-0.17, 0.59)*	5/4 (277)	51	+

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
Corticosteroids																

Pulsed Electromagnetic Field - PEMF

PEMF vs Sham PEMF	0.34 (-0.60, 1.29)	3/3 (118)	82	+	0.34 (-0.60, 1.29)*	3/3 (118)	82	+	-0.26 (-0.66, 0.15)	2/2 (96)	0	+	-0.26 (-0.66, 0.15)*	2/2 (96)	0	+
Long Duration vs Short Duration	-0.06 (-0.66, 0.54)	1 (43)	NA	+	-0.06 (-0.66, 0.54)*	1 (43)	NA	+	No Study				No Study			

TENS

TENS vs Sham	-1.30 (-2.28, -0.31)	1 (20)	NA	+	-1.30 (-2.28, -0.31)*	1 (20)	NA	+	No Study				No Study			
TENS vs Corticosteroids	0.84 (0.20, 1.49)	1 (40)	NA	+	0.49 (-0.14, 1.11)	1 (40)	NA	+	1.17 (0.50, 1.85)	1 (40)	NA	+	1.31 (0.62, 2.00)	1 (40)	NA	+
TENS vs Heat	-0.01 (-0.63, 0.61)	1 (45)	NA	+	-0.01 (-0.63, 0.61)*	1 (45)	NA	+	No Study				No Study			
TENS plus HEAT vs HEAT	-0.50 (-1.11, 0.11)	1 (47)	NA	+	-0.50 (-1.11, 0.11)*	1 (47)	NA	+	No Study				No Study			

Surgery (only included, when compared with conservative interventions)

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
Surgery vs Exercise	0.13 (-0.52, 0.78)	3/3 (291)	73	+	-0.25 (-0.74, 0.25)*	3/3 (321)	80	+	0.05 (-0.18, 0.28)	3/3 (296)	0	+	0.02 (-0.20, 0.24)	3/3 (321)	0	+
Primary tendon repair versus Physiotherapy with optional secondary repair	-0.66 (-1.06, -0.26)	1 (103)	NA	+	-0.66 (-1.06, -0.26)*	1 (103)	NA	+	-0.31 (-0.70, 0.08)	1 (103)	NA	+	-0.31 (-0.70, 0.08)*	1 (103)	NA	+
Surgery vs comprehensive Physiotherapy	-0.37 (-0.92, 0.18)	1 (55)	NA	+	-0.37 (-0.92, 0.18)*	1 (55)	NA	+	-0.37 (-0.92, 0.18)	1 (55)	NA	+	-0.37 (-0.92, 0.18)*	1 (55)	NA	+
Surgery Dichotomous (Risk Difference)	31% (13%, 49%)	2/2 (105)	0	+	31% (13%, 49%)*	2/2 (105)	0	+	No Study				No Study			
Nerve block																
Nerve Block vs Control	-0.91 (-1.27, -0.54)	3/3 (129)	0	+	-0.86 (-1.22, -0.50)	3/3 (129)	0	+	-0.55 (-1.01, -0.08)	1 (74)	NA	+	-0.56 (-1.02, -0.09)	1 (74)	NA	+
Diacutaneous Fibrolysis																
Diacutaneous Fibrolysis vs Sham Diacutaneous	-0.08 (-0.42, 0.27)	2/2 (130)	0	+	-0.13 (-0.48, 0.21)	2/2 (130)	NA	+	-0.65 (-1.10, -0.20)	1 (80)	NA	+	-0.49 (-0.93, -0.04)	1 (80)	NA	+

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up				
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E	
Fibrolysis																	
Diacutaneous Fibrolysis vs Control	-0.23 (-0.67, 0.21)	1 (80)	NA	+	-0.33 (-0.77, 0.11)	1 (80)	NA	+	-0.34 (-0.78, 0.10)	1 (80)	NA	+	-0.69 (-1.14, -0.24)	1 (80)	NA	+	
Acupuncture																	
Acupuncture + Exercise vs US plus Exercise	-0.22 (-0.65, 0.21)	1 (85)	NA	+	-0.30 (-0.72, 0.13)	1 (85)	NA	+	No Study				No Study				
Acupuncture plus Exercise versus Exercise									0.09 (-0.30, 0.48)	1 (106)	NA	+	-0.03 (-0.33, 0.38)	1 (121)	NA	+	
Electro-Acupuncture plus Exercise versus Exercise									-0.07 (-0.46, 0.32)	1 (104)	NA	+	0.00 (-0.36, 0.36)	1 (123)	NA	+	
Acupuncture vs Sham	0.47 (-0.34, 1.29)	1 (24)	NA	+	0.47 (-0.34, 1.29)*	1 (24)	NA	+	-0.69 (-1.25, -0.13)	1 (52)	NA	+	-0.69 (-1.25, -0.13)*	1 (52)	NA	+	
Laser Acupuncture vs Sham	-2.59 (-3.27, -1.90)	1 (62)	NA	+	-2.59 (-3.27, -1.90)*	1 (62)	NA	+	-2.54 (-3.22, -1.86)	1 (62)	NA	+	-2.54 (-3.22, -1.86)*	1 (62)	NA	+	

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E

Microwave

Microwave plus Heat plus Exercise vs Exercise plus Sham Microwave	-0.36 (-0.99, 0.26)	1 (40)	NA	+	-0.21 (-0.83, 0.41)	1 (40)	NA	+	0.46 (-0.16, 1.09)	1(40)	NA	+	1.24 (0.56, 1.93)	1 (40)	NA	+
Microwave vs Corticosteroid Injection	0.35 (-0.06, 0.76)	1 (92)	NA	+	0.29 (-0.12, 0.70)	1 (92)	NA	+	0.11 (-0.30, 0.52)	1(92)	NA	+	-0.47 (-0.88, -0.05)	1 (92)	NA	+

Myofascial Trigger Point Therapy

Myofascial Trigger Point Therapy vs Waiting List	-0.67 (-1.18, -0.17)	1 (65)	NA	+	-0.67 (-1.18, -0.17)*	1 (65)	NA	+	-0.58 (-1.06, -0.11)	1(72)	NA	+	-0.58 (-1.06, -0.11)*	1(72)	NA	+
Myofascial Trigger Point Therapy vs Ultrasound	-1.84 (-2.71, -0.97)	1 (30)	NA	+	-1.84 (-2.71, -0.97)*	1 (30)	NA	+	No Study				No Study			
Myofascial Trigger Point Dry Needling plus Exercise versus Exercise only	-0.07 (-0.64, 0.50)	1 (46)	NA	+	-0.04 (-0.59, 0.51)	1 (50)	NA	+	-1.74 (-2.42, -1.06)	1 (50)	NA	+	-3.58 (-4.50, -2.67)	1 (50)	NA	+

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
Myofascial Trigger Point versus Manual Therapy	-0.18 (-0.81, 0.46)	1 (38)	NA	+	-0.18 (-0.81, 0.46)*	1 (38)	NA	+	0.00 (-0.63, 0.64)	1 (38)	NA	+	0.00 (-0.63, 0.64)*	1 (38)	NA	+

Comprehensive Physiotherapy

Comprehensive Physiotherapy (Manual Therapy / Exercise and other modalities as appropriate)	No Study				No Study				-1.32 (-1.83, -0.80)	1 (73)	NA	+	-1.32 (-1.83, -0.80)*	1(73)	NA	+
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Others

Platelet Rich Plasma vs Dry Needling	-0.82 (-1.57, -0.07)	1 (30)	NA	+	-0.76 (-1.45, -0.07)	1(35)	NA	+	-0.75 (-1.49, -0.00)	1(30)	NA	+	-0.13 (-0.76, 0.50)	1 (39)	NA	+
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Interferential Light Therapy

Comparisons	Pain, longest follow-up				Pain, shortest follow-up				Function, longest follow-up				Function, shortest follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
	Negative values favour left-hand therapy.	Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E		Comparisons/Trial (Patients)		R A D E
Interferential Light Therapy vs Conventional Light Therapy	-0.12 (-0.89, 0.64)	1 (26)	NA	+	-0.12 (-0.89, 0.64)*	1 (26)	NA	+	0.42 (-0.35, 1.20)	1(26)	NA	+	0.42 (-0.35, 1.20)*	1(26)	NA	+
Massage																
Tensegrity Massage vs Classic Swedish Massage	-0.76 (-1.50, -0.01)	1 (30)	NA	+	-0.76 (-1.50, -0.01)*	1 (30)	NA	+	No Study				No Study			
Microcurrent Electrical Stimulation																
Microcurrent Electrical Stimulation vs Sham Microcurrent Stimulation	-0.73 (-1.37, -0.09)	1 (40)	NA	+	-0.73 (-1.37, -0.09)*	1 (40)	NA	+	-0.94 (-1.59, -0.28)	1(40)	NA	+	-0.94 (-1.59, -0.28)*	1(40)	NA	+
US-guided Percutaneous Electrolysis and eccentric Exercises																
US-guided Percutaneous electrolysis and eccentric exercises versus eccentric	-1.08 (-1.78, -0.37)	1 (38)	NA	+	-1.08 (-1.78, -0.37)*	1 (38)	NA	+	-0.83 (-1.51, -0.14)	1(36)	NA	+	-0.83 (-1.51, -0.14)*	1(36)	NA	+

