

Pubmed Strategy

1. "Achilles Tendon"[Mesh]
2. achilles[tiab] OR calcan*[tiab]
3. #1 OR #2
4. "Tendinopathy"[Mesh] OR "Athletic Injuries"[Mesh] OR "Tendon Injuries"[Mesh] OR "Soft Tissue Injuries"[Mesh]
5. tendinitis[tiab] OR tendonitis[tiab] OR tenosynovitis[tiab] OR tendinopath*[tiab] OR tendonopath*[tiab] OR tendinosis[tiab] OR tendonosis[tiab] OR paratendinitis[tiab] OR paratendonitis[tiab] OR peritendinitis[tiab] OR peritendonitis[tiab]
6. #4 OR #5
7. #3 AND #6
8. "Exercise Therapy"[Mesh] OR "Exercise"[Mesh]
9. exercis*[tiab] OR strengthen*[tiab] OR stretch*[tiab] OR train*[tiab] OR kinesiotherap*[tiab] OR eccentric*[tiab] OR concentric[tiab]
10. "Splints"[Mesh] OR "Orthotic Devices"[Mesh]
11. brace*[tiab] OR orthos*[tiab] OR orthotic*[tiab] OR splint*[tiab]
12. #8 OR #9 OR #10 OR #11
13. #7 AND #12
14. "Randomized Controlled Trial" [pt]
15. "Controlled Clinical Trial" [pt]
16. randomized[tiab] OR randomised[tiab]
17. placebo[tiab]
18. "Placebos"[Mesh]
19. drug therapy[sh]
20. randomly[tiab]
21. trial[tiab]
22. groups[tiab]
23. #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22
24. #13 AND #23

Embase Strategy (Embase.com)

1. 'achilles tendinitis'/exp
2. 'achilles tendon'/exp
3. (achill* OR calcan*):ti:ab
4. #2 OR #3
5. 'tendinitis'/exp OR 'sport injury'/exp OR 'tendon injury'/exp OR 'soft tissue injury'/exp
6. (Tend*nitis or tenosynovitis or tendinopath* or tend*nosis or paratend*nitis or peritend*nitis):ti:ab
7. #5 OR #6
8. #4 AND #7
9. #1 OR #8
10. 'exercise'/exp OR 'kinesiotherapy'/exp
11. (exercis* OR strengthen* OR stretch* OR train* OR kinesiotherap*OR eccentric OR concentric):ti:ab
12. 'orthosis'/exp OR 'splint'/exp
13. (orthos*s OR orthotic* OR splint OR brac*):ti:ab
14. #10 OR #11 OR #12 OR #13
15. #9 AND #14
16. 'randomized controlled trial'/de

17. 'clinical trial'/de
18. 'controlled clinical trial'/de
19. 'randomization'/de
20. 'single blind procedure'/de
21. 'double blind procedure'/de
22. 'crossover procedure'/de
23. 'placebo'/de
24. 'prospective study'/de
25. ((clinical OR controlled OR comparative OR placebo OR prospective* OR randomi*ed) NEAR/3 (trial OR stud*)):ti:ab
26. ((random*) NEAR/7 (allocate* OR allot* OR assign* OR basis* OR divid* OR order*)):ti:ab
27. ((singl* OR doubl* OR trebl* OR tripl*) NEAR/7 (blind* OR mask*)):ti:ab
28. (cross*over*):ti:ab OR (cross NEAR/1 over*):ti:ab
29. ((allocate* OR allot* OR assign* OR divid*) NEAR/3 (condition* OR experiment* OR intervention* OR treatment* OR therap* OR control* OR group*)):ti:ab
30. RCT:ti:ab
31. #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30
32. 'case study'/de OR 'abstract report'/de OR 'letter'/de
33. #31 NOT #32
34. #15 AND #33

CINAHL Strategy (EBSCO)

1. (MH "Achilles Tendinopathy")
2. (MH "Achilles Tendon")
3. TI (achill* OR calcan*) OR AB (achill* OR calcan*)
4. S2 OR S3
5. (MH "Tendinopathy") OR (MH "Tendon Injuries") OR (MH "Athletic Injuries+") OR (MH "Soft Tissue Injuries")
6. TI (tend?nitis or tenosynovitis or tend?nopath* or tend?nosis or paratend?nitis or peritend?nitis) OR AB (tend?nitis or tenosynovitis or tend?nopath* or tend?nosis or paratend?nitis or peritend?nitis)
7. S5 OR S6
8. S4 AND S7
9. S1 OR S8
10. (MH "Therapeutic Exercise+") OR (MH "Exercise+")
11. TI (exercis* or strengthen* or stretch* or train* or kinesiotherap* OR eccentric OR concentric) OR AB (exercis* or strengthen* or stretch* or train* or kinesiotherap* OR eccentric OR concentric)
12. MH "Orthoses+"
13. TI (orthos?s or orthotic* or splint* or brac*) OR AB (orthos?s or orthotic* or splint* or brac*)
14. S10 OR S11 OR S12 OR S13
15. S9 AND S14
16. PT clinical trial
17. (MH "Clinical Trials+")
18. TI clinical trial* OR AB clinical trial*
19. TI (single blind* or double blind*) OR AB (single blind* or double blind*)
20. TI random* OR AB random*
21. S16 OR S17 OR S18 OR S19 OR S20
22. S15 AND S21

AMED Strategy (EBSCO)

1. DE "ACHILLES TENDON"
2. TI (achill* OR calcan*) OR AB (achill* OR calcan*)
3. S1 OR S2
4. (DE "TENDINOPATHY") OR (DE "TENDON INJURIES") OR (DE "TENOSYNOVITIS") OR (DE "ATHLETIC INJURIES")
5. TI (tend?nitis or tenosynovitis or tend?nopath* or tend?nosis or paratend?nitis or peritend?nitis) OR AB (tend?nitis or tenosynovitis or tend?nopath* or tend?nosis or paratend?nitis or peritend?nitis)
6. S4 OR S5
7. S3 AND S6
8. (DE "EXERCISE") OR (DE "EXERCISE THERAPY")
9. TI (exercis* or strengthen* or stretch* or train* or kinesiotherap* or eccentric or concentric) OR AB (exercis* or strengthen* or stretch* or train* or kinesiotherap* or eccentric or concentric)
10. (DE "SPLINTS") OR (DE "ORTHOTIC DEVICES")
11. TI (orthos?s or orthotic* or splint* or brac*) OR AB (orthos?s or orthotic* or splint* or brac*)
12. S8 OR S9 OR S10 OR S11
13. S7 AND S12
14. (DE "CLINICAL TRIALS") OR (DE "RANDOMIZED CONTROLLED TRIALS") OR (DE "RANDOM ALLOCATION") OR (DE "DOUBLE BLIND METHOD") OR (DE "SINGLE BLIND METHOD")
15. TI clinic* N5 trial* OR AB clinic* N5 trial*
16. TI (singl* or doubl* or trebl* or tripl*) OR AB (singl* or doubl* or trebl* or tripl*)
17. TI (mask or blind*) OR AB (mask or blind*)
18. S16 N2 S17
19. TI random* OR AB random
20. (DE "RESEARCH DESIGN")
21. (DE "PLACEBOS")
22. TI placebo* OR AB placebo*
23. TI latin N2 square OR AB latin N2 square
24. S14 OR S15 OR S18 OR S19 OR S20 OR S21 OR S22 OR S23
25. S13 AND S24

The Cochrane Library (Wiley Online Library)

1. [mh ^"Achilles Tendon"]
2. Achilles or calcan*:ti,ab,kw
3. #1 or #2
4. [mh Tendinopathy] or [mh ^"Athletic Injuries"] or [mh ^"Tendon Injuries"] or [mh ^"Soft Tissue Injuries"]
5. tend?nitis or tenosynovitis or tendinopath* or tendinosis or paratend?nitis or peritend?nitis:ti,ab,kw
6. #4 or #5
7. #3 and #6
8. [mh "Exercise Therapy"] or [mh Exercise]
9. exercis* or strengthen* or stretch* or train* or kinesiotherap* or eccentric or concentric:ti,ab,kw
11. [mh Splints] or [mh "Orthotic Devices"]

12. orthos?s or orthotic* or splint* or brac*:ti,ab,kw
13. #8 or #9 or #10 or #11
14. #7 and #12

(The ^ (carat signifies that no explosion is occurring on that term i.e. it is searching on that term only)

Web of Science

(achilles NEAR/3 tend*) AND TOPIC: (exercis* OR strengthen* OR stretch* OR train* OR kinesiotherap*OR eccentric OR concentric OR orthos*s OR orthotic* OR splint OR brac*) AND TOPIC: (clinical trial* OR research design OR comparative stud* OR evaluation stud* OR controlled trial* OR follow-up stud* OR prospective stud* OR random* OR placebo* OR (single blind*) OR (double blind*))

Simplified strategies run in PEDro, Science Citation Index and Clinical trial registries including:

<http://apps.who.int/trialsearch/Default.aspx>

<http://www.controlled-trials.com>

<http://clinicaltrials.gov>