

Risk of Bias assessment of included studies

Coloring for the Risk of Bias Forming and creating
 1 (Low risk of Bias)
 2 (High Risk of Bias)
 3 (Unclear Risk of Bias)

Item	Mid-portion Achilles tendinopathy	Insertional Achilles tendinopathy	Mixed non-specified Achilles tendinopathy	GTFS	MTSS	Patellar tendinopathy	PHT
1	Random Sequence Generation	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
2	Allocation concealment	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
3	Blinding of Participants and Personnel	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
4	Blinding of Care Providers to the Intervention	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
5	Blinding of Outcome Assessment	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
6	Incomplete Outcome Data - Reported Data Described and Acceptable	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
7	Incomplete Outcome Data - Reported Data Described and Acceptable - All Randomized Participants Analyzed in the All-treatment Group	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
8	Selective Reporting	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
9	Groups Similar at Baseline (Prognostic Indicators)	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
10	Co-interventions Assessed or Similar	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
11	Compliance Assessed	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
12	Similar Timing of the Outcome Assessment in Groups	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
13	Other Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias	Low Risk of Bias
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