

Online Supplementary Material 1. Search Strategy

Databases: Medline CINAHL, Embase, Pedro, ScienceDirect, Cochrane Library and PubMed

1. elbow tendinopathy
2. tennis elbow
3. lateral epicondylitis
4. lateral epicondylalgia
5. 1 or 2 or 3 or 4
6. Exercise*
7. 5 and 6

MeSH Terms

1. elbow tendinopathy
2. tennis elbow
3. round ligament*
4. 1 or 2 or 3
5. exercise*
6. muscle stretching exercise*
7. plyometric exercise*
8. exercise therapy
9. exercise movement techniques
10. 5 or 6 or 7 or 8 or 9
11. 4 and 10

CINAHL Heading

1. tennis elbow
2. tennis injuries
3. elbow injuries
4. elbow pain
5. tendinopathy
6. 1 or 2 or 3 or 4 or 5
7. open kinetic chain exercise*
8. therapeutic exercise*
9. group exercise*
10. upper extremity exercise*
11. isometric exercise*
12. isokinetic exercise*
13. arm exercise*
14. 7 or 8 or 9 or 10 or 11 or 12 or 13
15. 6 and 14