

Supplementary material 2. Studies excluded with reasons

Study	Reason for exclusion
Sölveborn 1997(1)	This was a non-RCT (prospective case series).
Stasinopoulos and Johnson 2004(2)	This was a systematic review.
Hasson 2005(3)	This study included two treatment groups following the same exercise protocol adding the use of ASTYM in one group. A comparison group for testing the effectiveness of exercises was lacking.
Stasinopoulos and Stasinopoulos 2006(4)	This was a non-RCT.
Croisier 2007(5)	This was a non-RCT.
Stergioulas 2007(6)	This study included two treatment groups following the same exercise protocol adding the use of laser or placebo laser in each group. A comparison group for testing the effectiveness of exercises was lacking.
Stasinopoulos 2010(7)	This was non-RCT.
Stasinopoulos 2013(8)	This was a non-RCT.
Segretin 2016(9)	This was a non-RCT.
Rahman 2017(10)	This study included two treatment groups following the same exercise protocol adding the use of corticosteroid injections in one group and ultrasound in the other. A comparison group for testing the effectiveness of exercises was lacking.
Pallavi 2014(11)	This study included two treatment groups following the same exercise protocol adding the use of Cyriax physiotherapy in one group. A comparison group for testing the effectiveness of exercises was lacking.
Kachanathu 2019(12)	This study included two treatment groups following the same exercise protocol adding the use of wrist joint splinting in one group. A comparison group for testing the effectiveness of exercises was lacking.
Abbreviations: non-RCT, non- randomised controlled trial; ASTYM, Augmented Soft Tissue Mobilization	

References

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