

Table 1 Self perceived improvement, pain intensity, pain-free grip strength, maximum grip strength and elbow disability for exercises with or without physiotherapy or home exercise program compared to forearm support band.					
Study	Outcomes	Number of participants	Comparison groups	Mean Improvement compared to baseline (95%CI)	Certainty (GRADE)
Struijs 2004	GROC Very short-term	121	exercise (PT±HEP) Vs FSB	RR 1.26 (0.85, 1.87)	⊕⊕ Low ¹
Struijs 2004	GROC mid-term	118	exercise (PT±HEP) Vs FSB	RR 0.97 (0.77, 1.2)	⊕⊕ Low ¹
Struijs 2004	GROC Long-term	116	exercise (PT±HEP) Vs FSB	RR 1.05 (0.92, 1.20)	⊕⊕ Low ¹
Struijs 2004	Pain intensity (0-100) Very short-term	121	exercise (PT±HEP) Vs FSB	MD 13.0 , (4, 3.21) ↑↑ [†]	⊕⊕ Low ¹
Struijs 2004	Pain intensity (0-100) mid-term	118	exercise (PT±HEP) Vs FSB	MD -1.0 (-1,12) [†]	⊕⊕ Low ¹
Struijs 2004	Pain intensity (0-100) Long-term	116	exercise (PT±HEP) Vs FSB	MD 0 , (-10, 11) [†]	⊕⊕ Low ¹
Struijs 2004	PFGS Very short-term	121	exercise (PT±HEP) Vs FSB	MD -6.0 , (18, 6) [†]	⊕⊕ Low ¹
Struijs 2004	PFGS Long-term	116	exercise (PT±HEP) Vs FSB	MD 4.0 , (-7,16) [†]	⊕⊕ Low ¹
Struijs 2004	MGS Very short-term	121	exercise (PT±HEP) Vs FSB	MD 1.0 , (-9, 12) [†]	⊕⊕ Low ¹
Struijs 2004	MGS Long-term	116	exercise (PT±HEP) Vs FSB	MD-1.0 , (-11, 9) [†]	⊕⊕ Low ¹
Struijs 2004	Elbow disability Very short-term	121	exercise (PT±HEP) Vs FSB	MD 7 , (1, 12) ↑↑ [*]	⊕⊕ Low ¹
Struijs 2004	Elbow disability Mid-term	118	exercise (PT±HEP) Vs FSB	MD 6.0 , (13, 1)	⊕⊕ Low ¹
Struijs 2004	Elbow disability Long-term	116	exercise (PT±HEP) Vs FSB	MD - 2.0 (-9, 3)	⊕⊕ Low ¹
Struijs 2004	PPTs Very short-term follow-up	121	exercise (PT±HEP) Vs FSB	MD: -5.0 , (-18 to 8)	⊕⊕ Low ¹
Struijs	PPTs	116	exercise (PT±HEP) Vs	MD:2.0 , (-11, 14)	⊕⊕

2004	Very short-term		FSB		Low¹
Luginbüh 2008	GROC Long-term	20	Exercise + Cort. Inj. Vs FSB + Cort Inj	RR: 1.40 [0.67, 2.94]	⊕ Very Low^{1,2}
Luginbüh 2008	GROC Long-term	20	Exercise + Cort. Inj. Vs FSB + Cort Inj	RR: 1.40 [0.67, 2.94]	⊕ Very Low^{1,2}
Luginbüh 2008	PFGS Long-term	20	Exercise + Cort. Inj. Vs FSB + Cort Inj	MD -3.00 [-31.06, 25.06]	⊕ Very Low^{1,2}
Luginbüh 2008	Elbow Disability Long-term	20	Exercise + Cort. Inj. Vs FSB + Cort Inj	MD -0.90 [-2.08, 0.28]	⊕ Very Low^{1,2}

* statistically significant differences

¶ in favour of FSB alone compared to exercise (PT + HEP)

̄ mean improvement compared to baseline

¹ When one trial was available the evidence was graded as low quality

² When one trial was available and had high risk of bias the evidence was graded as very low quality

Abbreviations: GROC, global rating of change scale; FSB, forearm support band; PT, physiotherapy; HEP, home exercise programme; RR, Risk Ratio; MD, mean difference, CI, confidence intervals; PFGS, pain free grip strength; MGS, maximum grip strength; Cort. Inj., corticosteroid Injection

Table 5 Self perceived improvement, pain intensity, pain-free grip strength ratio, maximum grip strength ratio and elbow disability for exercises with or without physiotherapy or home exercise program compared to other active or passive interventions.

Study	Outcomes	Number of participants	Comparison groups	Relative effect (95%CI)	Certainty (GRADE)
Yelland 2019	GROC Very short-term	68	exercise (PT±HEP) Vs prolotherapy	RR 2.81 , (0.74, 10.75)	⊕⊕ Low¹
Yelland 2019	GROC Short-term	73	exercise (PT±HEP) Vs prolotherapy	RR 1.57 , (0.57, 4.32)	⊕⊕ Low¹
Yelland 2019	GROC Mid-term	70	exercise (PT±HEP) Vs prolotherapy	RR 1.07 (0.37, 3.07)	⊕⊕ Low¹
Yelland 2019	GROC Long-term	69	exercise (PT±HEP) Vs prolotherapy	RR 0.44 , (0.10, 1.91)	⊕⊕ Low¹
Struijs 2003	GROC Very short-term	28	exercise (PT±HEP) Vs wrist manipulation	RR 2.75 , (0.43, 17.49)	⊕ Very low^{1,2}
Yelland 2019	Pain intensity (0-100) Very short-term	68	exercise (PT±HEP) Vs prolotherapy	MD -17.00 (-28.22, -5.78) *†	⊕⊕ Low¹
Yelland 2019	Pain intensity (0-100)	73	exercise (PT±HEP) Vs prolotherapy	MD -15.00 (-26.63, -3.37) *†	⊕⊕ Low¹

	Sort-term				
Yelland 2019	Pain intensity (0-100)	70	exercise (PT±HEP) Vs prolotherapy	MD -4.00 (-13.54, 5.54)	⊕⊕ Low ¹
	Mid-term				
Yelland 2019	Pain intensity (0-100)	69	exercise (PT±HEP) Vs prolotherapy	MD -4.00 (-12.71, 4.71)	⊕⊕ Low ¹
	Long-term				
Dale 2016	Pain intensity (0-100)	17	exercise (PT±HEP) Vs exercise (PT±HEP) plus Pilates based exercise	MD -3.00 (-9.85, 15.85)	⊕ Very low ^{1,2}
	Short-term				
Sethi 2018	Pain intensity (0-100)	26	exercise (PT±HEP) Vs exercise (PT±HEP) plus scapular strengthening exercise	MD -16.20 (-24.04, -8.36) *¥	⊕⊕ Low ¹
	Very short-term				
Park 2010	Pain intensity (0-100)	26	early Vs delayed isometric exercise	MD -4.30 , (-11.24, 2.64)	⊕ Very low ^{1,2}
	Short-term				
Park 2010	Pain intensity (0-100)	26	early Vs delayed isometric exercise	MD 0.60 (-7.18, 8.38)	⊕ Very low ^{1,2}
	Mid-term				
Park 2010	Pain intensity (0-100)	26	early Vs delayed isometric exercise	MD 0.80 , (-7.23, 8.83)	⊕ Very low ^{1,2}
	Long-term				
Yelland 2019	PFGS	68	exercise (PT±HEP) Vs prolotherapy	MD -21.00 , (1.72, 40.28)	⊕⊕ Low ¹
	Very short-term				
Yelland 2019	PFGS	73	exercise (PT±HEP) Vs prolotherapy	MD -7.00 , (-29.03, 15.03)	⊕⊕ Low ¹
	Short-term				
Yelland 2019	PFGS	70	exercise (PT±HEP) Vs prolotherapy	MD -11.00 , (-2.96, 24.96)	⊕⊕ Low ¹
	Mid-term				
Yelland 2019	PFGS	69	exercise (PT±HEP) Vs prolotherapy	MD 4.00 , (-5.94, 13.94)	⊕⊕ Low ¹
	Long-term follow-up				
Sethi 2018	PFGS	26	exercise (PT±HEP) Vs exercise (PT±HEP) plus scapular strengthening exercise	MD 3.02 , (0.43, 6.47) *¥	⊕⊕ Low ¹
	Very short-term				
Dale 2016	PFGS	17	exercise (PT±HEP) Vs exercise (PT±HEP) plus Pilates based exercise	MD -13.50 , (-38.62, 11.62)	⊕ Very low ^{1,2}
	short-term				
Drechsler 1997	MGS	18	exercise (PT±HEP) Vs neural tissue techniques	MD 4.73 , (-5.50, 14.96)	⊕ Very low ^{1,2}
	Short-term				
Yelland	Elbow disability	68	exercise (PT±HEP) Vs	MD -6.00 , (-11.94, -0.06) *†	⊕⊕

2019	Very short-term		prolotherapy		Low ¹
Yelland 2019	Elbow disability Short-term	73	exercise (PT±HEP) Vs prolotherapy	MD -15.00 (-26.63, -3.37) *†	⊕⊕ Low ¹
Yelland 2019	Elbow disability Mid-term	70	exercise (PT±HEP) Vs prolotherapy	MD 0.40 , (-4.00, 4.80)	⊕⊕ Low ¹
Yelland 2019	Elbow disability Long-term	69	exercise (PT±HEP) Vs prolotherapy	MD -0.50 (-3.90, 2.90)	⊕⊕ Low ¹
Dale 2016	Elbow disability Short-term	17	exercise (PT±HEP) Vs exercise (PT±HEP) plus Pilates based exercise	MD 2.00 , (-7.81, 11.81)	⊕ Very low ^{1,2}
Sethi 2018	Elbow disability Very short-term	26	exercise (PT±HEP) Vs exercise (PT±HEP) plus scapular strengthening exercise	MD -5.80 , (-11.36, -0.24) *¥	⊕⊕ Low ¹
Park 2010	Elbow disability Short-term	26	early Vs delayed isometric exercise	MD 1.20 , (-4.22, 6.62)	⊕ Very low ^{1,2}
Park 2010	Elbow disability Mid-term follow-up	26	early Vs delayed isometric exercise	MD -2.10 , (-8.01, 3.81)	⊕ Very low ^{1,2}
Park 2010	Elbow disability Long-term	26	early Vs delayed isometric exercise	MD -1.90 , (-8.80, 5.00)	⊕ Very low ^{1,2}

*Statistically significant differences

† In favour of exercises (PT+HEP) compared to prolotherapy

¥ In favour of exercises (PT+HEP) plus scapular strengthening exercises

¹When one trial was available the evidence was graded as low quality

²When one trial was available and had high risk of bias the evidence was graded as very low quality

Abbreviations: GROC, global rating of change scale; PT, physiotherapy; HEP, home exercise programme; RR, Risk Ratio; MD, mean difference, CI, confidence intervals; PFGS, pain free grip strength; MGS, maximum grip strength