

Supplementary file 4. Sensitivity analysis for the VISA-A at 12 weeks.

Approach to dealing with missing data	Heel lifts group*	Eccentric exercise group*	Adjusted mean difference [†]	P-value
Complete case analysis	83.1 (17.5)	71.7 (23.0)	9.97 (1.59 to 18.34)	0.020
Last observation carried forward	81.9 (17.2)	73.0 (22.1)	7.22 (-0.12 to 14.56)	0.054
Mean of the sample	84.9 (13.3)	77.1 (18.7)	6.54 (0.43 to 12.64)	0.036
Worst case scenario	69.4 (37.3)	61.6 (36.3)	7.12 (-7.61 to 21.85)	0.340
Best case scenario	89.4 (13.9)	81.6 (20.8)	6.37 (-0.26 to 12.97)	0.060

Abbreviations: VISA-A, Victorian Institute of Sports Assessment-Achilles questionnaire (scores range from 0 [worst tendon health] to 100 [best tendon health]). Complete case analysis: all missing values at 12 weeks were excluded from data analysis. Last observation carried forward: the last recorded VISA-A score was imputed for missing values at 12 weeks. Mean of the sample: mean of the overall sample was imputed for missing values at 12 weeks. Worst case scenario: missing data was imputed with the worst possible score (i.e. VISA-A=0). Best case scenario: missing data was imputed with the best possible score (i.e. VISA-A=100). *Values are expressed as mean (SD). [†]Adjusted mean difference is for ANCOVA.