tudy or Subgroup	Cortic	costeroid	s	(	Control			Std. Mean Difference	Std. Mean Difference
tudy of oungroup	Mean		Total	Mean		Total	Weight		IV, Random, 95% CI
.1.1 Corticosteroids vs. Con	trol		-	-					
debajo 1990	-4.95	3.309	20	-1.35	3.309	20	12.4%	-1.07 [-1.73, -0.40]	
erry 1980	26.6	22.5	12	22	28.6	12	10.6%	0.17 [-0.63, 0.97]	
ialanella 2011 one shot	5.4	1.9	20	6.8	1.6	10	10.8%	-0.75 [-1.54, 0.03]	
ialanella 2011 two shots	5.4	2	20	6.8	1.6	10	10.8%	-0.72 [-1.51, 0.06]	
long 2011 high dose	2	2.3	20	4.7	2.2	13	11.8%	-1.17 [-1.88, -0.45]	
• •	3.2	1.9	25	4.7	2.2	14	12.3%		
long 2011 low dose								-0.73 [-1.41, -0.05]	
elle 2014	22.1	17.9	45	40.8	18.2	31	15.0%	-1.03 [-1.51, -0.54]	
enning 2012	3.7	2.996	45 <b>214</b>	3.6	3.0995	48 158	16.2% 100.0%	0.03 [-0.37, 0.44] -0.65 [-1.04, -0.26]	
ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.20; Chi est for overall effect: Z = 3.31				05); l² =	66%	150	100.076	-0.05 [-1.04, -0.26]	
.1.2 Corticosteroids vs. Activ		•							
kgün 2004 one inject.	0.81	0.9	16	0.7	0.6	8	2.5%	0.13 [-0.72, 0.98]	
kgün 2004 two inject.	0.8	0.7	16	0.7	0.6	8	2.5%	0.14 [-0.71, 0.99]	
lvarez 2005	45.2	27.7	30	42.6	35.9	28	4.9%	0.08 [-0.43, 0.60]	
lvarez-Nemegyei 2008	39.002	40.363	15	46.485	38.776	17	3.4%	-0.18 [-0.88, 0.51]	
erry 1980	26.6	22.5	12	41.2	36.6	12	2.7%	-0.46 [-1.28, 0.35]	
elik 2009 Cortico	1.2	1.6	28	1.5	1.3	28	4.8%	-0.20 [-0.73, 0.32]	
hoi 2013 high dose	-7.2	1.6	10	-3.4	1.2	5	1.0%	-2.40 [-3.87, -0.93]	←────
hoi 2013 low dose	-3.8	1.4	10	-3.4	1.2	5	1.7%	-0.28 [-1.36, 0.80]	
rawshaw 2010	-14.53		96	-16.67	16.225	97	7.9%	0.13 [-0.15, 0.41]	- <b> -</b>
yigor 2010	-14.55	0.7	20	2.1	1.3	20	3.7%	-0.84 [-1.49, -0.20]	
jigor 2010 jöksu 2015	35.48	0.7 19.46	20 31	۲. ۲ 41.66	20.18	20 30	5.0%		
								-0.31 [-0.81, 0.20]	
ensen 2014	1.755	1.712	23	1.442	1.854	23	4.3%	0.17 [-0.41, 0.75]	
elle 2014	22.1	17.9	45	25.5	19.7	38	5.8%	-0.18 [-0.61, 0.25]	•
im 2012	36.8	26.5	42	24.6	23.1	38	5.7%	0.48 [0.04, 0.93]	
ee 2011	4.5	2.4	30	2.9	2	31	4.9%	0.72 [0.20, 1.24]	————
enning 2012	3.7	2.996	45	3.6	3.0995	48	6.2%	0.03 [-0.37, 0.44]	
abini 2012	29	17.3	46	37.6	30	46	6.1%	-0.35 [-0.76, 0.06]	
adnovich 2014	2.9	2.7	31	2.6	2.7	29	5.0%	0.11 [-0.40, 0.62]	<del></del>
hon 2014	2.5	2.066	48	2.1	2.021	46	6.2%	0.19 [-0.21, 0.60]	
hibata 2001	5.138	1.847	40	5.305	2.1099	38	5.7%	-0.08 [-0.53, 0.36]	
ubasi 2014	2.7	2.3	35	2.8	1.8	35	5.4%	-0.05 [-0.52, 0.42]	
ecchio 1993 Corticosteroid	-8	8.889	28	-8	5.185	27	4.8%	0.00 [-0.53, 0.53]	
ubtotal (95% CI)	-		697	-			100.0%	-0.03 [-0.19, 0.12]	<b>•</b>
leterogeneity: Tau <sup>2</sup> = 0.06; Chi est for overall effect: Z = 0.41			(P = 0.	01); l² =	46%				
.1.3 Corticosteroid vs. NSAII	DS								
debajo 1990	-4.95	3.309	20	-3.6	2.996	20	25.7%	-0.42 [-1.05, 0.21]	<b>_</b>
ift 2015	-2.6	1.8	20	-5.2	0.6	20	24.4%	1.90 [1.14, 2.66]	
lin 2013	-0.9	1.86	15	-1.83	2.25	17	25.0%	0.44 [-0.27, 1.14]	
/hite 1986	-4.3	5.2	15	-5.5	8.3	15	23.0%	0.17 [-0.55, 0.89]	
ubtotal (95% CI)	-4.5	5.2	70	-5.5	0.0	72	100.0%	0.51 [-0.44, 1.45]	
leterogeneity: $Tau^2 = 0.80$ ; Chi est for overall effect: $Z = 1.05$			P < 0.0	001); l² =	= 86%				
est for overall effect. $\Sigma = 1.05$	(								
		temic Co	rticos	eroid					
.1.4 Local Corticosteroid ver	rsus Sys				0 607	50	100.0%	0 20 1 0 76 0 043	
.1.4 Local Corticosteroid ver keberg 2009	rsus Sys	temic Co 2.627	53	teroid 3	2.627		100.0%	-0.38 [-0.76, 0.01]	1
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI)	rsus Sys				2.627		100.0% <b>100.0%</b>	-0.38 [-0.76, 0.01] -0.38 [-0.76, 0.01]	-
.1.4 Local Corticosteroid ver keberg 2009	rsus Sys 2	2.627	53		2.627				*
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93	rsus Sys 2 (P = 0.05	2.627 5)	53		2.627				
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Bline	rsus Sys 2 (P = 0.05 d" Inject	2.627 5) tions	53 53	3		53	100.0%	-0.38 [-0.76, 0.01]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin- cole 2015	rsus Sys 2 (P = 0.05 d" Inject 33	2.627 5) tions 30	53 <b>53</b> 25	3 39	30.5941	<b>53</b> 26	<b>100.0%</b> 17.5%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin tole 2015 logu 2012	rsus Sys 2 (P = 0.05 d" Inject 33 2.65	2.627 5) tions 30 1.7	53 <b>53</b> 25 23	3 39 3.78	30.5941 2.26	53 26 23	100.0% 17.5% 16.6%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin tole 2015 logu 2012 laghighat 2016	rsus Sys 2 (P = 0.05 d" Inject 33 2.65 -4.85	2.627 5) tions 30 1.7 1.2522	53 53 25 23 20	3 39 3.78 -4.45	30.5941 2.26 1.923	53 26 23 20	100.0% 17.5% 16.6% 15.9%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin tole 2015 logu 2012	rsus Sys 2 (P = 0.05 d" Inject 33 2.65 -4.85	2.627 5) tions 30 1.7	53 <b>53</b> 25 23	3 39 3.78	30.5941 2.26	53 26 23	100.0% 17.5% 16.6%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin tole 2015 logu 2012 laghighat 2016	rsus Sys 2 (P = 0.05 d" Inject 33 2.65 -4.85	2.627 5) tions 30 1.7 1.2522	53 53 25 23 20	3 39 3.78 -4.45	30.5941 2.26 1.923	53 26 23 20	100.0% 17.5% 16.6% 15.9%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38]	
<b>.1.4 Local Corticosteroid ver</b> keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 <b>.1.5 US-Guided versus "Blin</b> tole 2015 logu 2012 laghighat 2016 laghighat 2016	rsus Sys 2 (P = 0.05 d" Inject 33 2.65 -4.85 -4.85	2.627 5) ions 1.7 1.2522 1.2522	53 53 25 23 20 20	39 3.78 -4.45 -4.45	30.5941 2.26 1.923 1.923	53 26 23 20 20	100.0% 17.5% 16.6% 15.9% 15.9%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin tole 2015 logu 2012 laghighat 2016 laghighat 2016 laghighat 2016	rsus Sys 2 (P = 0.05 d" Inject 33 2.65 -4.85 -4.85 -4.85 -34.9	2.627 5) tions 30 1.7 1.2522 1.2522 21.3	53 53 25 23 20 20 21	39 3.78 -4.45 -4.45 -7.1	30.5941 2.26 1.923 1.923 8.2	53 26 23 20 20 20 39	100.0% 17.5% 16.6% 15.9% 15.9% 13.9%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin- iole 2015 logu 2012 laghighat 2016 laghighat 2016 laredo 2004 aeed 2014	(P = 0.05 (P = 0.05 d" Inject 33 2.65 -4.85 -4.85 -4.85 -34.9 2.18 i <sup>2</sup> = 12.93	2.627 5) ions 30 1.7 1.2522 21.3 2.66 3, df = 5 (l	53 53 25 23 20 20 21 41 <b>150</b>	39 3.78 -4.45 -7.1 3.26	30.5941 2.26 1.923 1.923 8.2 2.97	53 26 23 20 20 20 39	100.0% 17.5% 16.6% 15.9% 15.9% 13.9% 20.1%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06]	
<b>1.4 Local Corticosteroid ver</b> keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 <b>.1.5 US-Guided versus "Blin</b> tole 2015 logu 2012 laghighat 2016 laghighat 2016 laghighat 2016 laeed 2004 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: Z = 2.63	(P = 0.05 (P = 0.05 ( <b>d'' Inject</b> 33 2.65 -4.85 -4.85 -34.9 2.18 j <sup>2</sup> = 12.93 (P = 0.00	2.627 5) 5) 1.7 1.2522 1.2522 21.3 2.66 3, df = 5 (1 9)	53 53 25 23 20 20 21 41 150 P = 0.0	39 3.78 -4.45 -7.1 3.26	30.5941 2.26 1.923 1.923 8.2 2.97	53 26 23 20 20 20 39	100.0% 17.5% 16.6% 15.9% 15.9% 13.9% 20.1%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Bline tole 2015 logu 2012 laghighat 2016 laredo 2004 aeed 2014 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: Z = 2.63 .1.6 Corticosteroid plus NSA	(P = 0.05 (P = 0.05 (d'' Inject 33 2.65 -4.85 -4.85 -4.85 -34.9 2.18 (P = 0.00 (P = 0.00 (P = 0.00 (AID versu	2.627 5) 5) 1.05 1.2522 1.2522 21.3 2.66 3, df = 5 (1) 9) 1.55 1.2522 21.3 2.66 3, df = 5 (1) 1.55	53 53 25 23 20 20 21 41 150 P = 0.0	3 39 3.78 -4.45 -4.45 -7.1 3.26 2); I <sup>2</sup> = 6	30.5941 2.26 1.923 1.923 8.2 2.97	53 26 23 20 20 20 39 148	17.5% 16.6% 15.9% 13.9% 20.1% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin- iole 2015 logu 2012 laghighat 2016 laghighat 2016 laredo 2004 aeed 2014 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: Z = 2.63 .1.6 Corticosteroid plus NSA ahin 2016	(P = 0.05 (P = 0.05 ( <b>d'' Inject</b> 33 2.65 -4.85 -4.85 -34.9 2.18 j <sup>2</sup> = 12.93 (P = 0.00	2.627 5) 5) 1.7 1.2522 1.2522 21.3 2.66 3, df = 5 (1 9)	53 53 25 23 20 20 21 <b>150</b> P = 0.0	39 3.78 -4.45 -7.1 3.26	30.5941 2.26 1.923 1.923 8.2 2.97	53 26 23 20 20 20 39 148	100.0% 17.5% 16.6% 15.9% 13.9% 20.1% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13] -0.76 [-1.26, -0.26]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin- iole 2015 logu 2012 laghighat 2016 laghighat 2016 laredo 2004 aeed 2014 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: Z = 2.63 .1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI)	(P = 0.05 (P = 0.05 (d'' Inject 33 2.65 -4.85 -4.85 -4.85 -34.9 2.18 (P = 0.00 (P = 0.00 (P = 0.00 (AID versu	2.627 5) 5) 1.05 1.2522 1.2522 21.3 2.66 3, df = 5 (1) 9) 1.55 1.2522 21.3 2.66 3, df = 5 (1) 1.55	53 53 25 23 20 20 21 41 150 P = 0.0	3 39 3.78 -4.45 -4.45 -7.1 3.26 2); I <sup>2</sup> = 6	30.5941 2.26 1.923 1.923 8.2 2.97	53 26 23 20 20 20 39 148	17.5% 16.6% 15.9% 13.9% 20.1% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin- iole 2015 logu 2012 laghighat 2016 laredo 2004 aeed 2014 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: Z = 2.63 .1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) leterogeneity: Not applicable	rsus Sys 2 (P = 0.05 d" Inject 33 2.65 -4.85 -34.9 2.18 i <sup>2</sup> = 12.93 (P = 0.00 AID versu -6.6	2.627 5) ions 30 1.7 1.2522 21.3 2.66 3, df = 5 (10) 99 us NSAID 2	53 53 25 23 20 20 21 <b>150</b> P = 0.0	3 39 3.78 -4.45 -4.45 -7.1 3.26 2); I <sup>2</sup> = 6	30.5941 2.26 1.923 1.923 8.2 2.97	53 26 23 20 20 20 39 148	100.0% 17.5% 16.6% 15.9% 13.9% 20.1% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13] -0.76 [-1.26, -0.26]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin- iole 2015 logu 2012 laghighat 2016 laghighat 2016 laredo 2004 aeed 2014 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: Z = 2.63 .1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI)	rsus Sys 2 (P = 0.05 d" Inject 33 2.65 -4.85 -34.9 2.18 i <sup>2</sup> = 12.93 (P = 0.00 AID versu -6.6	2.627 5) ions 30 1.7 1.2522 21.3 2.66 3, df = 5 (10) 99 us NSAID 2	53 53 25 23 20 20 21 <b>150</b> P = 0.0	3 39 3.78 -4.45 -4.45 -7.1 3.26 2); I <sup>2</sup> = 6	30.5941 2.26 1.923 1.923 8.2 2.97	53 26 23 20 20 20 39 148	100.0% 17.5% 16.6% 15.9% 13.9% 20.1% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13] -0.76 [-1.26, -0.26]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Blin- iole 2015 logu 2012 laghighat 2016 laredo 2004 aeed 2014 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: Z = 2.63 .1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) leterogeneity: Not applicable	(P = 0.05 (P = 0.05 (d" Inject 33 2.65 -4.85 -4.85 -4.85 -34.9 2.18 (P = 0.00 AID versu -6.6 (P = 0.00	2.627 5) ions 30 1.7 1.2522 21.3 2.66 3, df = 5 (1 99) 2 2 03)	53 53 25 23 20 20 21 41 15 0 P = 0.0	3 39 3.78 -4.45 -7.1 3.26 2); l <sup>2</sup> = 6 -5.1	30.5941 2.26 1.923 1.923 8.2 2.97 31%	53 26 23 20 20 20 39 148	100.0% 17.5% 16.6% 15.9% 13.9% 20.1% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13] -0.76 [-1.26, -0.26]	
1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: $Z = 1.93$ .1.5 US-Guided versus "Bline isole 2015 logu 2012 laghighat 2016 laredo 2004 aeed 2014 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: $Z = 2.63$ .1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: $Z = 2.97$ .1.7 Corticosteroid plus NSA	(P = 0.05 (P = 0.05 (d" Inject 33 2.65 -4.85 -4.85 -4.85 -34.9 2.18 (P = 0.00 AID versu -6.6 (P = 0.00 AID versu	2.627 5) ions 30 1.7 1.2522 21.3 2.66 3, df = 5 (1 99) 2 2 03)	53 53 25 23 20 20 21 41 150 P = 0.0 33 33	3 39 3.78 -4.45 -7.1 3.26 2); I <sup>2</sup> = 6 -5.1 g plus N	30.5941 2.26 1.923 1.923 8.2 2.97 31% 1.9	<ul> <li>53</li> <li>26</li> <li>23</li> <li>20</li> <li>20</li> <li>20</li> <li>20</li> <li>39</li> <li>148</li> <li>33</li> <li>33</li> </ul>	100.0% 17.5% 16.6% 15.9% 13.9% 20.1% 100.0% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13] -0.76 [-1.26, -0.26] -0.76 [-1.26, -0.26]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Bline iole 2015 logu 2012 laghighat 2016 laghighat 2016 laredo 2004 aeed 2014 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: Z = 2.63 .1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 2.97 .1.7 Corticosteroid plus NSA ahin 2016	(P = 0.05 (P = 0.05 (d" Inject 33 2.65 -4.85 -4.85 -4.85 -34.9 2.18 (P = 0.00 AID versu -6.6 (P = 0.00	2.627 5) ions 30 1.7 1.2522 21.3 2.66 3, df = 5 (1 99) 2 13 NSAID 2 13 13 12522 21.3 2.66 10 10 10 10 10 10 10 10 10 10	53 53 25 23 20 20 21 41 150 P = 0.0	3 39 3.78 -4.45 -7.1 3.26 2); l <sup>2</sup> = 6 -5.1	30.5941 2.26 1.923 1.923 8.2 2.97 31%	53 26 23 20 20 20 39 148 33 33 33	100.0% 17.5% 16.6% 15.9% 13.9% 20.1% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13] -0.76 [-1.26, -0.26]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Bline iole 2015 logu 2012 laghighat 2016 laghighat 2016 laredo 2004 aeed 2014 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: Z = 2.63 .1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 2.97 .1.7 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI)	(P = 0.05 (P = 0.05 (d" Inject 33 2.65 -4.85 -4.85 -4.85 -34.9 2.18 (P = 0.00 AID versu -6.6 (P = 0.00 AID versu	2.627 5) ions 30 1.7 1.2522 21.3 2.66 3, df = 5 (1 99) 2 13 NSAID 2 13 13 12522 21.3 2.66 10 10 10 10 10 10 10 10 10 10	53 53 53 20 20 21 41 150 P = 0.0 33 33 0 000000000000000000000000000	3 39 3.78 -4.45 -7.1 3.26 2); I <sup>2</sup> = 6 -5.1 g plus N	30.5941 2.26 1.923 1.923 8.2 2.97 31% 1.9	53 26 23 20 20 20 39 148 33 33 33	100.0% 17.5% 16.6% 15.9% 13.9% 20.1% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13] -0.76 [-1.26, -0.26] -0.76 [-1.26, -0.26] 0.00 [-0.48, 0.48]	
1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: $Z = 1.93$ .1.5 US-Guided versus "Blin iole 2015 logu 2012 laghighat 2016 laredo 2004 aeed 2014 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: $Z = 2.63$ .1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: $Z = 2.97$ .1.7 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 2.97	rsus Sys: 2 (P = 0.05 d" Inject 33 2.65 -4.85 -34.9 2.18 $i^2 = 12.93$ (P = 0.00 AID versu -6.6 (P = 0.00	2.627 5) ions 30 1.7 1.2522 21.3 2.66 3, df = 5 (1) 9) us NSAID 2 03) us Kinesi 2	53 53 53 20 20 21 41 150 P = 0.0 33 33 0 000000000000000000000000000	3 39 3.78 -4.45 -7.1 3.26 2); I <sup>2</sup> = 6 -5.1 g plus N	30.5941 2.26 1.923 1.923 8.2 2.97 31% 1.9	53 26 23 20 20 20 39 148 33 33 33	100.0% 17.5% 16.6% 15.9% 13.9% 20.1% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13] -0.76 [-1.26, -0.26] -0.76 [-1.26, -0.26] 0.00 [-0.48, 0.48]	
.1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 1.93 .1.5 US-Guided versus "Bline iole 2015 logu 2012 laghighat 2016 laghighat 2016 laredo 2004 aeed 2014 ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: Z = 2.63 .1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 2.97 .1.7 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI)	rsus Sys: 2 (P = 0.05 d" Inject 33 2.65 -4.85 -34.9 2.18 $i^2 = 12.93$ (P = 0.00 AID versu -6.6 (P = 0.00	2.627 5) ions 30 1.7 1.2522 21.3 2.66 3, df = 5 (1) 9) us NSAID 2 03) us Kinesi 2	53 53 53 20 20 21 41 150 P = 0.0 33 33 0 000000000000000000000000000	3 39 3.78 -4.45 -7.1 3.26 2); I <sup>2</sup> = 6 -5.1 g plus N	30.5941 2.26 1.923 1.923 8.2 2.97 31% 1.9	53 26 23 20 20 20 39 148 33 33 33	100.0% 17.5% 16.6% 15.9% 13.9% 20.1% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13] -0.76 [-1.26, -0.26] -0.76 [-1.26, -0.26] 0.00 [-0.48, 0.48]	
1.4 Local Corticosteroid ver keberg 2009 ubtotal (95% CI) eterogeneity: Not applicable est for overall effect: $Z = 1.93$ 1.5 US-Guided versus "Blind ole 2015 ogu 2012 aghighat 2016 aredo 2004 aredo 2004 aeed 2014 ubtotal (95% CI) eterogeneity: Tau <sup>2</sup> = 0.14; Chi est for overall effect: $Z = 2.63$ 1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) eterogeneity: Not applicable est for overall effect: $Z = 2.97$ 1.7 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) eterogeneity: Not applicable est for overall effect: Z = 2.97	rsus Sys: 2 (P = 0.05 d" Inject 33 2.65 -4.85 -34.9 2.18 $i^2 = 12.93$ (P = 0.00 AID versu -6.6 (P = 0.00	2.627 5) ions 30 1.7 1.2522 21.3 2.66 3, df = 5 (1) 9) us NSAID 2 03) us Kinesi 2	53 53 53 20 20 21 41 150 P = 0.0 33 33 0 000000000000000000000000000	3 39 3.78 -4.45 -7.1 3.26 2); I <sup>2</sup> = 6 -5.1 g plus N	30.5941 2.26 1.923 1.923 8.2 2.97 31% 1.9	53 26 23 20 20 20 39 148 33 33 33	100.0% 17.5% 16.6% 15.9% 13.9% 20.1% 100.0%	-0.38 [-0.76, 0.01] -0.19 [-0.75, 0.36] -0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.38 [-0.82, 0.06] -0.51 [-0.89, -0.13] -0.76 [-1.26, -0.26] -0.76 [-1.26, -0.26] 0.00 [-0.48, 0.48]	

Figure Appendix-4a 1. Steroids: Outcome pain at the longest follow-up

	Cortic Mean	costeroids	Total	Mean	Control	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% Cl
tudy or Subgroup .1.1 Corticosteroids vs. Con		50	Total	Mean	50	Total	weight	IV, Random, 95% CI	IV, Random, 95% CI
		0.0004	00	4.05	0.0004	00	10.00/	4 07 ( 4 70 0 40)	
debajo 1990	-4.95	3.3094	20	-1.35	3.3094	20	12.8%	-1.07 [-1.73, -0.40]	- <u> </u>
Berry 1980	26.6	22.5	12	22	28.6	12	11.2%	0.17 [-0.63, 0.97]	
Gialanella 2011 one shot	3.8	1.8	20	6.7	1.4	10	10.3%	-1.68 [-2.56, -0.79]	
Gialanella 2011 two shots	3.9	1.7	20	6.7	1.4	10	10.3%	-1.69 [-2.58, -0.81]	•
long 2011 high dose	2.4	2	27	5	1.5	13	12.0%	-1.37 [-2.11, -0.64]	
long 2011 low dose	3.2	1.8	25	5		14	12.4%	-1.04 [-1.73, -0.34]	
Kelle 2014	23.6	15.6	45	43.3	17.6	31	14.9%	-1.19 [-1.68, -0.69]	
Penning 2012 Subtotal (95% CI)	4.2	2.8735	52 221	5.2	2.59	55 165	16.2% 100.0%	-0.36 [-0.75, 0.02] -0.99 [-1.42, -0.57]	
leterogeneity: Tau² = 0.25; Ch est for overall effect: Z = 4.58		7 (P = 0.001);		%		105	100.076	-0.33 [-1.42, -0.37]	
.1.2 Corticosteroids vs. Activ	. ,	isc.)							
kgün 2004 one shot	1.4	1.1	16	1.7	1	8	3.2%	-0.27 [-1.12, 0.58]	
kgün 2004 two shots	1.1	0.9	16	1.7	1	8	3.1%	-0.62 [-1.49, 0.25]	
Ivarez 2005	39.05	28.4	30	52.3	27.2	28	4.8%	-0.47 [-0.99, 0.05]	
lvarez-Nemegyei 2008	27.2727273				29.81818182	23	4.4%	-0.76 [-1.36, -0.15]	
erry 1980	26.6	22.5	12	41.2	36.6	12	3.3%	-0.46 [-1.28, 0.35]	
Celik 2009 Cortico	20.0	22.5	28	41.2	1.3	28	3.3% 4.8%		
			10	-3.4		20 5		-0.20 [-0.73, 0.32]	
hoi 2013 high Dose	-7.2	1.6			1.2		1.5%	-2.40 [-3.87, -0.93]	
hoi 2013 low Dose	-3.8	1.4 9 7415	10	-3.4	1.2	109	2.4%	-0.28 [-1.36, 0.80]	
rawshaw 2010	-9.04	8.7415	104	-1.01	8.7547	108	6.3%	-0.91 [-1.20, -0.63]	
yigor 2010	1.9	1.2	20	2.6	1.6	20	4.2%	-0.49 [-1.11, 0.14]	
öksu 2015	41.61	17.9	31	46	19.22	30	5.0%	-0.23 [-0.74, 0.27]	
ensen 2014	1.755	1.712	23	1.442	1.854	23	4.5%	0.17 [-0.41, 0.75]	
elle 2014	23.6	15.6	45	32.6	17.6	38	5.4%	-0.54 [-0.98, -0.10]	
im 2012	46.8	20.9	42	31.2		38	5.3%	0.75 [0.29, 1.20]	
ee 2011	3.4	1.7	30	3		31	5.0%	0.25 [-0.26, 0.75]	
enning 2012	4.2	2.8735	52	5.2		55	5.7%	-0.36 [-0.75, 0.02]	
abini 2012	29.6	10.3	46	35.1	24.3	46	5.5%	-0.29 [-0.70, 0.12]	
adnovich 2014	3.2	2.8	31	2.8	2.6	29	4.9%	0.15 [-0.36, 0.65]	
Rhon 2014	1.7	2.19013569	46	1.6	2.08736913	42	5.5%	0.05 [-0.37, 0.46]	
hibata 2001	5.1375	1.8472	40	5.3053	2.1099	38	5.3%	-0.08 [-0.53, 0.36]	
ubasi 2014	4	1.8	35	3.83	1.9	35	5.2%	0.09 [-0.38, 0.56]	
ecchio 1993 Corticosteroid	-10	8.14814815	28	-7.5	5.92592593	27	4.8%	-0.34 [-0.88, 0.19]	
Subtotal (95% CI)			717			677	100.0%	-0.25 [-0.46, -0.05]	$\bullet$
leterogeneity: Tau <sup>2</sup> = 0.15; Ch est for overall effect: Z = 2.46		21 (P < 0.000	)1);   <sup>2</sup> =	69%					
.1.3 Corticosteroid vs. NSAI	<b>DS</b> -4.95	3.3094	20	-3.6	2.9963	20	25.7%	-0.42 [-1.05, 0.21]	
Cift 2015	-2.6	1.8	20	-5.2		20	24.4%	1.90 [1.14, 2.66]	
/in 2013	-0.9	1.86	15	-1.83	2.25	17	25.0%	0.44 [-0.27, 1.14]	
White 1986	-0.3	5.2	15	-5.5	8.3	15	24.9%	0.17 [-0.55, 0.89]	
Subtotal (95% CI)	-4.5	5.2	70	-5.5	0.5	72	100.0%	0.51 [-0.44, 1.45]	
Heterogeneity: Tau <sup>2</sup> = 0.80; Ch Test for overall effect: Z = 1.05		3 (P < 0.0001)		5%		. –			
.1.4 Local Corticosteroid ver	rsus Systemic	Corticostero	d						_
Ekeberg 2009	2	2.6265	53	3	5.253		100.0%	-0.24 [-0.62, 0.14]	- <b>B</b> +
Subtotal (95% CI)			53			53	100.0%	-0.24 [-0.62, 0.14]	
leterogeneity: Not applicable									
	(P = 0.22)								
est for overall effect: Z = 1.23	(1 0.22)								
.1.5 Ultrasound Guided Cort	ticosteroid Inje				20 5044	26	17 60/	-0 10 [ 0 75 0 26]	
.1.5 Ultrasound Guided Cort ole 2015	ticosteroid Inje 33	30	25	39	30.5941	26	17.6%	-0.19 [-0.75, 0.36]	
.1.5 Ultrasound Guided Cort ole 2015 logu 2012	ticosteroid Inje 33 2.65	30 1.7	25 23	39 3.78	2.26	23	16.6%	-0.56 [-1.15, 0.03]	
. <b>1.5 Ultrasound Guided Cort</b> cole 2015 Jogu 2012 Iaghighat 2015	ticosteroid Inje 33 2.65 -4.85	30 1.7 1.2522	25 23 20	39 3.78 -4.45	2.26 1.923	23 20	16.6% 15.9%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38]	
.1.5 Ultrasound Guided Cort cole 2015 Jogu 2012 laghighat 2015 laghighat 2016	ticosteroid Inje 33 2.65 -4.85 -4.85	30 1.7 1.2522 1.2522	25 23 20 20	39 3.78 -4.45 -4.45	2.26 1.923 1.923	23 20 20	16.6% 15.9% 15.9%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38]	
.1.5 Ultrasound Guided Cort Cole 2015 Jogu 2012 Iaghighat 2015 Iaghighat 2016 Iaredo 2004	ticosteroid Inje 33 2.65 -4.85 -4.85 -4.85 -34.9	30 1.7 1.2522 1.2522 21.3	25 23 20 20 21	39 3.78 -4.45 -4.45 -7.1	2.26 1.923 1.923 8.2	23 20 20 20	16.6% 15.9% 15.9% 13.9%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95]	
.1.5 Ultrasound Guided Cort Cole 2015 Dogu 2012 Haghighat 2015 Haghighat 2016 Haredo 2004 Saeed 2014	ticosteroid Inje 33 2.65 -4.85 -4.85	30 1.7 1.2522 1.2522	25 23 20 20 21 41	39 3.78 -4.45 -4.45	2.26 1.923 1.923	23 20 20 20 39	16.6% 15.9% 15.9% 13.9% 20.1%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] ◀ -0.53 [-0.97, -0.08]	
.1.5 Ultrasound Guided Cort cole 2015 logu 2012 laghighat 2015 laghighat 2016 laredo 2004 laredo 2004 laredo 2014 subtotal (95% CI)	ticosteroid Inje 33 2.65 -4.85 -4.85 -34.9 1.68	30 1.7 1.2522 1.2522 21.3 1.67	25 23 20 20 21 41 <b>150</b>	39 3.78 -4.45 -4.45 -7.1 2.67	2.26 1.923 1.923 8.2	23 20 20 20	16.6% 15.9% 15.9% 13.9%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95]	
.1.5 Ultrasound Guided Cort Cole 2015 Jogu 2012 Iaghighat 2015 Iaghighat 2016 Jaredo 2004 Saeed 2014 Subtotal (95% CI) Ieterogeneity: Tau <sup>2</sup> = 0.13; Ch	ticosteroid Inje 33 2.65 -4.85 -4.85 -34.9 1.68 i <sup>2</sup> = 12.71, df =	30 1.7 1.2522 1.2522 21.3 1.67	25 23 20 20 21 41 <b>150</b>	39 3.78 -4.45 -4.45 -7.1 2.67	2.26 1.923 1.923 8.2	23 20 20 20 39	16.6% 15.9% 15.9% 13.9% 20.1%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] ◀ -0.53 [-0.97, -0.08]	
.1.5 Ultrasound Guided Cort Cole 2015 Dogu 2012 Iaghighat 2015 Iaghighat 2016 Jaredo 2004 Subtotal (95% CI) Ieterogeneity: Tau <sup>2</sup> = 0.13; Ch 'est for overall effect: Z = 2.80	ticosteroid Inje 33 2.65 -4.85 -4.85 -34.9 1.68 i <sup>2</sup> = 12.71, df = (P = 0.005)	30 1.7 1.2522 1.2522 21.3 1.67 5 (P = 0.03); P	25 23 20 20 21 41 <b>150</b>	39 3.78 -4.45 -4.45 -7.1 2.67	2.26 1.923 1.923 8.2	23 20 20 20 39	16.6% 15.9% 15.9% 13.9% 20.1%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] ◀ -0.53 [-0.97, -0.08]	
.1.5 Ultrasound Guided Cort Cole 2015 Dogu 2012 Haghighat 2015 Haghighat 2016 Jaredo 2004 Saeed 2014 Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0.13; Ch Test for overall effect: Z = 2.80 .1.6 Corticosteroid plus NSA	ticosteroid Inje 33 2.65 -4.85 -4.85 -34.9 1.68 i <sup>2</sup> = 12.71, df = (P = 0.005)	30 1.7 1.2522 1.2522 21.3 1.67 5 (P = 0.03); P	25 23 20 20 21 41 <b>150</b>	39 3.78 -4.45 -4.45 -7.1 2.67	2.26 1.923 1.923 8.2	23 20 20 20 39 148	16.6% 15.9% 15.9% 13.9% 20.1%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] ◀ -0.53 [-0.97, -0.08]	
.1.5 Ultrasound Guided Cort Cole 2015 Jogu 2012 Iaghighat 2015 Iaghighat 2016 Jaredo 2004 Saeed 2014 Jubtotal (95% CI) Ieterogeneity: Tau <sup>2</sup> = 0.13; Ch est for overall effect: Z = 2.80 .1.6 Corticosteroid plus NSA Sahin 2016	ticosteroid Inje 33 2.65 -4.85 -4.85 -34.9 1.68 j <sup>2</sup> = 12.71, df = (P = 0.005) AIS versus NS/	30 1.7 1.2522 1.2522 21.3 1.67 5 (P = 0.03); F	25 23 20 20 21 41 <b>150</b> 2 = 61%	39 3.78 -4.45 -4.45 -7.1 2.67	2.26 1.923 1.923 8.2 2.04	23 20 20 20 39 148	16.6% 15.9% 15.9% 13.9% 20.1% <b>100.0%</b>	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.53 [-0.97, -0.08] -0.54 [-0.92, -0.16]	
.1.5 Ultrasound Guided Cort Cole 2015 Dogu 2012 Iaghighat 2015 Iaghighat 2016 Iaredo 2004 Subtotal (95% CI) Ieterogeneity: Tau <sup>2</sup> = 0.13; Ch Test for overall effect: Z = 2.80 .1.6 Corticosteroid plus NSA Sahin 2016 Subtotal (95% CI) Ieterogeneity: Not applicable	ticosteroid Inje 33 2.65 -4.85 -4.85 -34.9 1.68 i <sup>2</sup> = 12.71, df = (P = 0.005) AIS versus NS/ -6.6	30 1.7 1.2522 1.2522 21.3 1.67 5 (P = 0.03); F	25 23 20 20 21 41 <b>150</b> 33	39 3.78 -4.45 -4.45 -7.1 2.67	2.26 1.923 1.923 8.2 2.04	23 20 20 20 39 148	16.6% 15.9% 15.9% 20.1% 100.0%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.53 [-0.97, -0.08] -0.54 [-0.92, -0.16]	
.1.5 Ultrasound Guided Cort Cole 2015 Jogu 2012 Iaghighat 2015 Iaghighat 2016 Jaredo 2004 Saeed 2014 Jubtotal (95% CI) Ieterogeneity: Tau <sup>2</sup> = 0.13; Ch est for overall effect: Z = 2.80 .1.6 Corticosteroid plus NSA Sahin 2016 Subtotal (95% CI) Ieterogeneity: Not applicable est for overall effect: Z = 2.97	ticosteroid Inje 33 2.65 -4.85 -4.85 -34.9 1.68 i <sup>2</sup> = 12.71, df = (P = 0.005) AIS versus NSJ -6.6 (P = 0.003)	30 1.7 1.2522 1.2522 21.3 1.67 5 (P = 0.03); F AID	25 23 20 21 41 <b>150</b> 2 = 61%	39 3.78 -4.45 -4.45 -7.1 2.67 -5.1	2.26 1.923 1.923 8.2 2.04	23 20 20 20 39 148	16.6% 15.9% 15.9% 20.1% 100.0%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.53 [-0.97, -0.08] -0.54 [-0.92, -0.16]	
.1.5 Ultrasound Guided Cort Cole 2015 Dogu 2012 Haghighat 2015 Haghighat 2016 Aaredo 2004 Saeed 2014 Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0.13; Ch Test for overall effect: Z = 2.80 .1.6 Corticosteroid plus NSA Sahin 2016 Subtotal (95% CI) Heterogeneity: Not applicable Test for overall effect: Z = 2.97 .1.7 Corticosteroid plus NSA	ticosteroid Inje 33 2.65 -4.85 -4.85 -34.9 1.68 i <sup>2</sup> = 12.71, df = (P = 0.005) AIS versus NS <i>i</i> -6.6 (P = 0.003) AID versus Kin	30 1.7 1.2522 21.3 1.67 5 (P = 0.03); P AID 2	25 23 20 21 41 <b>150</b> 2 = 61% 33 33	39 3.78 -4.45 -7.1 2.67 -5.1	2.26 1.923 1.923 8.2 2.04	23 20 20 39 148 33 33	16.6% 15.9% 15.9% 13.9% 20.1% 100.0%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.53 [-0.97, -0.08] -0.54 [-0.92, -0.16] -0.76 [-1.26, -0.26] -0.76 [-1.26, -0.26]	
Fest for overall effect: Z = 1.23 1.1.5 Ultrasound Guided Cort Cole 2015 Dogu 2012 Haghighat 2015 Haghighat 2016 Varedo 2004 Saeed 2014 Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0.13; Ch Fest for overall effect: Z = 2.80 1.1.6 Corticosteroid plus NSA Sahin 2016 Subtotal (95% CI) Heterogeneity: Not applicable Fest for overall effect: Z = 2.97 1.1.7 Corticosteroid plus NSA Sahin 2016 Subtotal (95% CI)	ticosteroid Inje 33 2.65 -4.85 -4.85 -34.9 1.68 i <sup>2</sup> = 12.71, df = (P = 0.005) AIS versus NSJ -6.6 (P = 0.003)	30 1.7 1.2522 1.2522 21.3 1.67 5 (P = 0.03); F AID	25 23 20 21 41 <b>150</b> <sup>2</sup> = 61% 33 <b>33</b> 33	39 3.78 -4.45 -4.45 -7.1 2.67 -5.1	2.26 1.923 1.923 8.2 2.04	23 20 20 39 148 33 33 33	16.6% 15.9% 15.9% 13.9% 20.1% 100.0%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.53 [-0.97, -0.08] -0.54 [-0.92, -0.16] -0.76 [-1.26, -0.26] -0.76 [-1.26, -0.26] 0.00 [-0.48, 0.48]	
.1.5 Ultrasound Guided Cort Cole 2015 Dogu 2012 Haghighat 2015 Haghighat 2016 Jaredo 2004 Saeed 2014 Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0.13; Ch Test for overall effect: Z = 2.80 .1.6 Corticosteroid plus NSA Sahin 2016 Subtotal (95% CI) Heterogeneity: Not applicable Test for overall effect: Z = 2.97 .1.7 Corticosteroid plus NSA Sahin 2016 Subtotal (95% CI)	ticosteroid Inje 33 2.65 -4.85 -4.85 -34.9 1.68 i <sup>2</sup> = 12.71, df = (P = 0.005) AIS versus NS <i>i</i> -6.6 (P = 0.003) AID versus Kin	30 1.7 1.2522 21.3 1.67 5 (P = 0.03); P AID 2	25 23 20 21 41 <b>150</b> 2 = 61% 33 33	39 3.78 -4.45 -7.1 2.67 -5.1	2.26 1.923 1.923 8.2 2.04	23 20 20 39 148 33 33 33	16.6% 15.9% 15.9% 13.9% 20.1% 100.0%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.53 [-0.97, -0.08] -0.54 [-0.92, -0.16] -0.76 [-1.26, -0.26] -0.76 [-1.26, -0.26]	
.1.5 Ultrasound Guided Cort cole 2015 logu 2012 laghighat 2015 laghighat 2015 laghighat 2016 laredo 2004 laeed 2014 lubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.13; Ch est for overall effect: Z = 2.80 .1.6 Corticosteroid plus NSA lahin 2016 lubtotal (95% CI) leterogeneity: Not applicable est for overall effect: Z = 2.97 .1.7 Corticosteroid plus NSA lahin 2016 lubtotal (95% CI) leterogeneity: Not applicable	ticosteroid Inje 33 2.65 -4.85 -4.85 -4.85 -34.9 1.68 $i^2 = 12.71, df = (P = 0.005)$ AIS versus NSJ -6.6 (P = 0.003) AID versus Kin -6.6	30 1.7 1.2522 21.3 1.67 5 (P = 0.03); P AID 2	25 23 20 21 41 <b>150</b> <sup>2</sup> = 61% 33 <b>33</b> 33	39 3.78 -4.45 -7.1 2.67 -5.1	2.26 1.923 1.923 8.2 2.04	23 20 20 39 148 33 33 33	16.6% 15.9% 15.9% 13.9% 20.1% 100.0%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.53 [-0.97, -0.08] -0.54 [-0.92, -0.16] -0.76 [-1.26, -0.26] -0.76 [-1.26, -0.26] 0.00 [-0.48, 0.48]	
1.5 Ultrasound Guided Cort ole 2015 ogu 2012 aghighat 2015 aghighat 2016 aredo 2004 aeed 2014 ubtotal (95% CI) eterogeneity: Tau <sup>2</sup> = 0.13; Ch est for overall effect: Z = 2.80 1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) eterogeneity: Not applicable est for overall effect: Z = 2.97 1.7 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI)	ticosteroid Inje 33 2.65 -4.85 -4.85 -4.85 -34.9 1.68 $i^2 = 12.71, df = (P = 0.005)$ AIS versus NSJ -6.6 (P = 0.003) AID versus Kin -6.6	30 1.7 1.2522 21.3 1.67 5 (P = 0.03); P AID 2	25 23 20 21 41 <b>150</b> <sup>2</sup> = 61% 33 <b>33</b> 33	39 3.78 -4.45 -7.1 2.67 -5.1	2.26 1.923 1.923 8.2 2.04	23 20 20 39 148 33 33 33	16.6% 15.9% 15.9% 13.9% 20.1% 100.0%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.53 [-0.97, -0.08] -0.54 [-0.92, -0.16] -0.76 [-1.26, -0.26] -0.76 [-1.26, -0.26] 0.00 [-0.48, 0.48]	
1.5 Ultrasound Guided Cort ole 2015 ogu 2012 aghighat 2015 aredo 2004 aredo 2004 aeed 2014 ubtotal (95% CI) eterogeneity: Tau <sup>2</sup> = 0.13; Ch est for overall effect: Z = 2.80 1.6 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) eterogeneity: Not applicable est for overall effect: Z = 2.97 1.7 Corticosteroid plus NSA ahin 2016 ubtotal (95% CI) eterogeneity: Not applicable	ticosteroid Inje 33 2.65 -4.85 -4.85 -4.85 -34.9 1.68 $i^2 = 12.71, df = (P = 0.005)$ AIS versus NSJ -6.6 (P = 0.003) AID versus Kin -6.6	30 1.7 1.2522 21.3 1.67 5 (P = 0.03); P AID 2	25 23 20 21 41 <b>150</b> <sup>2</sup> = 61% 33 <b>33</b> 33	39 3.78 -4.45 -7.1 2.67 -5.1	2.26 1.923 1.923 8.2 2.04	23 20 20 39 148 33 33 33	16.6% 15.9% 15.9% 13.9% 20.1% 100.0%	-0.56 [-1.15, 0.03] -0.24 [-0.86, 0.38] -0.24 [-0.86, 0.38] -1.67 [-2.39, -0.95] -0.53 [-0.97, -0.08] -0.54 [-0.92, -0.16] -0.76 [-1.26, -0.26] -0.76 [-1.26, -0.26] 0.00 [-0.48, 0.48]	

Figure Appendix-4a 2. Steroids: Outcome pain at the shortest follow-up

Other days and Other handling		erimental	T - 4 - 1		Control	T . 4. 1		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean		Total				Weight	IV, Random, 95% CI	IV, Random, 95% Cl
2.1.1 Ketoprofen plus Lidoca		•							
Güler 2009 Subtotal (95% CI)	30.81	26.49	37 37	43.33	16.7		100.0% <b>100.0%</b>	-0.55 [-1.03, -0.07] <b>-0.55 [-1.03, -0.07]</b>	
Heterogeneity: Not applicable									
Test for overall effect: Z = 2.26	(P = 0.02	2)							
2.1.2 Celecoxib or Naproxen	versus F	lacebo							
Petri Celecoxib 200m 2004	-38.6	30.4904	98	-27.5	24.2499	54	49.5%	-0.39 [-0.72, -0.05]	
Petri Naproxen 500mg 2004 Subtotal (95% CI)	-33.2	31.9	100 <b>198</b>	-27.5	24.2499	54 108	50.5% 100.0%	-0.19 [-0.52, 0.14] <b>-0.29 [-0.53, -0.05]</b>	
Heterogeneity: Tau² = 0.00; Ch Test for overall effect: Z = 2.41		· ·	= 0.42)	; I <sup>2</sup> = 0%					
2.1.3 Topical Glyceryl Trinitra	ate Appli	cation ver	sus P	lacebo F	atch				_
Paoloni 2005 Subtotal (95% CI)	0.9214	0.7031	23 <b>23</b>	2.0838	1.5707		100.0% <b>100.0%</b>	-0.93 [-1.52, -0.33] <b>-0.93 [-1.52, -0.33]</b>	
Heterogeneity: Not applicable Test for overall effect: Z = 3.03	(P = 0.00	02)	23			20	100.0%	-0.33 [*1.32, *0.33]	
		,							
2.1.4 Naprosyn plus Exercise							100.00		
Devereaux 2015 Subtotal (95% CI)	-2.32	2.8393	29 <b>29</b>	-1.46	2.8202		100.0% <b>100.0%</b>	-0.30 [-0.80, 0.20] <b>-0.30 [-0.80, 0.20]</b>	
Heterogeneity: Not applicable Test for overall effect: Z = 1.17	(P = 0.24	4)							
2.1.5 Local Anaesthetic vers	us Cortio	osteroids							
Akgün 2004 one inject.	0.7	0.6	8	0.81	0.9	16	11.3%	-0.13 [-0.98, 0.72]	
Akgün 2004 two inject.	0.7	0.6	8	0.8	0.7	16	11.3%	-0.14 [-0.99, 0.71]	
Alvarez 2005	42.6	35.9	28	45.2	27.7	30	30.8%	-0.08 [-0.60, 0.43]	
Alvarez-Nemegyei 2008	46.485	38.776		39.002	40.363	15	16.9%	0.18 [-0.51, 0.88]	
Celik 2009 Cortico	1.5	1.3	28 <b>89</b>	1.2	1.6	28	29.6%	0.20 [-0.32, 0.73]	
Subtotal (95% CI)		-If - 4 (D -		. 12 - 00/		105	100.0%	0.04 [-0.25, 0.32]	
Heterogeneity: Tau <sup>2</sup> = 0.00; Ch Test for overall effect: Z = 0.24			= 0.90)	; 1- = 0%					
2.1.6 Local Anaesthetic Patcl	h versus	Corticost	eroid						
Jensen 2014	1.442	1.854	23	1.755	1.712	23	43.4%	-0.17 [-0.75, 0.41]	
Radnovich 2014 Subtotal (95% CI)	2.6	2.7	29 52	2.9	2.7	31	56.6% 100.0%	-0.11 [-0.62, 0.40] -0.14 [-0.52, 0.24]	
Heterogeneity: Tau² = 0.00; Ch Test for overall effect: Z = 0.70			= 0.87)	; I² = 0%					
2.1.7 Diclofenac versus Place	ebo								_
Adebajo 1990 Subtotal (95% CI)	-3.6	2.9963	20 <b>20</b>	-1.35	3.3094		100.0% <b>100.0%</b>	-0.70 [-1.34, -0.06] -0.70 [-1.34, -0.06]	
Heterogeneity: Not applicable Test for overall effect: Z = 2.14	(P = 0.03	3)							
								_	<u>i</u> ii
									-1 -0.5 0 0.5 1 Favours Experimental Favours Control

Figure Appendix-4a 3. Medications, and anaesthetic patch: Outcome pain at the longest follow-up

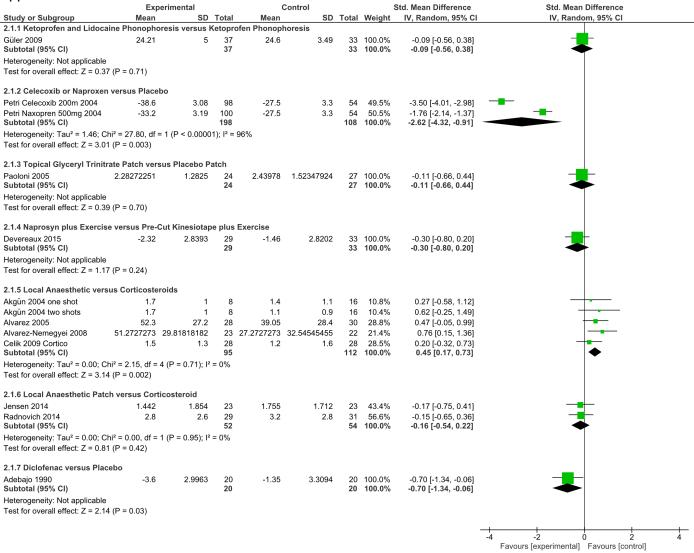


Figure Appendix-4a 4. Medications, and anaesthetic patch: Outcome pain at the shortest follow-up

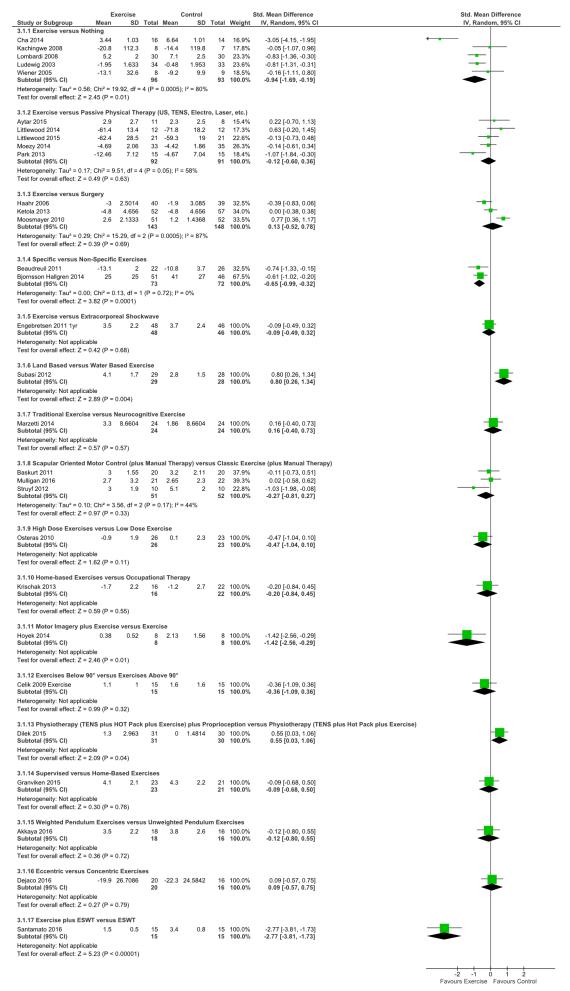


Figure Appendix-4a 5. Exercise: Outcome pain at the longest follow-up

tudy or Subgroup	Exero lean	ores	otal		ontrol SD	Total	S Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% Cl
1.1 Exercise versus No	othing								IV, Kandom, 95% Cl
		1.03 12.3		6.64 -14.4	1.01 119.8	14 7	16.9% 17.8%	-3.05 [-4.15, -1.95] -0.05 [-1.07, 0.96]	*
ombardi 2008 udewig 2003	5.2 1.95 1.0	2 5327	30 34	7.1 -0.48	2.5 1.9532	30 33	23.3% 23.6%	-0.83 [-1.36, -0.30] -0.81 [-1.31, -0.31]	
Viener 2005		32.6	8	-9.2	9.9	9	18.5%	-0.16 [-1.11, 0.80]	
ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.5	6: Chi² = 1	9.92. df	96 f = 4 (F	P = 0.00	05): l² = 8		100.0%	-0.94 [-1.69, -0.19]	
est for overall effect: Z =			,		,,				
.1.2 Exercise versus Pa									
	61.4 52.9	13.4 19.1		-71.8 -58.4	18.2 15	12 33	21.2% 27.8%	0.63 [-0.20, 1.45] 0.32 [-0.20, 0.84]	
loezy 2014	4.69	2.06	33	-4.42	1.86	35	28.7%	-0.14 [-0.61, 0.34]	
ark 2013 -1 Subtotal (95% CI)	2.46	7.12	15 86	-4.67	7.04	15 95	22.3% 100.0%	-1.07 [-1.84, -0.30] -0.05 [-0.66, 0.55]	
leterogeneity: Tau <sup>2</sup> = 0.2 est for overall effect: Z =			f = 3 (F	P = 0.01	0); l <sup>2</sup> = 74	%			
		0.00)							
.1.3 Exercise versus Su laahr 2006	-3.1 3.	3992	43	-2.8	3.8018	41	32.0%	-0.08 [-0.51, 0.35]	
etola 2009		0866	66 51		7.0866	68 52	35.1% 32.9%	0.06 [-0.28, 0.39] 0.77 [0.36, 1.17]	_ <b>_</b>
loosmayer 2010 Subtotal (95% CI)	2.6 2.	1333	160	1.2	1.4368		32.9% 100.0%	0.25 [-0.25, 0.74]	-
leterogeneity: Tau <sup>2</sup> = 0.1 est for overall effect: Z =			= 2 (P	= 0.007	); I <sup>2</sup> = 80%	D			
.1.4 Specific versus No eaudreuil 2011	n-Specifi 12.2	2.8	ises 30	-9.9	2.9	32	43.0%	-0.80 [-1.32, -0.28]	<b>_</b>
lolmgren 2012	-36 31.		51		30.3068	46	57.0%	-0.35 [-0.75, 0.05]	
ubtotal (95% CI) leterogeneity: Tau <sup>2</sup> = 0.0	4; Chi² = 1	.78, df =	81 = 1 (P	= 0.18):	l² = 44%	78	100.0%	-0.54 [-0.97, -0.11]	
est for overall effect: Z =				,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,					
.1.5 Exercise versus Ra									
ngebretsen 2009 ubtotal (95% CI)	3.7	2.2	52 52	4.1	2.6		100.0% 100.0%	-0.16 [-0.55, 0.22] -0.16 [-0.55, 0.22]	
leterogeneity: Not applic							/ /		
est for overall effect: Z =	0.84 (P =	0.40)							
.1.6 Land Based versus						~~	100.001	0.0010.00.1.5.7	
ubasi 2012 Subtotal (95% CI)	4.1	1.7	29 29	2.8	1.5		100.0% <b>100.0%</b>	0.80 [0.26, 1.34] 0.80 [0.26, 1.34]	
leterogeneity: Not applic est for overall effect: Z =		0.0041							
.1.7 Traditional Exercis Iarzetti 2014	e versus 3.73 3.4		ogntiv 24		cise 3.4995	24	100.0%	-0.10 [-0.67, 0.46]	<mark>_</mark>
ubtotal (95% CI)		+550	24	4.1	0.4000		100.0%	-0.10 [-0.67, 0.46]	
leterogeneity: Not applic est for overall effect: Z =		0.72)							
.1.8 Scapular Oriented			lus M-	anual T	herany	erevie	Classic	vercise (plus Mapuel	[herany]
askurt 2011	3	1.55	20	3.2	2.11	20	37.9%	-0.11 [-0.73, 0.51]	
1ulligan 2016 truyf 2012	2.7 3	3.2 1.9	21 10	2.65 5.1	2.3 2	22 10	39.3% 22.8%	0.02 [-0.58, 0.62] -1.03 [-1.98, -0.08]	
ubtotal (95% CI)			51				100.0%	-0.27 [-0.81, 0.27]	
leterogeneity: Tau <sup>2</sup> = 0.1 est for overall effect: Z =			= 2 (P	= 0.17);	1 <sup>2</sup> = 44%				
.1.9 Home-based exerc			instic	nal Th-	rany				
rischak 2013	ises vers -1.7	us Occu 2.2	16	nal The -1.2	erapy 2.7		100.0%	-0.20 [-0.84, 0.45]	— <b>—</b>
ubtotal (95% CI)			16				100.0%	-0.20 [-0.84, 0.45]	
leterogeneity: Not applic est for overall effect: Z =		0.55)							
.1.10 High Dose Exerci	ses versu	s Low [	Dose E	Exercis	e				
steras 2010	-2.1	1.1	29	-2	2.3		100.0%	-0.06 [-0.58, 0.47]	
ubtotal (95% CI) leterogeneity: Not applic	able		29			27	100.0%	-0.06 [-0.58, 0.47]	
est for overall effect: Z =		0.84)							
.1.11 Motor Imagery pl	is Exercis	se versu							_
loyek 2014 Subtotal (95% CI)	0.38	0.52	8 8	2.13	1.56		100.0% <b>100.0%</b>	-1.42 [-2.56, -0.29] -1.42 [-2.56, -0.29]	
leterogeneity: Not applic			0			0			
est for overall effect: Z =	2.46 (P =	0.01)							
.1.12 Exercise Below 9									_
elik 2009 Exercise subtotal (95% CI)	2.9	1.7	15 15	4.1	1.6	15 15	100.0% 100.0%	-0.71 [-1.45, 0.03] -0.71 [-1.45, 0.03]	
leterogeneity: Not applic		0.003							
est for overall effect: Z =									
.1.13 Physiotherapy (Tl bilek 2015		HOT Pa 815	ack plu 31	us Exer 3	cise) plus 4.178		rioception 100.0%	o versus Physiotherap -0.14 [-0.64, 0.36]	y (TENS plus HOT Pack plus Exercise)
ubtotal (95% CI)			31	3			100.0%	-0.14 [-0.64, 0.36]	
leterogeneity: Not applic est for overall effect: Z =		0.59)							
			vo *						
.1.14 Supervised versu Granviken 2015	s Home-E 4.1	ased E 2.1	xercis 23	es 4.3	2.2	21	100.0%	-0.09 [-0.68, 0.50]	<b></b>
ubtotal (95% CI)	hla		23	-		21	100.0%	-0.09 [-0.68, 0.50]	-
eterogeneity: Not applic est for overall effect: Z =		0.76)							
1.15 Weighted Pendul			sus II	Inweigh	nted Pend	ulum	Exercises		
kkaya 2016	3.5	2.2	18	3.8	2.6	16	100.0%	-0.12 [-0.80, 0.55]	— <u>–</u>
ubtotal (95% CI) eterogeneity: Not applic	able		18			16	100.0%	-0.12 [-0.80, 0.55]	
est for overall effect: Z =		0.72)							
.1.16 Eccentric versus	Concentr	ic Exerc	cise						
ejaco 2016		13.5	19	18.9	15.8		100.0%	-0.64 [-1.33, 0.06]	— <u> </u>
ubtotal (95% CI) leterogeneity: Not applic	able		19			15	100.0%	-0.64 [-1.33, 0.06]	
est for overall effect: Z =		0.07)							
.1.17 Exercise plus ES	VT versu	ESWT							
antamato 2016	4.9	1.3	15	5.1	0.9		100.0%	-0.17 [-0.89, 0.54]	
			15			15	100.0%	-0.17 [-0.89, 0.54]	
ubtotal (95% CI) leterogeneity: Not applic	able								
ubtotal (95% CI) eterogeneity: Not applic est for overall effect: Z =		0.63)							

Figure Appendix-4a 6. Exercise: Outcome pain at the shortest follow-up

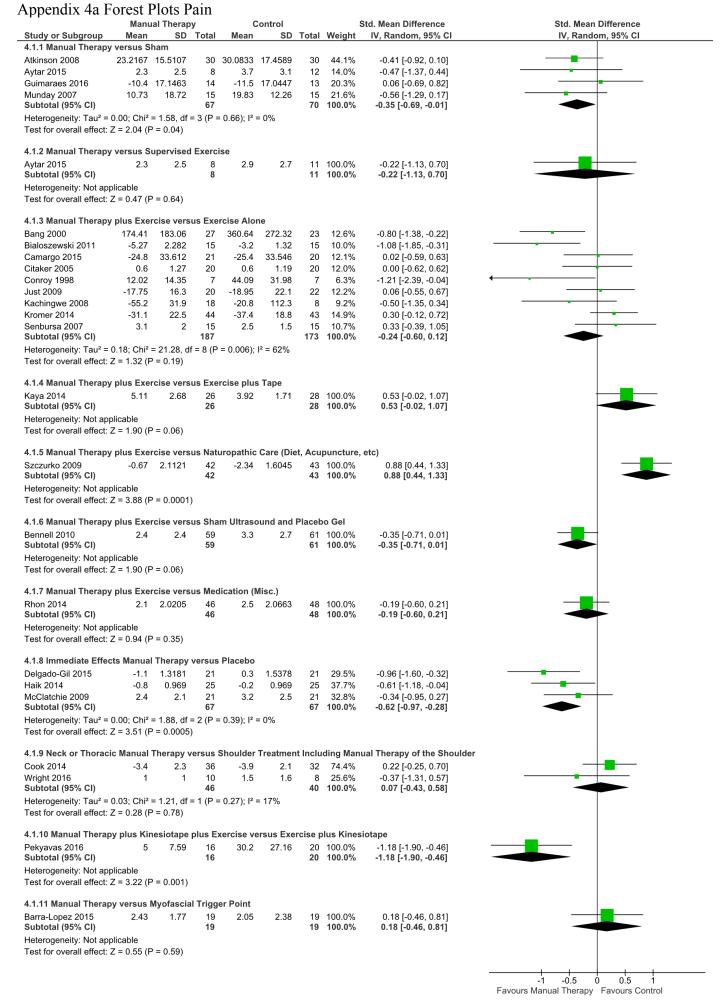


Figure Appendix-4a 7. Manual therapy: Outcome pain at the longest follow-up

Appendix 4a	Forest	Plots	Pain
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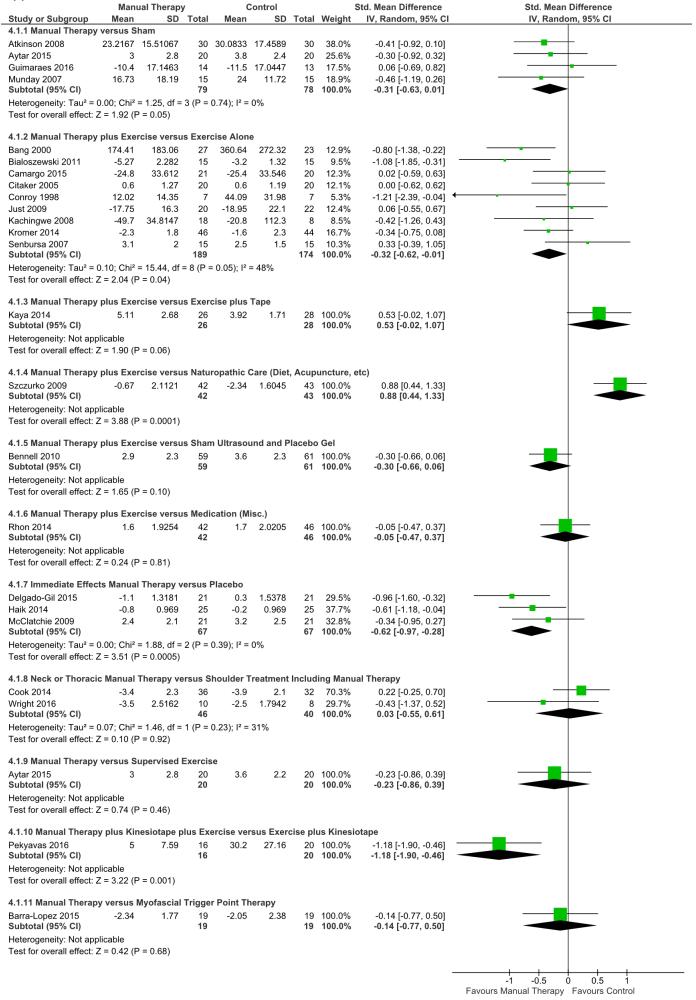


Figure Appendix-4a 8. Manual therapy: Outcome pain at the shortest follow-up

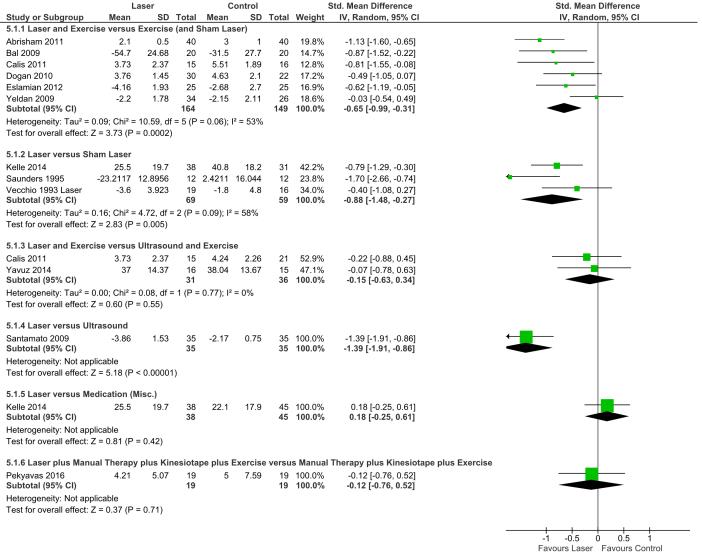


Figure Appendix-4a 9. Laser: Outcome pain at the longest follow-up

04		.aser	T - 4 - 1		Control	<b>T</b> - 4 - 1		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean		Total	Mean	SD	Total	Weight	IV, Random, 95% Cl	IV, Random, 95% Cl
5.1.1 Laser and Exercis									
Abrisham 2011	2.1	0.5	40	3	1	40	19.8%	-1.13 [-1.60, -0.65]	
Bal 2009	-54.7	24.68	20	-31.5	27.7	20	14.7%	-0.87 [-1.52, -0.22]	
Calis 2011	3.73	2.37	15	5.51	1.89	16	12.8%	-0.81 [-1.55, -0.08]	
Dogan 2010	3.76	1.45	30	4.63	2.1	22	17.2%	-0.49 [-1.05, 0.07]	
Eslamian 2012	-4.16	1.93	25	-2.68	2.7	25	16.9%	-0.62 [-1.19, -0.05]	
Yeldan 2009 Subtotal (95% CI)	-2.2	1.78	34 <b>164</b>	-2.15	2.11	26 149	18.6% <b>100.0%</b>	-0.03 [-0.54, 0.49] -0.65 [-0.99, -0.31]	◆
Heterogeneity: Tau² = 0. Test for overall effect: Z	,	, ,	0.06); I	² = 53%					
5.1.2 Laser versus Sha	m Laser								
Kelle 2014	32.6	17.6	38	43.3	17.6	31	41.8%	-0.60 [-1.09, -0.12]	
Saunders 1995 -	23.2116788	12.89556076	12	2.4210526	16.04426011	12	24.3%	-1.70 [-2.66, -0.74]	
Vecchio 1993 laser Subtotal (95% CI)	-3.6	3.923	19 <b>69</b>	-1.8	4.8	16 <b>59</b>	34.0% <b>100.0%</b>	-0.40 [-1.08, 0.27] -0.80 [-1.43, -0.17]	
Heterogeneity: Tau² = 0. Test for overall effect: Z	,	· ·	.08); l²	= 61%					
5.1.3 Laser and Exercis	e versus Ultr	rasound and E	xercis	e					
Calis 2011	3.73	2.37	15	4.24	2.26	21	52.9%	-0.22 [-0.88, 0.45]	
Yavuz 2014 Subtotal (95% CI)	39	14.29	16 <b>31</b>	37.43	15.07	15 <b>36</b>	47.1% <b>100.0%</b>	0.10 [-0.60, 0.81] -0.07 [-0.55, 0.42]	
Heterogeneity: Tau² = 0. Test for overall effect: Z	,	, <b>,</b>	.52); l²	= 0%					
5.1.4 Laser versus Ultra	asound								
Santamato 2009 Subtotal (95% CI)	-3.86	1.53	35 <b>35</b>	-2.17	0.75		100.0% <b>100.0%</b>	-1.39 [-1.91, -0.86] -1.39 [-1.91, -0.86]	
Heterogeneity: Not applie Test for overall effect: Z		00001)							
5.1.5 Laser versus Med	ication (misc	)							
Kelle 2014 Subtotal (95% CI)	25.5	19.7	38 38	22.1	17.9		100.0% <b>100.0%</b>	0.18 [-0.25, 0.61] 0.18 [-0.25, 0.61]	
Heterogeneity: Not applie Test for overall effect: Z		42)						_ <b>4</b>	
		,							
5.1.6 Laser plus Manua	l Therapy plu	ıs Kinesiotape	plus l	Exercise ve	rsus Manual T	herapy	plus Kin	esiotape plus Exercise	
Pekyavas 2016 Subtotal (95% CI)	4.21	5.07	19 <b>19</b>	5	7.59		100.0% <b>100.0%</b>	-0.12 [-0.76, 0.52] <b>-0.12 [-0.76, 0.52]</b>	
Heterogeneity: Not applie Test for overall effect: Z		71)						• · •	
									-2 -1 0 1 2
									-2 -1 0 1 2

Figure Appendix-4a 10. Laser: Outcome pain at the shortest follow-up

Study or Subarous	Ultrasound Mean SD			Control	Total		Std. Mean Difference	Std. Mean Difference IV, Random, 95% Cl
Study or Subgroup 5.1.1 Ultrasound versu			Mean	5D	Total	Weight	IV, Random, 95% CI	
Kurtais 2004	0.4 0.5	17	0.6	0.4	16	32.7%	-0.43 [-1.12, 0.26]	
Vykanen 1995 Subtotal (95% CI)	13 5	30 47	13	4	37	67.3% 100.0%	0.00 [-0.48, 0.48] -0.14 [-0.54, 0.25]	
leterogeneity: Tau <sup>2</sup> = 0		df = 1	(P = 0.32	2); I² = 0%		100.070	-0.14 [-0.34, 0.23]	
est for overall effect: Z	= 0.70 (P = 0.49	9)						
3.1.2 Ultrasound plus Calis 2011	Hotpack plus E 4.24 2.26	xercise 21	versus 5.51	Hotpack 1.89		Exercise 100.0%	-0.59 [-1.25, 0.08]	
Subtotal (95% CI)	4.24 2.20	21	5.51	1.09		100.0%	-0.59 [-1.25, 0.08]	
leterogeneity: Not appl est for overall effect: Z		3)						
5.1.3 Ultrasound versu	s Hyperthermia	1						
Giombini 2006	5.15 3.0138	12	1.2	2.3572	14	100.0%	1.43 [0.55, 2.31]	
Subtotal (95% CI)		12			14	100.0%	1.43 [0.55, 2.31]	
leterogeneity: Not appl est for overall effect: Z		)1)						
5.1.4 Ultrasound plus	Exercise versus	Sham	Ultraso	ound and	Exerc	ise		
San Segundo 2007	-17.9 24.6	17	-24.2	24.2	17	40.3%	0.25 [-0.42, 0.93]	- <u>+</u>
/azmalar 2016 Subtotal (95% CI)	-30.23 21.16	26 43	-30.33	18.31	24 41	59.7% 100.0%	0.00 [-0.55, 0.56] 0.10 [-0.32, 0.53]	
leterogeneity: Tau² = 0 est for overall effect: Z		df = 1	(P = 0.58	3); I² = 0%		100.070	0.10 [ 0.02, 0.00]	
			Pendul	um Strat	ching	etc.)		
5.1.5 Ultrasound versı Giombini 2006	5.15 3.0138	cises ( 12		2.9186	-	eτc.) 100.0%	0.08 [-0.74, 0.90]	<b></b>
Subtotal (95% CI)	0.10 0.0100	12	1.5			100.0%	0.08 [-0.74, 0.90]	
leterogeneity: Not appl est for overall effect: Z		5)						
6.1.6 Ultrasound plus			and Ev	ercise				
Calis 2011	4.24 2.26	21 21	3.73	2.37	15	52.9%	0.22 [-0.45, 0.88]	<b></b>
avuz 2014	38.04 13.67	15	37	14.37	16	47.1%	0.07 [-0.63, 0.78]	
Subtotal (95% CI) leterogeneity: Tau² = 0			(P = 0.7	7); l² = 0%		100.0%	0.15 [-0.34, 0.63]	
est for overall effect: Z	= 0.60 (P = 0.55	5)						
5.1.7 Ultrasound versu	-			10		100.00/		
lohansson 2005 Subtotal (95% Cl)	-85 14	41 <b>41</b>	-88	13		100.0% <b>100.0%</b>	0.22 [-0.21, 0.65] 0.22 [-0.21, 0.65]	
leterogeneity: Not appl est for overall effect: Z								
		/						
5.1.8 Ultrasound versu Santamato 2009	-2.17 0.7569	35	-3.86	1.5429	35	100.0%	1.38 [0.85, 1.90]	— <b>—</b>
Subtotal (95% CI)		35				100.0%	1.38 [0.85, 1.90]	
leterogeneity: Not appl est for overall effect: Z		0001)						
5.1.9 Long duration UI	rasound versu	s Shor	t Durati	on Ultrae	ound			
/ildirim 2013	3.38 1.46	50	5.2	1.26	50	100.0%	-1.32 [-1.76, -0.89]	
Subtotal (95% CI)	aabla	50			50	100.0%	-1.32 [-1.76, -0.89]	
leterogeneity: Not appl est for overall effect: Z		0001)						
5.1.10 Ultrasound vers	us Myofascial <sup>-</sup>	Frigger	· Point T	herapy				
Al Dajah 2014 Subtotal (95% CI)	5.23 0.72	15 <b>15</b>	3.8	0.79		100.0% <b>100.0%</b>	1.84 [0.97, 2.71] 1.84 [0.97, 2.71]	
leterogeneity: Not appl est for overall effect: Z					15	100.0%	1.04 [0.97, 2.71]	
		,	th Davi	torrefe				
5.1.11 Ultrasound vers Perez-Merino 2015	-1.8 2.4963	sis wi 32		2.8202		100.0%	0.07 [-0.41, 0.56]	
Subtotal (95% CI)		32				100.0%	0.07 [-0.41, 0.56]	<b>•</b>
leterogeneity: Not appl est for overall effect: Z		<b>'</b> )						
5.1.12 Ultrasound vers	us lontophores	is with	Dexket	oprofen				L
Perez-Merino 2015	-1.8 2.4963	32	-2.3	2.866		100.0%	0.18 [-0.30, 0.67]	
Subtotal (95% CI) leterogeneity: Not appl		32			34	100.0%	0.18 [-0.30, 0.67]	
est for overall effect: Z	= 0.74 (P = 0.46	5)						
5.1.13 Ultrasound vers	-							
Bansal 2011 Subtotal (95% CI)	-3.55 0.887	20 <b>20</b>	-4.4	1.1877		100.0% <b>100.0%</b>	0.79 [0.15, 1.44] <b>0.79 [0.15, 1.44]</b>	
leterogeneity: Not appl	cable	20			20	//		
est for overall effect: Z		2)						

Figure Appendix-4a 11. Ultrasound: Outcome pain at the longest follow-up

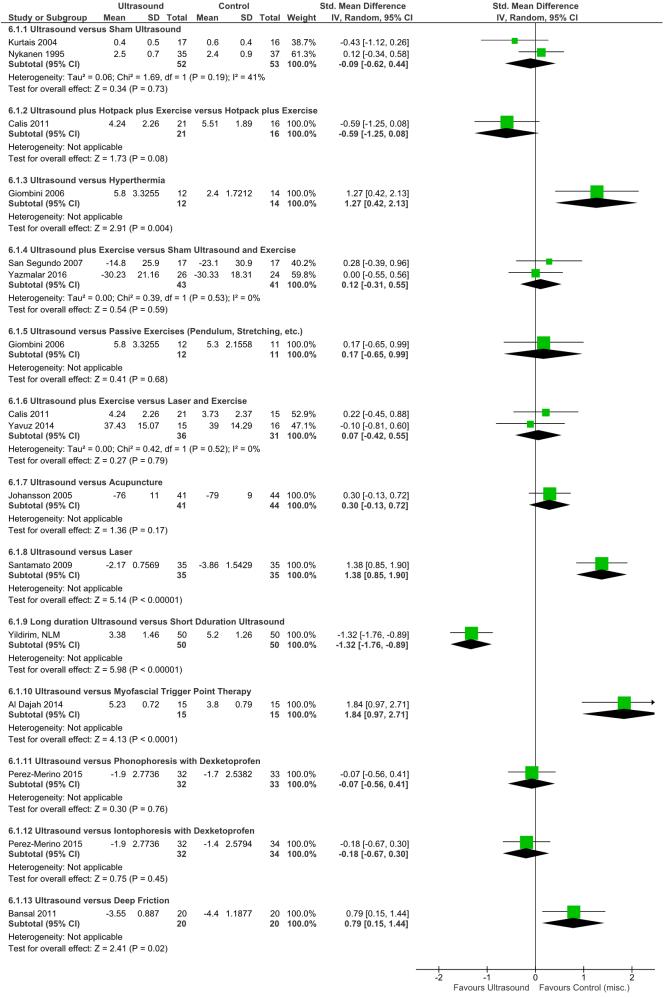


Figure Appendix-4a 12. Ultrasound: Outcome pain at the shortest follow-up

Appendix 4a	Forest Plots Pain
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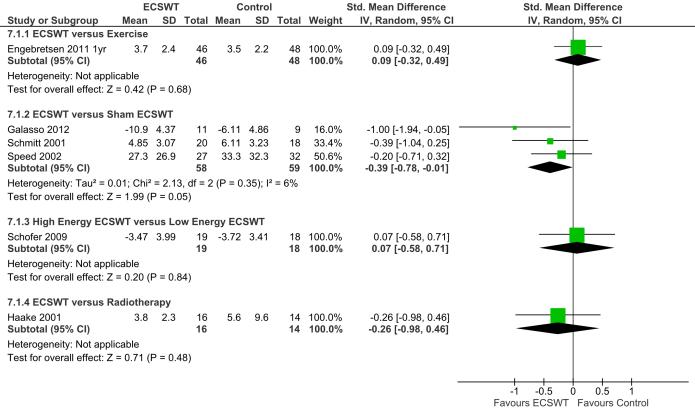


Figure Appendix-4a 13. Extracorporeal shockwave therapy (ECSWT): Outcome pain at the longest follow-up

	E	CSWT		С	ontrol		5	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% Cl	IV, Random, 95% Cl
7.1.1 ECSWT versus E	Exercise								
Engebretsen 2011 1yr Subtotal (95% CI)	3.7	2.4	46 <b>46</b>	3.5	2.2	48 <b>48</b>	100.0% <b>100.0%</b>	0.09 [-0.32, 0.49] <b>0.09 [-0.32, 0.49]</b>	
Heterogeneity: Not app	licable								
Test for overall effect: Z	z = 0.42 (I	⊃ = 0.6	68)						
7.1.2 ECSWT versus S	Sham EC	SWT							
Galasso 2012	-8.18		11	-4.44	3.9	9	20.8%	-0.99 [-1.94, -0.05]	
Schmitt 2001	-0.18		19	-4.44	2.8	18	20.8 % 34.2%	0.01 [-0.64, 0.65]	- <u> </u>
Speed 2002		28.2	30		31.8	35	45.0%	-0.04 [-0.53, 0.45]	_ <b>_</b>
Subtotal (95% CI)	00.1	20.2	60	00.0	01.0	62		-0.22 [-0.72, 0.28]	
Heterogeneity: Tau² = ( Test for overall effect: Z	,		'	2 (P = 0.	.18); l²	= 42%			
7.1.3 High Energy EC	SWT vers	sus Lo	w Ene	rgy EC	SWT				
Schofer 2009 Subtotal (95% CI)	-2.37	3.5	19 <b>19</b>	-3.2	2.51		100.0% <b>100.0%</b>	0.27 [-0.38, 0.91] <b>0.27 [-0.38, 0.91]</b>	
Heterogeneity: Not app Test for overall effect: Z		⊃ = 0.4	12)						
7.1.4 ECSWT versus F	Radiothe	apv							
Haake 2001 Subtotal (95% CI)	4.5	1.8	16 <b>16</b>	6.4	2.2		100.0% <b>100.0%</b>	-0.93 [-1.69, -0.17] - <b>0.93 [-1.69, -0.17]</b>	
Heterogeneity: Not app Test for overall effect: Z		⊃ = 0.(	02)						
									-2 -1 0 1 2
									Favours ECSWT Favours Control

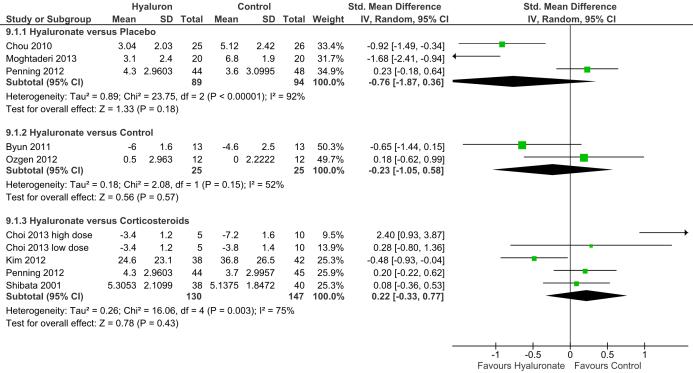
Figure Appendix-4a 14. Extracorporeal shockwave therapy (ECSWT): Outcome pain at the shortest follow-up

		Таре			Control			Std. Mean Difference	Std. Mean Difference
<u>Study or Subgroup</u> 8.1.1 Tape plus Exerc	Mean		Total				Weight	IV, Random, 95% CI	IV, Random, 95% Cl
	30	22.2	30	y (mei 40	18.5		27.3%	0 49 [ 1 02 0 06]	
Kaya 2011 Kaya 2014	3.92	1.71	30 28	40 5.11	2.68	25 26	27.3%	-0.48 [-1.02, 0.06] -0.53 [-1.07, 0.02]	
Miller 2009		17.5556	20		29.6296	11	20.9%	-0.07 [-1.06, 0.93]	
Pekyavas 2016	30.2	27.16	20	4	4.7	15	20.9 <i>%</i> 24.6%	1.23 [0.49, 1.96]	<b>_</b>
Subtotal (95% CI)	50.2	27.10	84	4	4.7		100.0%	0.01 [-0.78, 0.81]	
Heterogeneity: Tau <sup>2</sup> = Test for overall effect:			df = 3 (	P = 0.0	0008); l² =	82%			
8.1.3 Tape and Exerc	ise vers	us Cortico	steroi	ls and	Exercise	•			
Göksu 2015	41.66	20.18		35.48	19.46	31	46.3%	0.31 [-0.20, 0.81]	
Subasi 2014	2.8	1.8	35	2.7	2.3	35	53.7%	0.05 [-0.42, 0.52]	
Subtotal (95% CI)			65			66	100.0%	0.17 [-0.18, 0.51]	
Heterogeneity: Tau <sup>2</sup> = Test for overall effect:			``	9 = 0.46	6); I <sup>2</sup> = 0%	)			
8.1.4 Pre-Cut Kinesic	tape plu	s Exercis	e versu	s NSA	ID plus E	xercis	е		
Devereaux 2015	-1.46	2.8202		-2.32	2.8393		100.0%	0.30 [-0.20, 0.80]	
Subtotal (95% CI)			33			29	100.0%	0.30 [-0.20, 0.80]	
Heterogeneity: Not ap Test for overall effect:		(P = 0.24)							
8.1.5 Pre-Cut Kinesic	tape plu	s Exercis	e versı	s Exe	rcise only	/			
Devereaux 2015 Subtotal (95% CI)	-1.46	2.8202	33 <b>33</b>	-1.8	3.0119		100.0% <b>100.0%</b>	0.11 [-0.35, 0.58] <b>0.11 [-0.35, 0.58]</b>	
Heterogeneity: Not ap Test for overall effect:		(P = 0.63)							
8.1.6 Kinesiotape plu	s NSAID	versus C	orticos	teroid	plus NS/	AID			
Sahin 2016 Subtotal (95% CI)	-6.6	1.7	33 <b>33</b>	-6.6	2		100.0% <b>100.0%</b>	0.00 [-0.48, 0.48] <b>0.00 [-0.48, 0.48]</b>	
Heterogeneity: Not ap Test for overall effect:		(P = 1.00)							
		,							
8.1.7 Kinesiotape plu Sahin 2016	s NSAID -6.6	versus N 1.7	SAID 33	-5.1	1.9	22	100.0%	0 82 [ 1 22 0 22]	
Subtotal (95% CI)	-0.0	1.7	33	-5.1	1.9		100.0%	-0.82 [-1.33, -0.32] -0.82 [-1.33, -0.32]	
Heterogeneity: Not ap	olicable								
Test for overall effect:		(P = 0.001	)						
								-	-1 -0.5 0 0.5 1 Favours Tape Favours Control
						S	td. Mean	Difference	Std. Mean Difference
Study or Subgroup	Std.	Mean Dif			SE We			dom, 95% Cl	IV, Random, 95% Cl
Kocyigit 2016				2 0.3		.1%		[-1.24, -0.00]	
Lewis 2005			-0.			.3%		[-0.79, -0.01]	
Shakeri 2013				2 0.4		.8%		[-2.69, -0.95]	—
Thelen 2008				6 0.3		.5%		[-0.44, 0.76]	
Şimşek 2013			-0.8	3 0.3	418 19	.2%	-0.83	[-1.50, -0.16]	
Total (95% CI)					100	.0%	-0.64	-1.16, -0.12]	
Heterogeneity: Tau <sup>2</sup>	- 0 25. 4	2hi2 - 14	70 Af -	A /D					
notorogeneity. rau	- 0.20, (	Jin - 14.	79, ui - 02)		- 0.000),	13			-1 -0.5 0 0.5 1

Figure Appendix-4a 15. Tape: Outcome pain at the longest follow-up

		Таре	<b>-</b>		Control			Std. Mean Difference	Std. Mean Difference
Study or Subgroup 8.1.1 Tape plus Exerc	Mean			Mean			Weight	IV, Random, 95% CI	IV, Random, 95% CI
Kaya 2011	30 30	22.2	30	40 40	18.5	,	27.3%	-0.48 [-1.02, 0.06]	<b>_</b> _
Kaya 2014	3.92	1.71	28	5.11	2.68		27.2%	-0.53 [-1.07, 0.02]	_ <b>_</b>
Miller 2009		12.0741	6		36.4444		20.8%	-0.62 [-1.64, 0.40]	
Pekyavas 2016	30.2	27.16	20	4	4.7		24.7%	1.23 [0.49, 1.96]	
Subtotal (95% CI)	00.2	21.10	84	•			100.0%	-0.10 [-0.91, 0.72]	
Heterogeneity: Tau² = Test for overall effect:		,	df = 3	(P = 0.0	0006); I²	= 83%			
8.1.3 Tape and Exerc	ise vers	us Cortico	steroi	ds and	Exercis	е			
Göksu 2015	46	19.22		41.61	17.9	31	46.4%	0.23 [-0.27, 0.74]	- <b>+</b>
Subasi 2014	3.83	1.9	35	4	1.8		53.6%	-0.09 [-0.56, 0.38]	
Subtotal (95% CI)			65				100.0%	0.06 [-0.28, 0.40]	<b>•</b>
Heterogeneity: Tau <sup>2</sup> = Test for overall effect:	-		f = 1 (I	5 = 0.36	6); I <sup>2</sup> = 0 <sup>4</sup>	%			
8.1.4 Pre-Cut Kinesic	tape plu	s Exercis	e vers	us NSA	ID plus	Exercis	е		
Devereaux 2015	-1.46	2.8202		-2.32	2.8393		100.0%	0.30 [-0.20, 0.80]	
Subtotal (95% CI)	aliaatta		33			29	100.0%	0.30 [-0.20, 0.80]	
Heterogeneity: Not ap Test for overall effect:		(P = 0.24)							
8.1.5 Pre-Cut Kinesic						-			
Devereaux 2015 Subtotal (95% Cl)	-1.46	2.8202	33 <b>33</b>	-1.8	3.0119		100.0% <b>100.0%</b>	0.11 [-0.35, 0.58] <b>0.11 [-0.35, 0.58]</b>	
Heterogeneity: Not ap Test for overall effect:		(P = 0.63)							
8.1.6 Kinesiotape plu					•				
Sahin 2016 Subtotal (95% CI)	-6.6	1.7	33 <b>33</b>	-6.6	2		100.0% <b>100.0%</b>	0.00 [-0.48, 0.48] <b>0.00 [-0.48, 0.48]</b>	
Heterogeneity: Not ap Test for overall effect:		(P = 1.00)							
8.1.7 Kinesiotape plu	s NSAID	versus N	SAID						_
Sahin 2016	-6.6	1.7	33 <b>33</b>	-5.1	1.9		100.0% <b>100.0%</b>	-0.82 [-1.33, -0.32]	
Subtotal (95% CI)	aliaabla		33			33	100.0%	-0.82 [-1.33, -0.32]	
Heterogeneity: Not ap Test for overall effect:		(P = 0.001	)						
									Favours Tape Favours Control
Study on Such and		Marin			05	\A/!		ean Difference	Std. Mean Difference
Study or Subgroup	o Std	l. Mean D				Weight		Random, 95% Cl	IV, Random, 95% CI
Kocyigit 2016				0.13 0		20.4%		.13 [-0.47, 0.73]	
Lewis 2005				-0.4	0.2	23.5%		40 [-0.79, -0.01]	
Shakeri 2013				1.82 0		16.3%		82 [-2.69, -0.95]	<b>e</b>
Thelen 2008			(	0.16 0	.3061	20.4%		.16 [-0.44, 0.76]	
Şimşek 2013			-(	0.83 0	.3418	19.3%	-0.	83 [-1.50, -0.16]	
Total (95% CI)						100.0%	<b>-0</b> .	49 [-1.06, 0.08]	
10tal (3370 CI)									
Heterogeneity: Tau	<sup>2</sup> = 0.32:	Chi <sup>2</sup> = 18	3.15. c	f = 4 (			78%		-2 -1 0 1 2

Figure Appendix-4a 16. Tape: Outcome pain at the shortest follow-up



### Figure Appendix-4a 17. Hyaluronate: Outcome pain at the longest follow-up

		Hyaluron			Control			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
9.1.1 Hyaluronate ver	rsus Plac	ebo							
Chou 2010	4.2	1.76	25	4.77	1.75	26	32.9%	-0.32 [-0.87, 0.23]	
Moghtaderi 2013	6.8	1.5	20	8.2	1.2	20	30.2%	-1.01 [-1.67, -0.35]	<b>_</b>
Penning 2012	5.8	2.7852	49	5.2	2.5894	55	36.9%	0.22 [-0.16, 0.61]	
Subtotal (95% CI)			94			101	100.0%	-0.33 [-1.02, 0.36]	
Heterogeneity: Tau <sup>2</sup> =	0.30; Chi <sup>2</sup>	² = 10.41, df =	2 (P =	0.005); l <sup>a</sup>	² = 81%				
Test for overall effect:	Z = 0.93 (	(P = 0.35)							
9.1.2 Hyaluronate vei	rsus Con	trol							
Byun 2011	-6	1.6	13	-4.6	2.5	13	50.3%	-0.65 [-1.44, 0.15]	
Ozgen 2012	0.5	2.96296296	12	0	2.22222222	12	49.7%	0.18 [-0.62, 0.99]	
Subtotal (95% CI)			25			25	100.0%	-0.23 [-1.05, 0.58]	
Heterogeneity: Tau <sup>2</sup> =	0.18; Chi <sup>2</sup>	² = 2.08, df = 1	(P = 0	.15); l² =	52%				
Test for overall effect:	Z = 0.56 (	(P = 0.57)							
9.1.3 Hyaluronate vei	rsus Cort	icosteroids							
Choi 2013 high Dose	-3.4	1.2	5	-7.2	1.6	10	12.4%	2.40 [0.93, 3.87]	│
Choi 2013 low Dose	-3.4	1.2	5	-3.8	1.4	10	16.3%	0.28 [-0.80, 1.36]	
Kim 2012	31.2	20.4	38	46.8	20.9	42	23.6%	-0.75 [-1.20, -0.29]	<b>_</b>
Penning 2012	5.8	2.7852	49	4.2	2.8735	52	24.1%	0.56 [0.16, 0.96]	<b>→</b>
Shibata 2001	5.3053	2.1099	38	5.1375	1.8472	40	23.7%	0.08 [-0.36, 0.53]	
Subtotal (95% CI)			135			154	100.0%	0.32 [-0.39, 1.03]	
Heterogeneity: Tau <sup>2</sup> =	0.50; Chi <sup>2</sup>	² = 28.07, df =	4 (P <	0.0001);	l² = 86%				
Test for overall effect:	Z = 0.89 (	(P = 0.38)							
									-+ $+$ $+$ $+$ $+$ $+$ $+$ $+$ $+$ $+$
									Favours Hyalunorate Favours Control

Figure Appendix-4a 18. Hyaluronate: Outcome pain at the shortest follow-up

	Exp	erimenta	al	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
10.1.1 PEMF versus	Sham PE	MF							
Aktas 2007	2.7	2.51	20	2.75	2.22	20	35.1%	-0.02 [-0.64, 0.60]	
Ammer 1991	4	0.592	12	3	0.592	10	28.4%	1.63 [0.63, 2.62]	
de Freitas 2013	4.8	2.4	26	6	4.9	30	36.6%	-0.30 [-0.83, 0.23]	
Subtotal (95% CI)			58			60	100.0%	0.34 [-0.60, 1.29]	
10.1.2 Long duration Chard 1988	(8h) vers			tion (2h)   -0.1743		24	100.0%	-0.06 [-0.66, 0.54]	
	-0.233	1.0157		-0.1743	0.85395			-0.06 [-0.66, 0.54]	
Subtotal (95% CI)			19			24	100.0%	-0.06 [-0.66, 0.54]	
Heterogeneity: Not ap									
Test for overall effect:	Z = 0.20	(P = 0.84	4)						
								_	
									-1 -0.5 0 0.5 1
Toot for subgroup diffs					o) 10 of	.,			Favours PEMF Favours Control

Test for subgroup differences: Chi<sup>2</sup> = 0.50, df = 1 (P = 0.48), l<sup>2</sup> = 0% Figure Appendix-4a 19. PEMF: Outcome pain at the longest follow-up

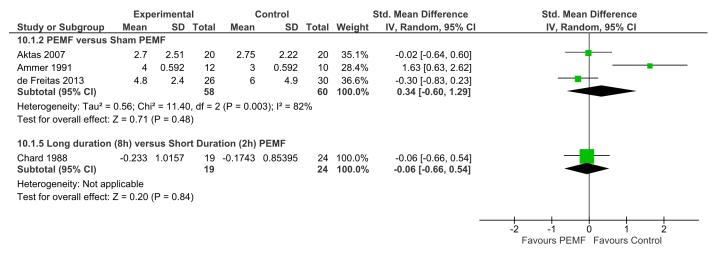


Figure Appendix-4a 20. PEMF: Outcome pain at the shortest follow-up

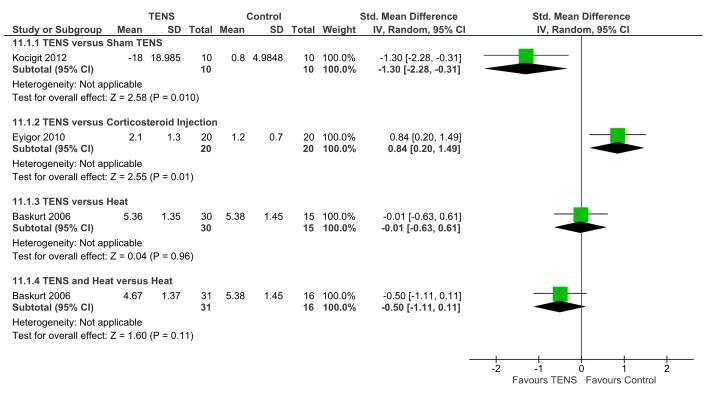


Figure Appendix-4a 21. TENS: Outcome pain at the longest follow-up

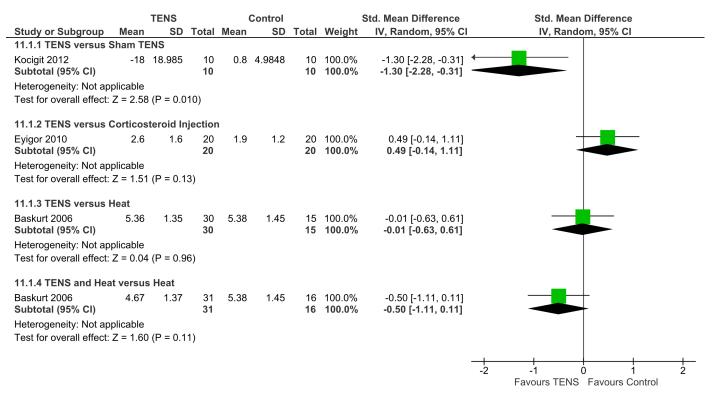


Figure Appendix-4a 22. TENS: Outcome pain at the shortest follow-up

	Surge	ry	Contr	ol		<b>Risk Difference</b>	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl
Brox 1999	23	38	7	28	64.9%	0.36 [0.13, 0.58]	
Rahme 1998	12	21	6	18	35.1%	0.24 [-0.07, 0.54]	
Total (95% Cl)		59		46	100.0%	0.31 [0.13, 0.49]	
Total events	35		13				
Heterogeneity: Tau <sup>2</sup> =	0.00; Chi <sup>2</sup>	= 0.37	, df = 1 (F	<b>P</b> = 0.54	l); l² = 0%		-1 -0.5 0 0.5 1
Test for overall effect:	Z = 3.42 (I	P = 0.0	006)				Favours Control Favours Surgery

Figure Appendix-4a 23. Surgery: Dichotomous outcome pain at the longest follow-up

	Surge	ry	Contr	ol		<b>Risk Difference</b>	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl
Brox 1999	23	38	7	28	64.9%	0.36 [0.13, 0.58]	
Rahme 1998	12	21	6	18	35.1%	0.24 [-0.07, 0.54]	
Total (95% CI)		59		46	100.0%	0.31 [0.13, 0.49]	
Total events	35		13				
Heterogeneity: Tau <sup>2</sup> = Test for overall effect:	,			P = 0.54	; I <sup>2</sup> = 0%	⊢ -1	-0.5 0 0.5 1 Favours Control Favours Surgery

Figure Appendix-4a 24. Surgery: Dichotomous outcome pain at the shortest follow-up

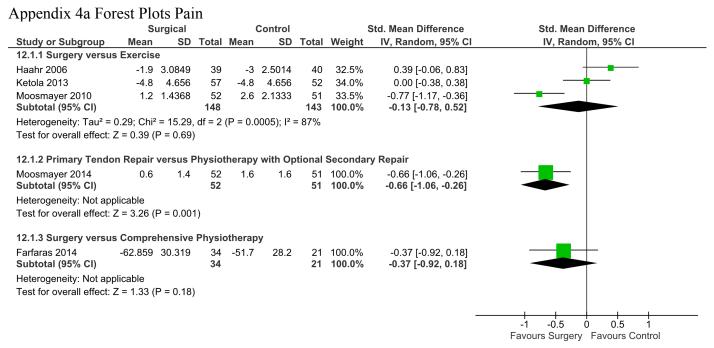


Figure Appendix-4a 25. Surgery: Outcome pain at the longest follow-up

	S	urgical			Control			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl
12.1.1 Surgery versu	s Exercis	е							
Haahr 2006	-2.8	3.8018	41	-3.1	3.8992	43	32.0%	0.08 [-0.35, 0.51]	
Ketola 2013	-4.2	7.0866	68	-3.8	7.0866	66	35.1%	-0.06 [-0.39, 0.28]	
Moosmayer 2010	1.2	1.4368	52	2.6	2.1333	51	32.9%	-0.77 [-1.17, -0.36]	<b>_</b>
Subtotal (95% CI)			161			160	100.0%	-0.25 [-0.74, 0.25]	
Heterogeneity: Tau <sup>2</sup> =	0.15; Chi <sup>2</sup>	² = 9.85, o	df = 2 (I	<b>&gt;</b> = 0.00	07); l <sup>2</sup> = 8	80%			
Test for overall effect:	Z = 0.97 (	P = 0.33	)						
12.1.2 Primary Tendo	on Repair	versus I	hysio	herapy	/ with Op	otional	Seconda	ry Repair	
Moosmayer 2014	0.6	1.4	52	1.6	1.6	51	100.0%	-0.66 [-1.06, -0.26]	——————————————————————————————————————
Subtotal (95% CI)			52			51	100.0%	-0.66 [-1.06, -0.26]	
Heterogeneity: Not app	plicable								
Test for overall effect:	Z = 3.26 (	P = 0.00	1)						
12.1.3 Surgery versu	s Compre	hensive	Physic	otherap	у				
Farfaras 2014	-62.859	30.319	34	-51.7	28.2	21	100.0%	-0.37 [-0.92, 0.18]	
Subtotal (95% CI)			34			21	100.0%	-0.37 [-0.92, 0.18]	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 1.33 (	P = 0.18	)						
									-1 -0.5 0 0.5 1
									Equate Surgery Equate Control

Favours Surgery Favours Control

Figure Appendix-4a 26. Surgery: Outcome pain at the shortest follow-up

di Lorenzo 2006 3.95 1.05 20 5.25 1.99 20 32.2%	V, Random, 95% Cl -1.07 [-1.56, -0.58]	IV, Random, 95% CI
di Lorenzo 2006 3.95 1.05 20 5.25 1.99 20 32.2%		
	-0.80 [-1.45, -0.15]	
Vecchio 1993 Nerve Block -1.4 4.4272 10 0.2 2.6833 5 11.5%		
	-0.38 [-1.46, 0.71]	
Total (95% Cl) 68 61 100.0%	-0.91 [-1.27, -0.54]	◆

Figure Appendix-4a 27. Nerve block: Outcome pain at the longest follow-up

	Ехр	erimen	tal	c	ontrol		:	Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl		
Bayram 2014	3	3.4	38	5.9	3.1	36	58.0%	-0.88 [-1.36, -0.40]	— <b>—</b>		
di Lorenzo 2006	3.95	1.05	20	5.25	1.99	20	31.8%	-0.80 [-1.45, -0.15]	<b>e</b>		
Vecchio 1993 NerveBlock	-2.8	2.846	10	-0.4	1.118	5	10.2%	-0.92 [-2.06, 0.22]			
Total (95% CI)			68			61	100.0%	-0.86 [-1.22, -0.50]	$\bullet$		
Heterogeneity: Tau <sup>2</sup> = 0.00; Test for overall effect: Z = 4			``	= 0.97);	I² = 0%				-2 -1 0 1 2 Favours Nerve Block Favours Control		

Figure Appendix-4a 28. Nerve block: Outcome pain at the shortest follow-up

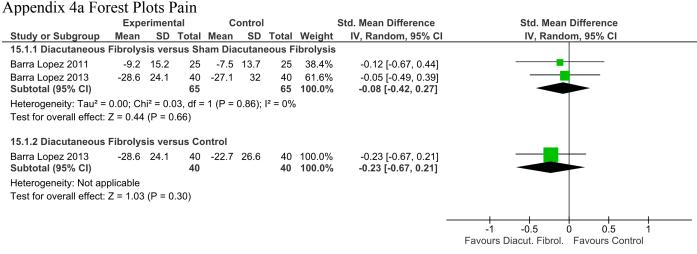


Figure Appendix-4a 29. Diacutaneous Fibrolysis: Outcome pain at the longest follow-up

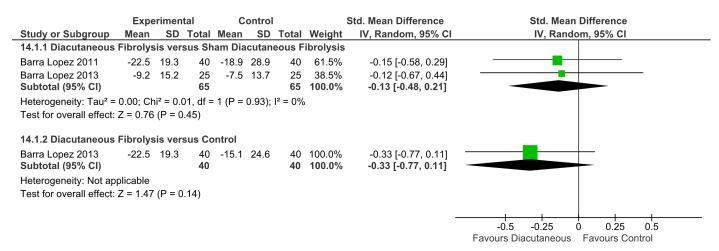


Figure Appendix-4a 30. Diacutaneous Fibrolysis: Outcome pain at the shortest follow-up

Appendix 4a Forest Plots Pain
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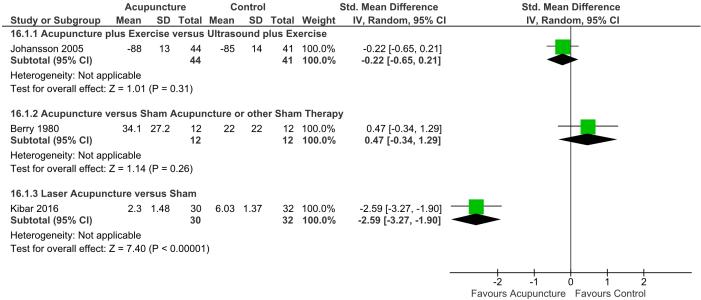


Figure Appendix-4a 31. Acupuncture: Outcome pain at the longest follow-up

	Acupuncture						s	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
15.1.1 Acupuncture p	lus Exe	rcise v	ersus	Ultraso	ound p	lus Ex	ercise		
Johansson 2005 Subtotal (95% CI)	-79	9	44 <b>44</b>	-76	11	41 <b>41</b>	100.0% <b>100.0%</b>	-0.30 [-0.72, 0.13] <b>-0.30 [-0.72, 0.13]</b>	
Heterogeneity: Not app Test for overall effect:		(P = 0.	17)						
15.1.2 Acupuncture v	ersus S	ham A	cupun	cture c	or othe	r Shar	n Therapy		
Berry 1980 Subtotal (95% CI)	34.1	27.2	12 <b>12</b>	22	22		100.0% <b>100.0%</b>	0.47 [-0.34, 1.29] <b>0.47 [-0.34, 1.29]</b>	
Heterogeneity: Not app	olicable								
Test for overall effect:	Z = 1.14	(P = 0.	26)						
15.1.7 Laser Acupund	cture ve	rsus Sl	ham						
Kibar 2016 Subtotal (95% CI)	2.3	1.48	30 <b>30</b>	6.03	1.37	32 <b>32</b>	100.0% <b>100.0%</b>	-2.59 [-3.27, -1.90] <b>-2.59 [-3.27, -1.90]</b>	<b>—</b>
Heterogeneity: Not app		(D 4 0	00004	<b>、</b>					
Test for overall effect:	Z = 7.40	(P < 0.	00001	)					

Figure Appendix-4a 32. Acupuncture: Outcome pain at the shortest follow-up

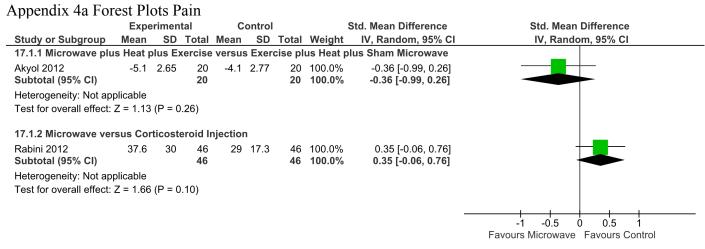


Figure Appendix-4a 33. Microwave: Outcome pain at the longest follow-up

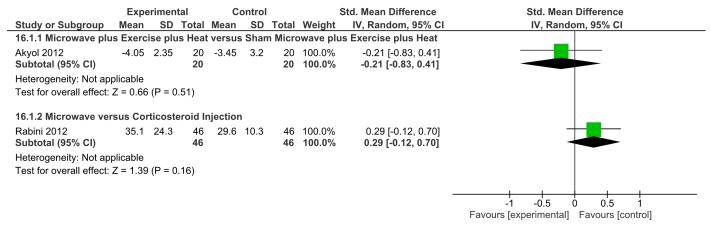


Figure Appendix-4a 34. Microwave: Outcome pain at the shortest follow-up

	Myofascia	l Trigger I	Point	Co	ontrol		5	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
19.1.1 Myofascial Trig	ger Point Th	nerapy vei	rsus Wai	ting Lis	it				
Bron 2011 Subtotal (95% CI)	17.2	19.5	34 <b>34</b>	31	21	31 <b>31</b>	100.0% <b>100.0%</b>	-0.67 [-1.18, -0.17] -0.67 [-1.18, -0.17]	
Heterogeneity: Not app	licable								
Test for overall effect: 2	<u>′</u> = 2.64 (P =	0.008)							
19.1.2 Myofascial Trig	jger Point Tł	nerapy vei	rsus Ultr	asound					_
Al Dajah 2014	3.8	0.79	15	5.23	0.72		100.0%	-1.84 [-2.71, -0.97]	
Subtotal (95% CI)			15			15	100.0%	-1.84 [-2.71, -0.97]	
Heterogeneity: Not app Test for overall effect: 2		0.0001)							
19.1.3 Trigger Point D	ry Needling	plus Exer	cises ve	rsus Ex	ercise	only			
Arias 2016	1.5	1.4	24	1.6	1.5	23	100.0%	-0.07 [-0.64, 0.50]	
Subtotal (95% CI)			24			23	100.0%	-0.07 [-0.64, 0.50]	
	P								
Heterogeneity: Not app	licable								
Heterogeneity: Not app Test for overall effect: 2		0.82)							
0 7 11	Z = 0.23 (P =	,	ual Ther	ару					
Test for overall effect: 2	Z = 0.23 (P =	,	ual Ther 19 19	<b>apy</b> 2.43	1.77	19 <b>19</b>	100.0% <b>100.0%</b>	-0.18 [-0.81, 0.46] -0.18 [-0.81, 0.46]	
Test for overall effect: 2 19.1.4 Myofascial Trig Barra-Lopez 2015	Z = 0.23 (P = <b>Jger Point ve</b> 2.05	ersus Man	19		1.77				
Test for overall effect: 2 19.1.4 Myofascial Trig Barra-Lopez 2015 Subtotal (95% CI)	Z = 0.23 (P = <b>iger Point ve</b> 2.05 vlicable	ersus Man 2.38	19		1.77				
Test for overall effect: 2 19.1.4 Myofascial Trig Barra-Lopez 2015 Subtotal (95% CI) Heterogeneity: Not app	Z = 0.23 (P = <b>iger Point ve</b> 2.05 vlicable	ersus Man 2.38	19		1.77				
Test for overall effect: 2 19.1.4 Myofascial Trig Barra-Lopez 2015 Subtotal (95% CI) Heterogeneity: Not app	Z = 0.23 (P = <b>iger Point ve</b> 2.05 vlicable	ersus Man 2.38	19		1.77				

Figure Appendix-4a 35. Myofascial Trigger: Outcome pain at the longest follow-up

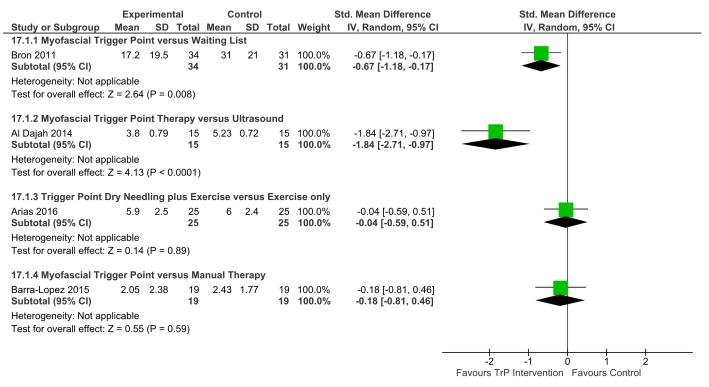


Figure Appendix-4a 36. Myofascial Trigger: Outcome pain at the shortest follow-up

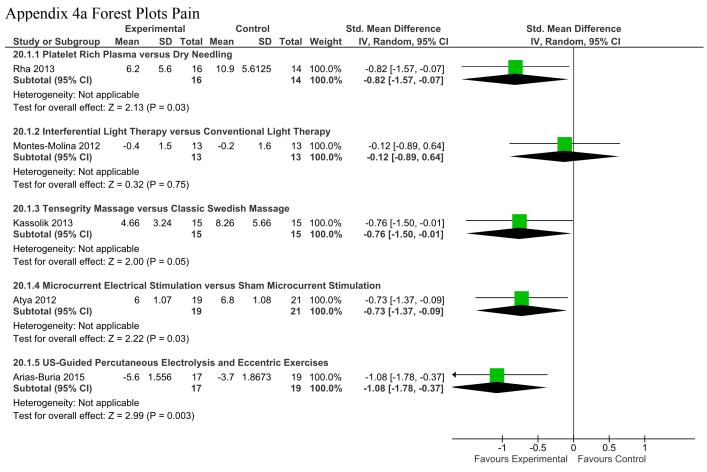


Figure Appendix-4a 37. Miscellaneous interventions: Outcome pain at the longest follow-up

	Ex	perimenta	al		Control			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl
18.1.1 Platelet Rich F	Plasma v	versus Dr	y Need	ling					_
Rha 2013	10.9	7.15542	16	16.4	6.97424	19	100.0%	-0.76 [-1.45, -0.07]	<b></b>
Subtotal (95% CI)			16			19	100.0%	-0.76 [-1.45, -0.07]	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 2.16	6 (P = 0.03	3)						
18.1.2 Interferential I	Light Th	erapy ver	sus Co	nventio	onal Light	Thera	ру		
Montes-Molina 2012	-0.4	1.5	13	-0.2	1.6	13	100.0%	-0.12 [-0.89, 0.64]	<b></b>
Subtotal (95% CI)			13			13	100.0%	-0.12 [-0.89, 0.64]	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.32	2 (P = 0.75	5)						
18.1.3 Tensegrity Ma	assage v	ersus Cla	assic S	wedish	Massage				
Kassolik 2013	4.66	3.24	15	8.26	5.66	15	100.0%	-0.76 [-1.50, -0.01]	
Subtotal (95% CI)			15			15	100.0%	-0.76 [-1.50, -0.01]	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 2.00	) (P = 0.05	5)						
18.1.4 Microcurrent I	Electrica	al Stimula	tion ve	rsus Sl	nam Micro	ocurrer	nt Stimula	ation	
Atya 2012	6	1.07	19	6.8	1.08	21	100.0%	-0.73 [-1.37, -0.09]	
Subtotal (95% CI)			19			21	100.0%	-0.73 [-1.37, -0.09]	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 2.22	2 (P = 0.03	3)						
18.1.5 US-Guided Pe	rcutane	ous Elect	rolysis	and Ed	centric E	xercise	es		
Arias-Buria 2015	-5.6	1.556	17	-3.7	1.8673	19	100.0%	-1.08 [-1.78, -0.37]	
Subtotal (95% CI)			17				100.0%	-1.08 [-1.78, -0.37]	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 2.99	) (P = 0.00	03)						
								-	-1 -0.5 0 0.5 1
									Favours [experimental] Favours [control]

Figure Appendix-4a 38. Miscellaneous interventions: Outcome pain at the longest follow-up