

Appendix 3b Summary effect sizes, active range of motion, longest follow-up and shortest follow-up

Comparisons	AROM, longest Follow-up				AROM, shortest Follow-up			
	SMD (95%CI)	N	I ²	G	SMD (95%CI)	N	I ²	G
		Comparisons/T		R		Comparisons/T		R
	Positive values favour left-hand therapy.	rials(Patients)		A		rials(Patients)		A
				D				D
				E				E

Medication

Corticosteroids vs Control	0.96 (-0.17, 2.08)	6/4 (203)	92	+	0.34 (-0.21, 0.90)	5/3 (163)	64	+
Steroids vs Active Control	0.03 (-0.18, 0.24)	14/13 (686)	44	+	0.13 (-0.09, 0.36)	14/13 (686)	51	+
Steroids vs NSAID	0.08 (-0.38, 0.55)	4/4 (142)	49	+	-0.07 (-0.60, 0.46)	3/3 (102)	44	+
Local Steroid vs Systemic Steroid	0.72 (0.32, 1.11)	1 (106)	NA	+	0.32 (-0.07, 0.70)	1 (104)	NA	+
US-Guided Injections versus "Blind" Injections	0.91 (-0.03, 1.84)	3/3 (126)	84	+	0.91 (-0.03, 1.84)	3/3 (126)	84	+
Corticosteroid plus NSAID versus Kinesiotaping plus NSAID	0.40 (-0.09, 0.89)	1 (66)	NA	+	0.40 (-0.09, 0.89)	1 (66)	NA	+
Corticosteroid plus NSAID versus NSAID	5.31 (4.26, 6.36)	1 (66)	NA	+	5.31 (4.26, 6.36)*	1 (66)	NA	+
Celecoxib 500 mg vs versus Placebo	2.62 (2.25, 3.00)	1 (206)	NA	+	2.62 (2.25, 3.00)*	1 (206)	NA	+
Naproxen 500 mg vs Placebo	3.10 (2.69, 3.50)	1 (208)	NA	+	3.10 (2.69, 3.50)*	1 (208)	NA	+

Topical Glyceryl Trinitrate Patch versus Placebo Patch	0.56 (-0.01, 1.14)	1 (48)	NA	+	0.32 (-0.23 to 0.88)	1 (51)	NA	+
Local Anesthetic versus Corticosteroids	0.12 (-0.21 to 0.44)	3/3 (146)	0	+	-0.38 (-0.84, 0.08)	3/3 (146)	46	+
Local Anesthetic Patch versus Corticosteroids	0.12 (-0.39, 0.63)	1 (60)	NA	+	0.14 (-0.37, 0.65)	1 (60)	NA	+
Diclofenac versus Placebo	1.08 (0.41, 1.75)	1 (40)	NA	+	1.08 (0.41, 1.75)*	1 (40)	NA	+

Exercise

Exercise vs Nothing	0.08 (-0.61, 0.77)	2/2 (75)	39	+	0.08 (-0.61, 0.77)*	2/2 (75)	39	+
Exercise vs Passive Physical Therapy	1.00 (0.25, 1.76)	4/4 (152)	76	+	0.89 (0.02, 1.76)	3/3 (173)	85	+
Exercise vs Surgery	0.16 (-0.13, 0.45)	2/2 (182)	0	+	0.20 (-0.12, 0.52)	2/2 (187)	18	+
Specific vs Non Specific Exercise	0.59 (0.08, 1.10)	1 (62)	NA	+	0.59 (0.08, 1.10)*	1 (62)	NA	+
Traditional plus Eccentric Exercises versus Traditional Exercise	0.09 (-0.59, 0.76)	1 (34)	NA	+	0.09 (-0.59, 0.76)*	1 (34)	NA	+
Supervised versus Home Based Exercises	-0.16 (-0.76, 0.43)	1 (44)	NA	+	-0.14 (-0.77, 0.49)	1 (39)	NA	+
Physiotherapy plus Proprioceptive Exercises versus Physiotherapy	0.00 (-0.50, 0.50)	1 (61)	NA	+	0.00 (-0.50, 0.50)*	1 (61)	NA	+
Scapular Oriented Motor Control vs Exercise plus Manual Therapy	0.22 (-0.40, 0.84)	1 (40)	NA	+	0.22 (-0.40, 0.84)*	1 (40)	NA	+
Home Based vs Occupational Therapy	0.10 (-0.55, 0.74)	1 (38)	NA	+	0.10 (-0.55, 0.74)*	1 (38)	NA	+
Motor Imagery plus Exercise versus Exercise	0.33 (-0.65, 1.32)	1 (16)	NA	+	0.33 (-0.65, 1.32)*	1 (16)	NA	+
Clinic based Work Hardening vs Work-Place Based	-0.22 (-0.63, 0.18)	1 (94)	NA	+	-0.22 (-0.63, 0.18)*	1 (94)	NA	+

Manual therapy

Manual therapy vs Placebo	0.03 (-0.35, 0.41)	3/3 (107)	0	+	0.06 (-0.29, 0.40)	3/3 (127)	0	+
Manual Therapy plus Exercise vs Exercise alone	0.16 (-0.41, 0.73)	6/6 (160)	64	+	0.16 (-0.41, 0.73)*	6/6 (160)	64	+
Manual Therapy versus Supervised Exercises	-0.11 (-1.02, 0.80)	1 (19)	NA	+	0.22 (-0.41, 0.84)	1 (40)	NA	+
Manual Therapy plus Exercise versus Naturopathic Care	-1.28 (-1.75, -0.81)	1 (85)	NA	+	-1.28 (-1.75, -0.81)*	1 (85)	NA	+
Immediate Effects Manual Therapy versus Placebo	0.16 (-0.27, 0.59)	1 (84)	NA	+	0.16 (-0.27, 0.59)*	1 (84)	NA	+
Neck or Thoracic Manual Therapy versus Shoulder Treatment Including Manual Therapy of the Shoulder	-0.64 (-1.60, 0.32)	1 (18)	NA	+	-0.64 (-1.60, 0.32)	1 (18)	NA	+
Manual Therapy with Movement plus Kinesiotaping versus Exercise	6.23 (3.90, 8.55)	1 (20)	NA	+	6.23 (3.90, 8.55)*	1 (20)	NA	+
Manual Therapy versus Myofascial Trigger Point Therapy	-0.29 (-0.93, 0.35)	1 (38)	NA	+	-0.29 (-0.93, 0.35)	1 (38)	NA	+

Laser

Laser and Exercise vs Exercise and Sham Laser	0.56 (-0.27, 1.39)	5/5 (273)	91	+	0.56 (-0.27, 1.39)*	5/5 (273)	91	+
Laser vs Sham Laser	0.41 (-0.26, 1.09)	1 (35)	NA	+	0.41 (-0.26, 1.09)*	1 (35)	NA	+
Laser and Exercise vs Ultrasound and Exercise	-0.02 (-0.60, 0.65)	1 (36)	NA	+	-0.02 (-0.68, 0.65)*	1 (36)	NA	+
Laser plus Manual Therapy plus Kinesiotape plus Exercise versus Manual Therapy plus Kinesiotape plus Exercise	0.73 (0.04, 1.42)	1 (35)	NA	+	0.73 (0.04, 1.42)*	1 (35)	NA	+

Ultrasound

Ultrasound vs Sham Ultrasound	-0.16 (-0.85, 0.52)	1 (33)	NA	+	-0.16 (-0.85, 0.52)*	1 (33)	NA	+
Ultrasound plus Exercise versus Exercise	0.71 (0.04, 1.38)	1 (37)	NA	+	0.71 (0.04, 1.38)*	1 (37)	NA	+
Ultrasound plus Exercise versus Sham Ultrasound and Exercise	-0.33 (-1.00, 0.33)	1 (36)	NA	+	-0.33 (-1.00, 0.33)*	1 (36)	NA	+
Ultrasound plus Exercise versus Laser plus Exercise	0.02 (-0.65, 0.68)	1 (36)	NA	+	0.02 (-0.65, 0.68)*	1 (36)	NA	+
Ultrasound versus Deep Friction	-0.73 (-1.37, -0.09)	1 (40)	NA	+	-0.73 (-1.37, -0.09)*	1 (40)	NA	+
Ultrasound versus Myofascial Trigger Point Therapy	2.24 (1.30, 3.18)	1 (30)	NA	+	2.24 (1.30, 3.18)*	1 (30)	NA	+

ESWT

ESWT versus Sham ESWT	1.25 (0.27, 2.23)	1 (20)	NA	+	1.11 (0.15, 2.07)	1 (20)	NA	+
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Tape

Tape plus Exercise versus Physiotherapy (incl. Exercise)	0.01 (-0.54, 0.57)	2/2 (52)	0	+	0.02 (-0.54 to 0.54)	2/2 (52)	0	+
Taping versus Sham Taping	0.36 (-0.29 to 1.02)	5/5 (211)	73	+	0.28 (-0.27, 0.82)	5/5 (211)	74	+
Tape plus Exercise versus Corticosteroids plus Exercise	-0.25 (-0.84, 0.34)	2/2 (131)	65	+	-0.29 (-0.92, 0.06)	2/2 (131)	72	+
Kinesiotape plus NSAID versus Corticosteroid plus NSAID	-0.43 (-0.92 to 0.06)	1 (66)	NA	+	-0.43 (-0.92 to 0.06)	1 (66)	NA	+
Kinesiotape plus NSAID versus NSAID	4.82 (3.84, 5.80)	1 (66)	NA	+	4.82 (3.84, 5.80)	1 (66)	NA	+

Hyaluronate

Hyaluronate versus Control	0.34 (0.43, 1.12)	1 (26)	NA	+	0.18 (-0.38, 0.73)	2/2 (50)	0	+
Hyaluronate versus Corticosteroids	-0.07 (-0.60, 0.45)	4/3 (188)	59	+	0.14 (-0.25, 0.54)	4/3 (188)	33	+

PEMF

PEMF versus Sham PEMF	1.33 (-3.60, 6.26)	2/2 (96)	62	+	0.19 (-0.43, 0.81)	2/2 (96)	56	+
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TENS

TENS versus Corticosteroids	-0.83 (-1.48, -0.19)	1 (40)	NA	+	-0.89 (-1.54, -0.23)	1 (40)	NA	+
TENS plus Exercise versus Acupuncture plus Exercise	-0.41 (-1.10, 0.20)	1 (33)	NA	+	-0.30 (-0.99, 0.39)	1 (33)	NA	+

Surgery

Surgery versus Exercise	-0.16 (-0.45, 0.13)	2/2 (182)	0	+	-0.19 (-0.51, 0.12)	2/2 (182)	15	+
Primary Tendon Repair versus Physiotherapy with optional Secondary Repair	0.33 (-0.05, 0.72)	1 (103)	NA	+	0.33 (-0.05 to 0.72)*	1 (103)	NA	+
Surgery versus Comprehensive Physiotherapy	0.04 (-0.51 to 0.58)	1 (55)	NA	+	0.04 (-0.51, 0.58)*	1 (55)	NA	+

Nerve Block

Nerve Block versus Control	0.43 (-0.00, 0.85)	2/2 (89)	0	+	0.29 (-0.13, 0.71)	2/2 (89)	0	+
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Microwave Diathermy

Microwave Diathermy versus Sham Microwave Diathermy	2.98 (2.06, 3.91)	1 (40)	NA	+	2.00 (1.23, 2.77)	1 (40)	NA	+
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Diacutaneous Fibrolysis

Diacutaneous Fibrolysis versus Sham Diacutaneous Fibrolysis	0.20 (-0.24, 0.64)	1 (80)	NA	+	0.34 (-0.10, 0.78)	1 (80)	NA	+
Diacutaneous Fibrolysis versus Control	0.36 (-0.41, 1.14)	1 (130)	78	+	0.46 (-0.11, 1.03)	1 (130)	NA	+

Acupuncture

Acupuncture plus Exercise versus Exercise	-0.03 (-0.42, 0.36)	1 (104)	NA	+	0.10 (-0.25, 0.46)	1 (125)	NA	+
Electro-Acupuncture plus Exercise versus Exercise	-0.00 (-0.39, 0.38)	1 (105)	NA	+	0.15 (-0.20, 0.50)	1 (126)	NA	+
Acupuncture versus Sham Acupuncture or other Sham Treatments	-0.50 (-1.31, 0.32)	1 (24)	NA	+	-0.50 (-1.31, 0.32)*	1 (24)	NA	+
Acupuncture plus Exercise versus TENS plus Exercise	0.41 (-0.28, 1.10)	1 (33)	NA	+	0.30 (-0.39, 0.99)	1 (24)	NA	+
Laser Acupuncture versus Sham	0.82 (0.30, 1.34)	1 (62)	NA	+	0.82 (0.30, 1.34)	1 (62)	NA	+

Myofascial Trigger Point Therapy

Myofascial Trigger Point versus Manual Therapy	0.29 (-0.35, 0.93)	1 (38)	NA	+	0.29 (-0.35, 0.93)	1 (38)	NA	+
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Platelet Rich Plasma

Platelet Rich Plasma versus Dry Needling	0.62 (-0.11, 1.36)	1 (30)	NA	+	-0.07 (-0.70, 0.56)	1 (39)	NA	+
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Massage

Tensegrity Massage versus Classic Swedish Massage	-0.52 (-1.25, 0.21)	1 (30)	NA	+	-0.60 (-1.33, 0.14)	1 (30)	NA	+
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Abbreviations: SMD = Standardized Mean Difference, N = Number of comparisons, trials (Number of patients in trial), I^2 = Percentage of the variability due to Heterogeneity rather than sampling error (i.e. chance); GRADE = Grading of Recommendations Assessment, Development, and Evaluation. GRADE ratings are: ++++ high quality evidence, +++ moderate quality evidence, ++ low quality evidence, + very low quality evidence (meaning: We have very little confidence in the effect estimate: The true effect is likely to be substantially different from the estimate of effect.). * = Only one follow-up time point available (i.e. longest and shortest time point analysis in this meta-analysis based on same time-point).