Appendix 4b Forest Plots Function Corticosteroids Std. Mean Difference Control Std. Mean Difference Study or Subgroup Mean SD SD Total Weight IV, Random, 95% CI Mean IV, Random, 95% CI 1.2.1 Corticosteroids versus Control Adebajo 1990 -0.85 0.6708 20 -0.3 0.4472 14.1% -0.95 [-1.60, -0.29] Gialanella 2011 one shot -28 15 20 -29.9 14 10 13.0% 0.13 [-0.63, 0.89] Gialanella 2011 two shots -29.2 11 20 -29.9 14 10 13.0% 0.06 [-0.70, 0.82] Hong 2011 high dose 4.9 4.9 27 9.3 4.1 13 13.7% -0.93 [-1.62, -0.23] Hong 2011 low dose 6.1 2.3 25 9.3 4.1 14 13.7% -1.03 [-1.72, -0.33] Kelle 2014 -26.8 5.4 45 -19.9 5.5 45 16.0% -1.26 [-1.71, -0.80] Penning 2012 -80.4 14.6455 45 -82.3 14.4643 48 16.5% 0.13 [-0.28, 0.54] Subtotal (95% CI) 202 100.0% 160 -0.56 [-1.06, -0.05] Heterogeneity: $Tau^2 = 0.36$; $Chi^2 = 29.76$, df = 6 (P < 0.0001); $I^2 = 80\%$ Test for overall effect: Z = 2.15 (P = 0.03) 1.2.2 Corticosteroids versus Active Control (Misc.) 0.19 [-0.67, 1.04] Akgün 2004 one inject. 2.0% -89.8 9.5 16 -91.6 9.1 8 Akgün 2004 two inject. 0.00 [-0.85, 0.85] -91.6 8.3 16 -91.6 9.1 8 2.0% -0.01 [-0.53, 0.50] Alvarez 2005 74.3 25.7 30 74.6 28.8 28 4.5% Alvarez-Nemegyei 2008 -51 9756 27 4 4% 27 9635 -57 7508 32 8267 29 0.19 [-0.34, 0.71] Celik 2009 Cortico 28 4.3% -0.48 [-1.01, 0.05] -68.4 7.6 28 -64.77.7 31.9455 16.1379 22 3.5% -0.01 [-0.62, 0.59] Cloke 2008 -2.56 20 -2.25 Crawshaw 2010 15.4477 96 15.5301 97 9.5% 0.13 [-0.16, 0.41] -14.9-16.87Eyigor 2010 20 20 2.9% -1.17 [-1.85, -0.50] 13.7 11.5 28.5 13.2 -0.40 [-0.90, 0.11] Göksu 2015 31 30 4.6% 23.6 14.36 29.25 13.69 6.5% Johansson 2011 13.926 55 12.8361 44 0.22 [-0.18, 0.62] -88 -91 Kelle 2014 -26.8 45 -26.1 5.6 45 6.2% -0.13 [-0.54, 0.29] 5.4 Kim 2012 -21.9 5.7% 0.15 [-0.29, 0.59] 42 -22.8 6.8 38 5.1 0.46 [-0.05, 0.97] Lee 2011 30 16.8 31 4.6% 46.2 21.1 37.3 Penning 2012 6.1% -0.31 [-0.72, 0.11] -80.4 14.6455 45 -76 13.8145 44 Rabini 2012 -89.9 12.6 46 -88.1 20 46 6.3% -0.11 [-0.52, 0.30] Rhon 2014 23.1 18.7795 18.8689 6.4% 0.08 [-0.33, 0.48] 48 21.6 46 -5.0625 Shibata 2001 2.1309 40 -5.0368 2.3103 38 5.6% -0.01 [-0.46, 0.43] 5.2% Subasi 2014 35 35 -0.06 [-0.53, 0.41] 14.5 13 15.3 14 Watson 2008 9.67 3.8805 99 3.8805 99 9.7% -0.04 [-0.32, 0.24] 9.82 Subtotal (95% CI) 100.0% -0.04 [-0.17, 0.08] Heterogeneity: Tau² = 0.02; Chi² = 25.85, df = 18 (P = 0.10); I² = 30% Test for overall effect: Z = 0.65 (P = 0.52) 1.2.3 Local Corticosteroid versus Systemic Corticosteroid Ekeberg 2009 29 53 32 100.0% -0.14 [-0.52, 0.25] 23 53 Subtotal (95% CI) 53 53 100.0% -0.14 [-0.52, 0.25] Heterogeneity: Not applicable Test for overall effect: Z = 0.70 (P = 0.49) 1.2.4 Corticosteroid versus NSAIDS Adebajo 1990 0.6708 20 -0.85 0.4919 20 20.5% 0.00 [-0.62, 0.62] 0.53 [-0.10, 1.16] Cift 2015 14.3 20 -44.7 20 20.2% Karthikeyan 2010 -73.5 19.2 26 -54 28.3 30 21.9% -0.78 [-1.33, -0.24] Min 2013 2.64 15 1.89 17 18.8% 0.58 [-0.14, 1.29] 18.7% -0.03 [-0.75, 0.68] 2.7 15 15 Subtotal (95% CI) 96 102 100.0% 0.04 [-0.48, 0.56] Heterogeneity: $Tau^2 = 0.24$; $Chi^2 = 13.14$, df = 4 (P = 0.01); $I^2 = 70\%$ Test for overall effect: Z = 0.14 (P = 0.89) 1.2.5 US-Guided versus "Blind" Injections Cole 2015 15 -65 20.3961 17.7% -0.16 [-0.71, 0.39] Dogu 2012 30.09 25.55 23 38.65 27.46 16.4% -0.32 [-0.90, 0.26] 23 Haghighat 2016 -31.1 9.8387 20 -23.15 10.3754 20 14.1% -0.77 [-1.42, -0.13] Haghighat 2016 9.8387 20 -23.15 10.3754 14.1% -0.77 [-1.42, -0.13] -31.1 20 Naredo 2004 -15 13.9 21 -5.6 20 14.2% -0.81 [-1.45, -0.18] Saeed 2014 0.55072 1.5386227 41 0.6558 1.50798216 23.6% -0.07 [-0.51, 0.37] Subtotal (95% CI) 150 148 100.0% -0.43 [-0.71, -0.15] Heterogeneity: $Tau^2 = 0.04$; $Chi^2 = 7.13$, df = 5 (P = 0.21); $I^2 = 30\%$ Test for overall effect: Z = 3.01 (P = 0.003)

Figure Appendix-4b 1. Steroids: Outcome function at the longest follow-up

33

33

33

6.1

-8.6

-15.8

33 100.0%

33 100.0%

33 100.0%

100.0%

6.6

-0.82 [-1.32, -0.31]

-0.82 [-1.32, -0.31]

0.40 [-0.08, 0.89]

0.40 [-0.08, 0.89]

-1 -0.5 0 0.5 1 Favours Corticosteroid Favours Control

1.2.6 Corticosteroid plus NSAID versus NSAID

Test for overall effect: Z = 3.17 (P = 0.002)

-13.2

1.2.7 Corticosteroid plus NSAID versus Kinesiotaping plus NSAID

-13.2

Sahin 2016

Sahin 2016

Subtotal (95% CI)

Subtotal (95% CI)

Heterogeneity: Not applicable

Heterogeneity: Not applicable Test for overall effect: Z = 1.62 (P = 0.10)

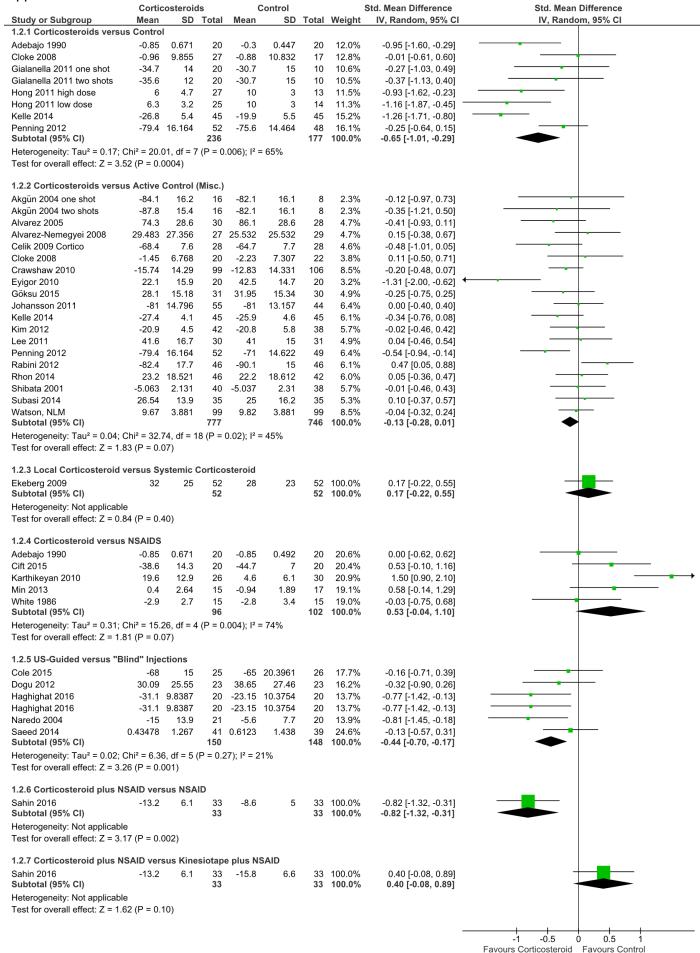


Figure Appendix-4b 2. Steroids: Outcome function at the shortest follow-up

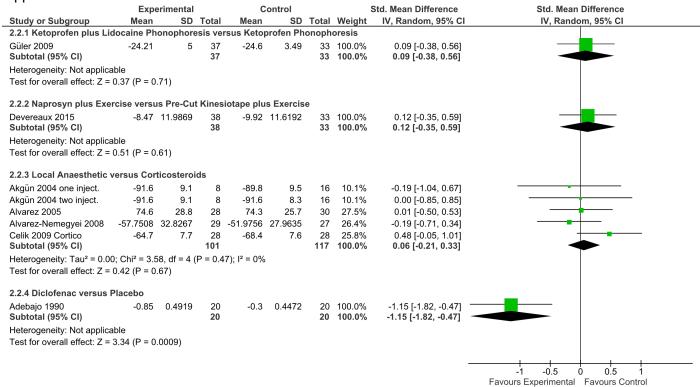


Figure Appendix-4b 3. Medications, and anaesthetic patch: Outcome function at the longest follow-up

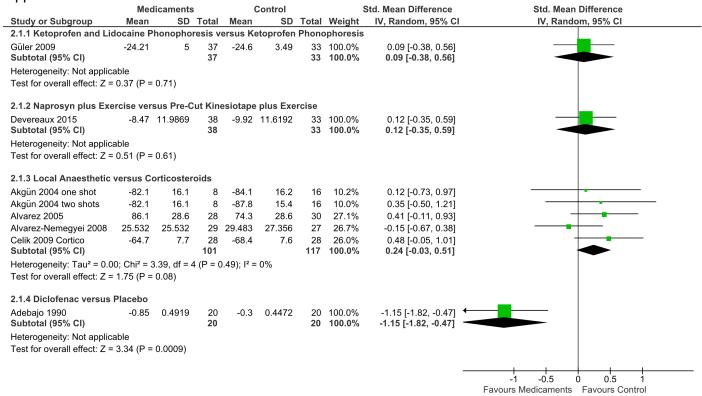


Figure Appendix-4b 4. Medications, and anaesthetic patch: Outcome function at the shortest follow-up

Appendix 4b Forest Plots Function Exercise Control Std. Mean Difference in SD Total Mean SD Total Weight IV, Random, 95% CI Study or Subgroup Mean
3.2.1 Exercise versus Nothing IV, Random, 95% CI Kachingwe 2008 Lombardi 2008 Ludewig 2003 Melegati 2000 Subtotal (95% CI) Subtotal (95% CI) 102 Heterogeneity: Tau² = 0.00; Chi² = 0.07, df = 3 (P = 0.99); I² = 0% Test for overall effect: Z = 3.95 (P < 0.0001) 3.2.2 Exercise versus Passive physical Therapy (US, TENS, Electro, etc.) 3.2.2 Exercise ve Aytar 2015 Bae 2011 Littlewood 2014 Littlewood 2015 Melegati 2000 Park 2013 | See versus Passive physical Therapy (US, TENS, Electro, etc.) | 20.5 | 17.1 | 11 | 28.7 | 23.4 | 8 | 16.9% | 23.4 | 8 | 16.9% | 23.4 | 8 | 16.9% | 23.4 | 8 | 16.9% | 23.4 | 8 | 16.9% | 23.4 | 8 | 16.9% | 23.4 | 23.4 | 8 | 16.9% | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 23.4 | 2 3.2.3 Exercise versus Surgery Brox 1999 21 91 45 -25 24 38 21.7% Haahr 2006 -23 19.821 43 -18.8 23.1277 41 22.2% Ketola 2013 -61.7 45.3364 52 -60.4 45.336 57 28.8% Moosmayer 210 -64.1 19.910 51 -64.9 17.2413 52 27.3% Subtotal (195% CI) 51 -64.9 17.2413 52 27.3% 10.00 10. Subtotal (95% CI) 191

Heterogeneity: Tau² = 0.00; Chi² = 1.93, df = 3 (P = 0.59); I² = 0%

Test for overall effect: Z = 0.10 (P = 0.92) 3.2.4 Specific versus Non-Specific Exercises

3.2.4 Specific versus Non-Specific Exercises

Beaudreuil 2011 6.89 17 22 6.2 21.1 26 44.5%

Bjornsson Hallgren 2014 -72 19 51 -52 23 46 55.5%

Subtotal (95% CI) 73 72 100.0%

Heterogeneity: Tau" = 0.11; Chi" = 2.69, df = 1 (P = 0.10); P = 63%

Test for overall effect: Z = 2.31 (P = 0.02) 3.2.5 Exercise versus Radial Extracorporeal Shockwave

Engebretsen 2011 1yr 24 23.4 48 27.9 26.6 46 100.0%
Subtotal (95% Cl) 48 46 100.0% Heterogeneity: Not applicable
Test for overall effect: Z = 0.75 (P = 0.45) 3.2.6 Land Based versus Water Based Exercise
Subasi 2012 27.2 12.4 29 14.7 12.1 28 100.0%
29 28 100.0% Heterogeneity: Not applicable
Test for overall effect: Z = 3.56 (P = 0.0004) 3.2.7 Traditional Exercise versus Neurocognitive Exercise

Marzetti 2014 -83.27 17.4781 24 -76.95 17.4781 24 100.0%
Subtotal (95% CI) 24 100.0% Heterogeneity: Not applicable Test for overall effect: Z = 1.22 (P = 0.22)
 3.2.8 Scapular Oriented Motor Control (plus Wanual Therapy) versus Classic Exercise

 Baskurt 2011
 82.61
 10.33
 20
 70.82
 19.7
 20
 35.1%

 Mulligan 2016
 75.5
 19.3
 21
 77.7
 16.1
 22
 36.9%

 Stuyd 2012
 35
 14
 10
 48.7
 11.3
 10
 28.9%

 Subtotal (95% c)
 1
 51
 26.0%
 52
 100.0%
 10.2
 10.0%
 10.0%
 10.0%
 10.0%
 10.0%
 10.0%
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 10.0%
 10.0 Noting and 10 an 3.2.9 Home-Based Exercise versus Occupational Therapy
Krischak 2013 -11.9 13.2 16 -13.7 10.8 23 100.0%
Chindral 165% Cit 23 100.0% Heterogeneity: Not applicable
Test for overall effect: Z = 0.46 (P = 0.65)
 3.2.10 High Dose Exercise versus Low Dose Exercise

 Osteras 2010
 -10
 8.8
 26
 -3.2
 15.8
 23
 100.0%

 Subtotal (95% CI)
 26
 -2
 23
 100.0%
 Heterogeneity: Not applicable Test for overall effect: Z = 1.82 (P = 0.07) 3.2.11 Clinic-based Work Hardening versus Workplace-based Work Hardening
Cheng 2007 40.5 16.3 48 31.54 13.37 47 100
Subtotal (95% CI) 48 48 Heterogeneity: Not applicable Test for overall effect: Z = 2.84 (P = 0.005) 3.2.12 Traditional plus Eccentric Exercise versus Traditional Exercise Blume 2015 -9.3 7.1 16 -12.1 11.7 18 40.5% Maenhout 2013 -25.7 15.8 28 -27 19.5 22 59.5% Subtotal (95% CI) 44 40 100.0% Subtotal (95% CI) 44

Heterogeneity: Tau² = 0.00; Chi² = 0.21, df = 1 (P = 0.65); I² = 0%

Test for overall effect: Z = 0.71 (P = 0.48) Subtotal (95% CI) 47 Heterogeneity: Tau² = 2.81; Chi² = 7.87, df = 1 (P = 0.005); l² = 87% Test for overall effect: Z = 1.35 (P = 0.18) Heterogeneity: Not applicable Test for overall effect: Z = 1.93 (P = 0.05) 3.2.15 Physiotherapy (TENS plus HOT Pack plus Exercise) plus Proprioception versus Physiotherapy (TENS plus HOT Pack plus Exercise) Dilek 2015 -77.5 20.371 31 -89.37 16.741 30 100.0% Subtotal (95% CI) 31 30 100.0% Granviken 2015 21 18 21 24 24 18 100.0% Heterogeneity: Not applicable Test for overall effect: Z = 0.44 (P = 0.66) 32.17 Weighted Pendulum Exercises versus Unweighted Pendulum Exercises
Akkaya 2016 32.4 18.7 18 43.4 35.2 16 100.0%
Shirhotal 195% CI) 18 100.0% Heterogeneity: Not applicable Test for overall effect: Z = 1.12 (P = 0.26) Heterogeneity: Not applicable Test for overall effect: Z = 1.38 (P = 0.17) Santamato 2016 49.1 6.3 15 -75.9 6.7 15 100.0% -2.42 [-3.40, -1.45] 15 15 100.0% -2.42 [-3.40, -1.45] Heterogeneity: Not applicable Test for overall effect: Z = 4.89 (P < 0.00001) 3.2.20 Range of Motion Exercises versus Muscle Activation Exercises 3.2.20 Range or mutuar.
Heron 2016 39 23.7037 20 49 20 bor
Heron 2016 39 23.7037 20 34 25.185
Subtotal (95% Ct) 40
Heterogeneity. Tau' = 0.09; Chi' = 2.24, df = 1 (P = 0.13); I' = 55%
Test for overall effect. Z = 0.31 (P = 0.75)

Figure Appendix-4b 5. Exercise: Outcome function at the longest follow-up

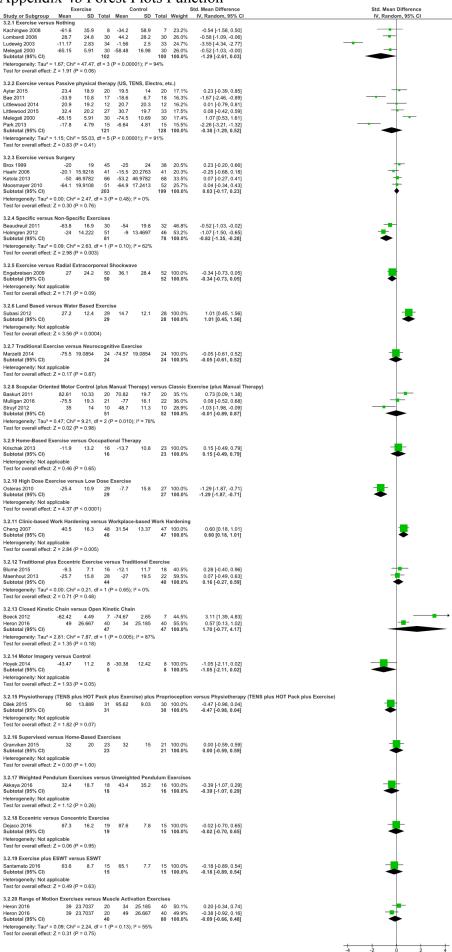


Figure Appendix-4b 6. Exercise: Outcome function at the shortest follow-up

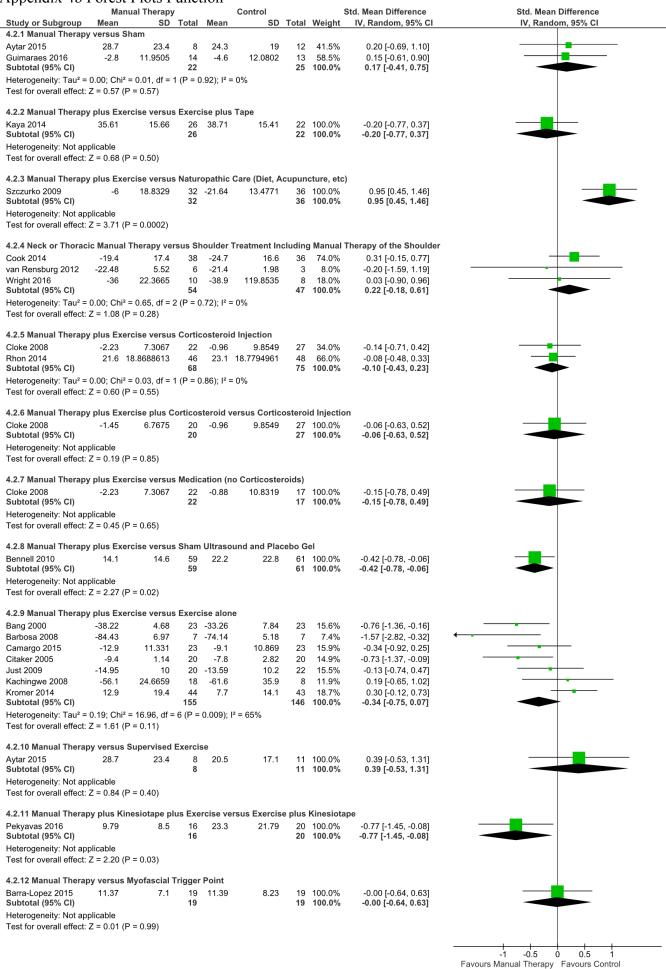


Figure Appendix-4b 7. Manual therapy: Outcome function at the longest follow-up

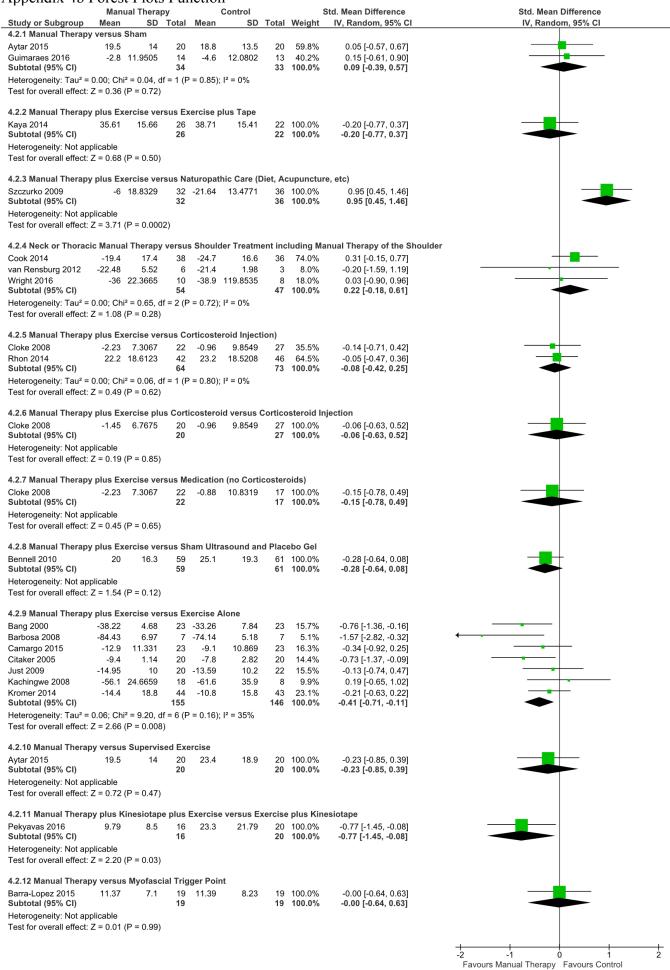


Figure Appendix-4b 8. Manual therapy: Outcome function at the shortest follow-up

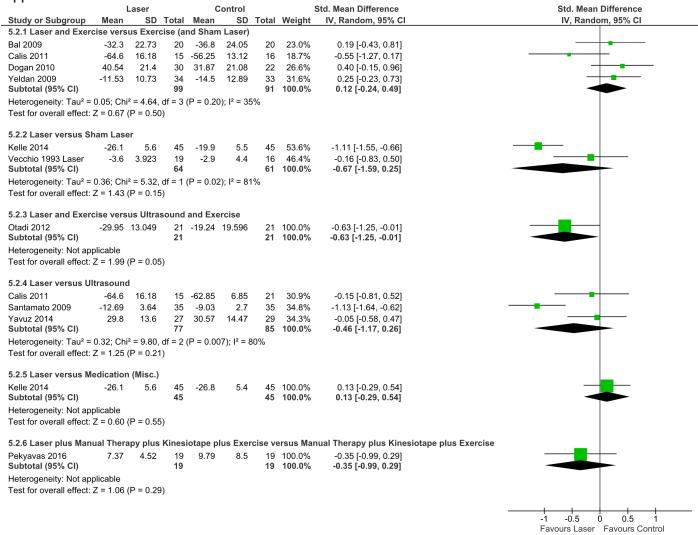


Figure Appendix-4b 9. Laser: Outcome function at the longest follow-up

Study or Subarcon		Laser	Total		ontrol	Total		Std. Mean Difference	Std. Mean Difference IV, Random, 95% CI
Study or Subgroup	Mean			Mean		rotai	Weight	IV, Random, 95% CI	IV, Random, 95% CI
5.2.1 Laser and Exer			•		,		00.00/	0.40.50.40.0043	
Bal 2009	-32.3	22.73	20	-36.8	24.05	20	23.0%	0.19 [-0.43, 0.81]	
Calis 2011	-64.6	16.18		-56.25	13.12	16	18.7%	-0.55 [-1.27, 0.17]	_ <u>-</u>
Dogan 2010	40.54	21.4	30	31.87	21.08	22	26.6%	0.40 [-0.15, 0.96]	<u></u>
Yeldan 2009 Subtotal (95% CI)	-11.53	10.73	34 99	-14.5	12.89	33 91	31.6% 100.0 %	0.25 [-0.23, 0.73] 0.12 [-0.24 , 0.49]	•
Heterogeneity: Tau² = Test for overall effect:	,	,	f = 3 (F	P = 0.20)	; I ² = 35%				
5.2.2 Laser versus S	ham Lase	er							
Kelle 2014	-25.9	4.6	45	-20.2	5.5	45	53.5%	-1.11 [-1.56, -0.67]	
Vecchio 1993 laser Subtotal (95% CI)	-3.6	3.923	19 64	-2.9	4.4	16 61	46.5% 100.0%	-0.16 [-0.83, 0.50] -0.67 [-1.60, 0.25]	
Heterogeneity: Tau ² =	0.37: Chi	² = 5.39. df	= 1 (F	P = 0.02)	: I ² = 81%			,	
Test for overall effect:	,	,	. (•	- /	,				
5.2.3 Laser and Exer	cise vers	us Ultraso	und a	nd Exer	cise				_
Otadi 2012	-29.95	13.0494		-19.24	19.596		100.0%	-0.63 [-1.25, -0.01]	-
Subtotal (95% CI)			21			21	100.0%	-0.63 [-1.25, -0.01]	
Heterogeneity: Not ap									
Test for overall effect:	Z = 1.99	(P = 0.05)							
5.2.4 Laser versus U	Itrasound	ı							
Calis 2011	-64.6	16.18	15	-62.85	6.85	21	30.9%	-0.15 [-0.81, 0.52]	
Santamato 2009	-12.69	3.64	35	-9.03	2.7	35	34.8%	-1.13 [-1.64, -0.62]	
Yavuz 2014	29.8	13.6	27	30.57	14.47	29	34.3%	-0.05 [-0.58, 0.47]	_
Subtotal (95% CI)			77			85	100.0%	-0.46 [-1.17, 0.26]	
Heterogeneity: Tau² =	,	,	f = 2 (F	P = 0.007	I'); $I^2 = 80^\circ$	%			
Test for overall effect:	Z = 1.25	(P = U.21)							
5.2.5 Laser versus M		'							
Kelle 2014	-25.9	4.6	45	-27.4	4.1	45	100.0%	0.34 [-0.08, 0.76]	†
Subtotal (95% CI)			45			45	100.0%	0.34 [-0.08, 0.76]	
Heterogeneity: Not ap									
Test for overall effect:	Z = 1.61	(P = 0.11)							
5.2.6 Laser plus Man	ual Thera	py plus K	inesio	tape plu	ıs Exerci	se ver	sus Manu	al Therapy plus Kinesiotape p	olus Exercise
Pekyavas 2016	7.37	4.52	19	9.79	8.5	19	100.0%	-0.35 [-0.99, 0.29]	—
Subtotal (95% CI)			19			19	100.0%	-0.35 [-0.99, 0.29]	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 1.06	(P = 0.29)							
									-2 -1 0 1 2
									2 1 0 1 2

Figure Appendix-4b 10. Laser: Outcome function at the shortest follow-up

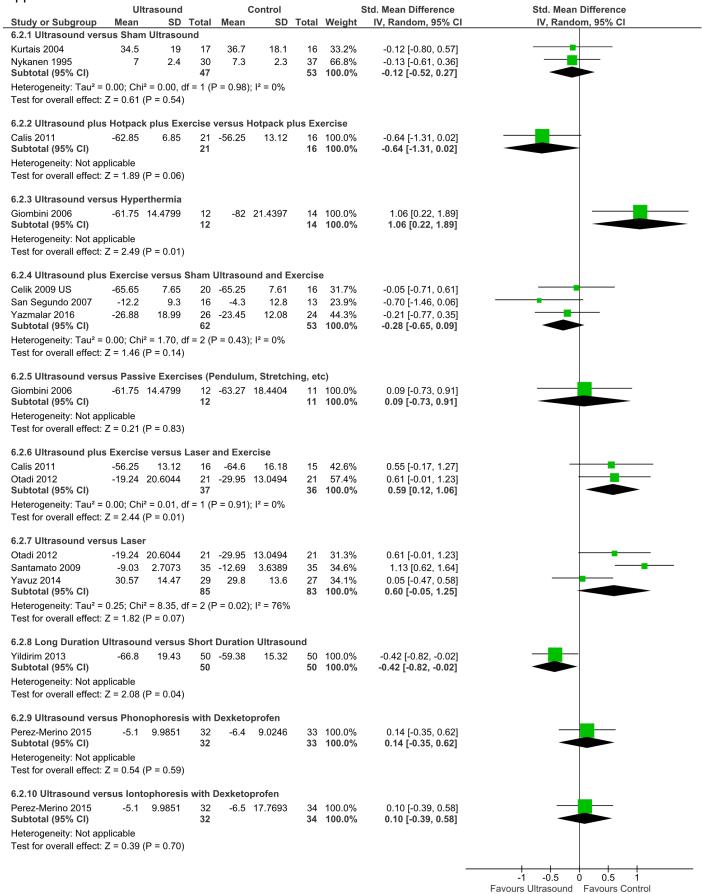


Figure Appendix-4b 11. Ultrasound: Outcome function at the longest follow-up

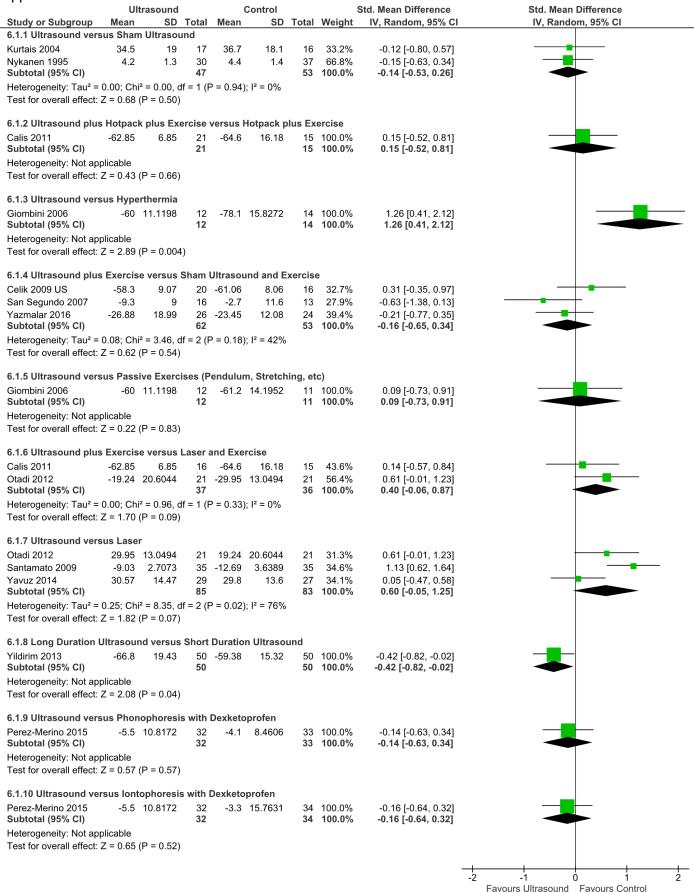


Figure Appendix-4b 12. Ultrasound: Outcome function at the shortest follow-up

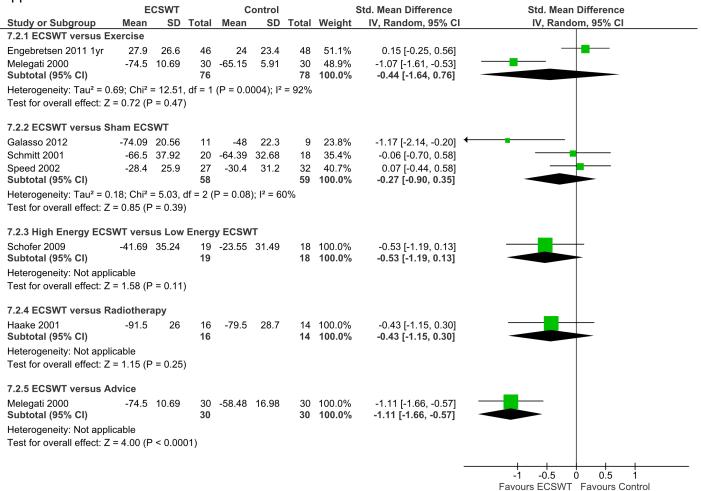


Figure Appendix-4b 13. Extracorporeal shockwave therapy (ECSWT): Outcome function at the longest follow-up

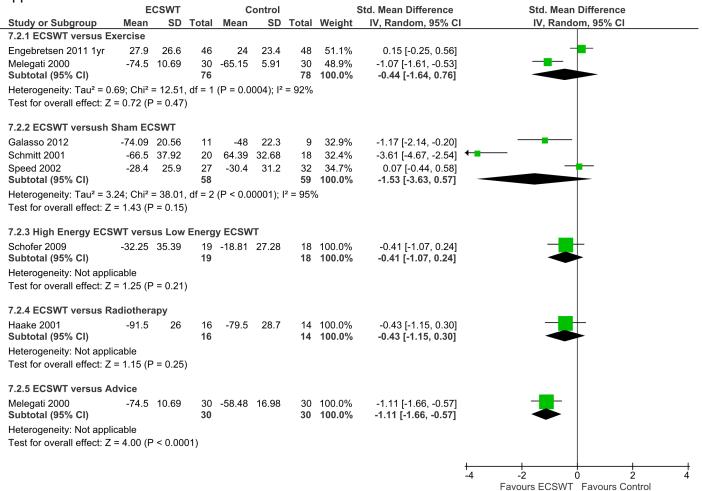


Figure Appendix-4b 14. Extracorporeal shockwave therapy (ECSWT): Outcome function at the shortest follow-up

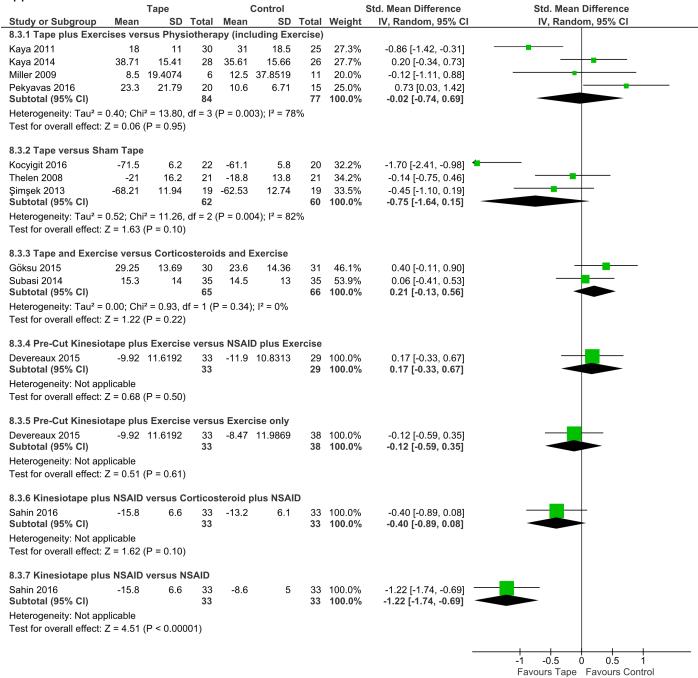


Figure Appendix-4b 15. Tape: Outcome function at the longest follow-up

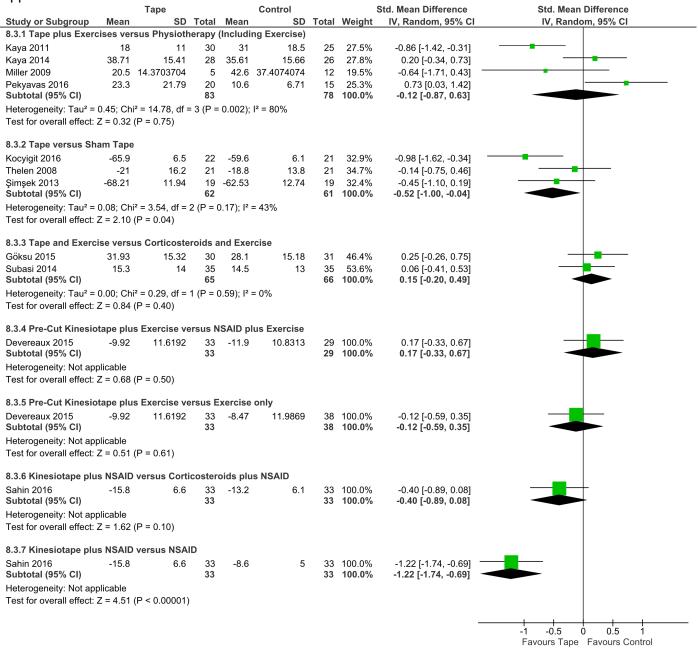


Figure Appendix-4b 16. Tape: Outcome function at the shortest follow-up

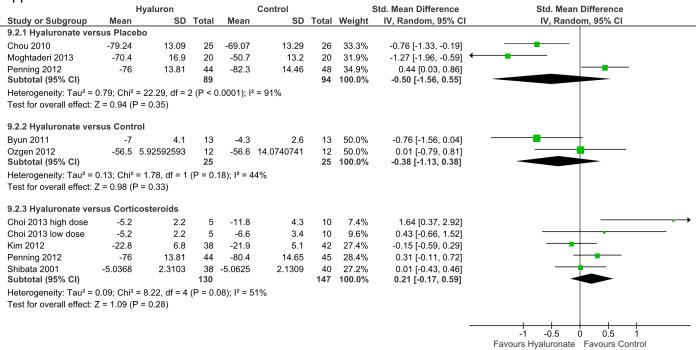


Figure Appendix-4b 17. Hyaluronate: Outcome function at the longest follow-up

		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		
9.2.1 Hyaluronate ver	rsus Place	bo									
Chou 2010	-79.24	13.09	25	-69.07	13.29	26	33.3%	-0.76 [-1.33, -0.19]			
Moghtaderi 2013	-70.4	16.9	20	-50.7	13.2	20	31.9%	-1.27 [-1.96, -0.59]			
Penning 2012	-76	13.81	44	-82.3	14.46	48	34.9%	0.44 [0.03, 0.86]	-		
Subtotal (95% CI)			89			94	100.0%	-0.50 [-1.56, 0.55]			
Heterogeneity: Tau ² =	0.79; Chi ²	= 22.29, df = 2	2 (P < 0)	.0001); I ²	= 91%						
Test for overall effect:	Z = 0.94 (F	P = 0.35)									
9.2.2 Hyaluronate ver	rsus Contr	ol									
Byun 2011	-7	4.1	13	4.3	2.6	13	48.9%	-3.19 [-4.40, -1.97]			
Ozgen 2012	-56.5	5.92592593	12	-56.6	14.0740741	12	51.1%	0.01 [-0.79, 0.81]	-		
Subtotal (95% CI)			25			25	100.0%	-1.56 [-4.69, 1.58]			
Heterogeneity: Tau ² =	4.83; Chi ²	= 18.55, df =	1 (P < 0	.0001); I ²	= 95%						
Test for overall effect:	Z = 0.97 (F	P = 0.33)									
9.2.3 Hyaluronate ver	rsus Cortic	costeroids									
Choi 2013 high Dose	-5.2	2.2	5	-11.8	4.3	10	7.4%	1.64 [0.37, 2.92]			
Choi 2013 low Dose	-5.2	2.2	5	-6.6	3.4	10	9.6%	0.43 [-0.66, 1.52]	 • • • • • • • • • 		
Kim 2012	-22.8	6.8	38	-21.9	5.1	42	27.4%	-0.15 [-0.59, 0.29]	-		
Penning 2012	-76	13.81	44	-80.4	14.65	45	28.4%	0.31 [-0.11, 0.72]	 • -		
Shibata 2001	-5.0368	2.3103	38	-5.0625	2.1309	40	27.2%	0.01 [-0.43, 0.46]	- • -		
Subtotal (95% CI)			130			147	100.0%	0.21 [-0.17, 0.59]	◆		
Heterogeneity: Tau ² =	0.09; Chi ²	= 8.22, df = 4	(P = 0.0)	08); I ² = 5	1%						
Test for overall effect:	Z = 1.09 (F	P = 0.28)									
									-4 -2 0 2 4		
									Favours Hyaluronate Favours Control		
									r avours rigalatoriale T avours control		

Figure Appendix-4b 18. Hyaluronate: Outcome function at the shortest follow-up

	- 1	PEMF		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		
10.2.1 PEMF versus	Sham PE	MF									
Aktas 2007	-72.65	17.99	20	-72	12.78	20	42.3%	-0.04 [-0.66, 0.58]			
de Freitas 2013	-40.7	12.6	26	-35.6	11.7	30	57.7%	-0.41 [-0.95, 0.12]			
Subtotal (95% CI)			46			50	100.0%	-0.26 [-0.66, 0.15]			
Heterogeneity: Tau² =	0.00; Ch	² = 0.81	I, df = 1	(P = 0.	37); l² =	= 0%					
Test for overall effect:	Z = 1.25	(P = 0.2)	21)								
									-1 -0.5 0 0.5 1		

Figure Appendix-4b 19. PEMF: Outcome function at the longest follow-up

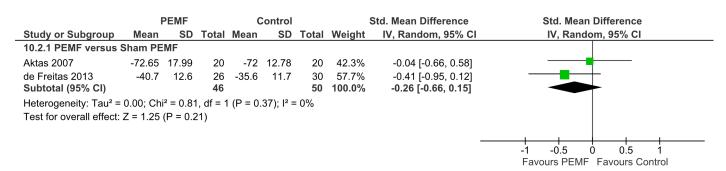


Figure Appendix-4b 20. PEMF: Outcome function at the shortest follow-up

TENS				С	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
Eyigor 2010	28.5	13.2	20	13.7	11.5	20	100.0%	1.17 [0.50, 1.85]	_
Total (95% CI)			20			20	100.0%	1.17 [0.50, 1.85]	•
Heterogeneity: Not ap Test for overall effect:	•) (P = (0.0007))				_	-2 -1 0 1 2 Favours TENS Favours Control

Figure Appendix-4b 21. TENS: Outcome function at the longest follow-up

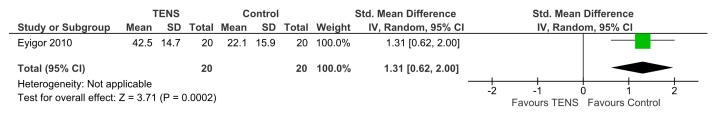


Figure Appendix-4b 22. TENS: Outcome function at the shortest follow-up

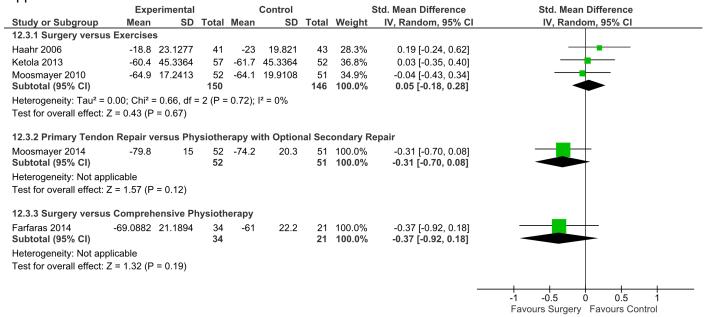


Figure Appendix-4b 23. Surgery: Outcome function at the longest follow-up

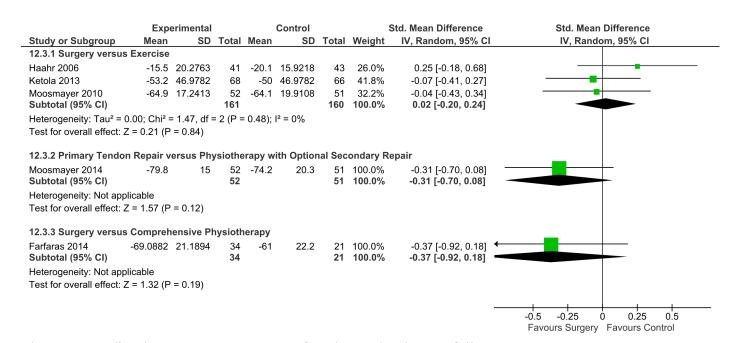


Figure Appendix-4b 24. Surgery: Outcome function at the shortest follow-up

	Expei	Experimental				ol	;	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Bayram 2014	-18.3	2	38	-16.9	3	36	100.0%	-0.55 [-1.01, -0.08]	— —
Total (95% CI)			38			36	100.0%	-0.55 [-1.01, -0.08]	
Heterogeneity: Not applicable Test for overall effect: Z = 2.30 (P = 0.02)								_	-1 -0.5 0 0.5 1 Favours Nerve Block Favours Control

Figure Appendix-4b 25. Nerve block: Outcome function at the longest follow-up

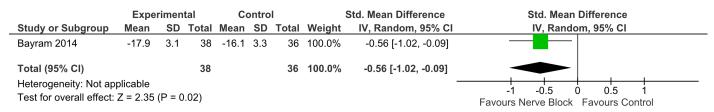


Figure Appendix-4b 26. Nerve block: Outcome function at the shortest follow-up

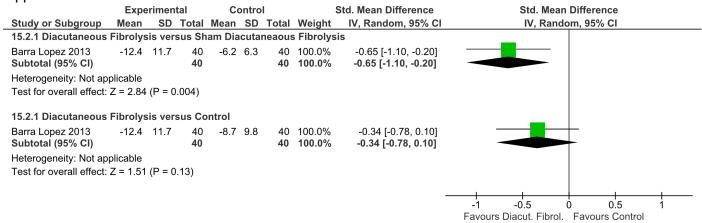


Figure Appendix-4b 27. Diacutaneous Fibrolysis: Outcome function at the longest follow-up

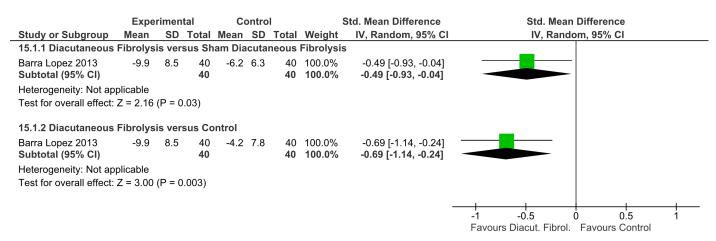


Figure Appendix-4b 28. Diacutaneous Fibrolysis: Outcome function at the shortest follow-up

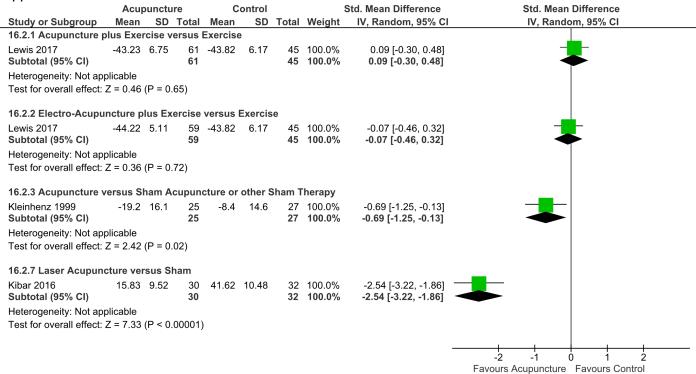


Figure Appendix-4b 29. Acupuncture: Outcome function at the longest follow-up

	Acu	ounctu	re	С	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
16.2.1 Acupuncture p	lus Exe	rcise v	ersus	Exercise	•				
Lewis 2017	-39.12	6.04	67	-39.28	6.41	54	100.0%	0.03 [-0.33, 0.38]	-
Subtotal (95% CI)			67			54	100.0%	0.03 [-0.33, 0.38]	•
Heterogeneity: Not app	olicable								
Test for overall effect:	Z = 0.14	(P = 0.	89)						
16.2.2 Electro-Acupu	ncture p	lus Ex	ercise	versus	Exercis	е			
Lewis 2017	-39.28	6.54	69	-39.28	6.41	54	100.0%	0.00 [-0.36, 0.36]	-
Subtotal (95% CI)			69			54	100.0%	0.00 [-0.36, 0.36]	•
Heterogeneity: Not app	olicable								
Test for overall effect:	Z = 0.00	(P = 1.	00)						
16.2.3 Acupuncture v	ersus S	ham A	cupun	cture or	other S	Sham T	herapy		
Kleinhenz 1999	-19.2	16.1	25	-8.4	14.6	27	100.0%	-0.69 [-1.25, -0.13]	
Subtotal (95% CI)			25			27	100.0%	-0.69 [-1.25, -0.13]	
Heterogeneity: Not app	olicable								
Test for overall effect:	Z = 2.42	(P = 0.	02)						
16.2.7 Laser Acupun	cture vei	rsus SI	nam						
Kibar 2016	15.83	9.52	30	41.62	10.48	32	100.0%	-2.54 [-3.22, -1.86]	
Subtotal (95% CI)			30			32	100.0%	-2.54 [-3.22, -1.86]	
Heterogeneity: Not app	olicable								
Test for overall effect:	Z = 7.33	(P < 0.	00001))					
									

Figure Appendix-4b 30. Acupuncture: Outcome function at the shortest follow-up

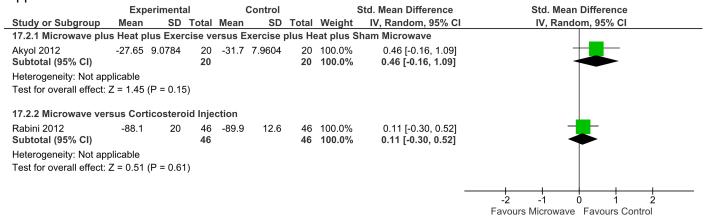


Figure Appendix-4b 31. Microwave: Outcome function at the longest follow-up

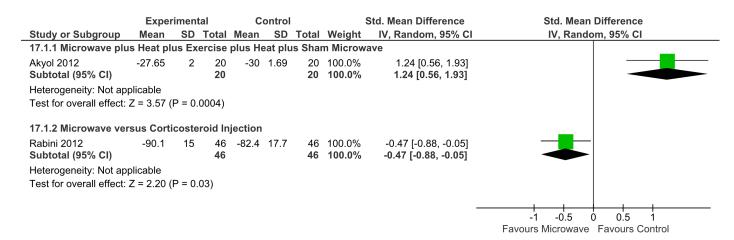


Figure Appendix-4b 32. Microwave: Outcome function at the shortest follow-up

	Р	hysiotherapy			Control		Std. Mean Difference			Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% C	I	IV, Rande	om, 95% CI		
18.1.1 Manual Therapy plus Exercise versus Control													
Dickens 2005 Subtotal (95% CI)	-20	19.0631365	42 42	-0.65	1.6293279	31 31	100.0% 100.0 %	-1.32 [-1.83, -0.80] -1.32 [-1.83, -0.80]		-			
Heterogeneity: Not app	olicable												
Test for overall effect:	Z = 5.03	B (P < 0.00001)										
									- 4	-2) 0	2	
										Favours Compr. PT	Favours C	ontrol	

Figure Appendix-4b 33. Comprehensive physiotherapy: Outcome function at the longest follow-up

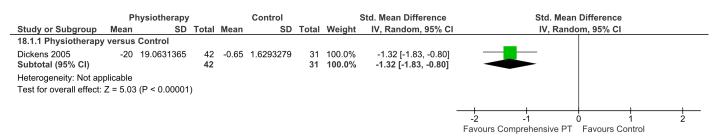


Figure Appendix-4b 34. Comprehensive physiotherapy: Outcome function at the shortest follow-up

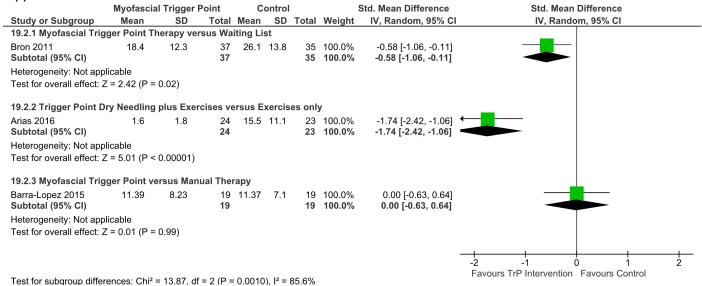


Figure Appendix-4b 35. Myofascial Trigger: Outcome function at the longest follow-up

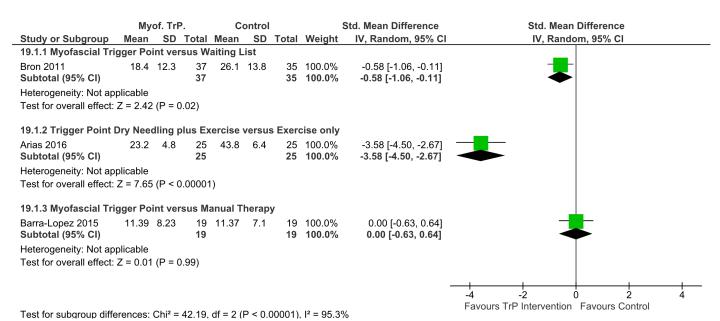


Figure Appendix-4b 36. Myofascial Trigger: Outcome function at the shortest follow-up

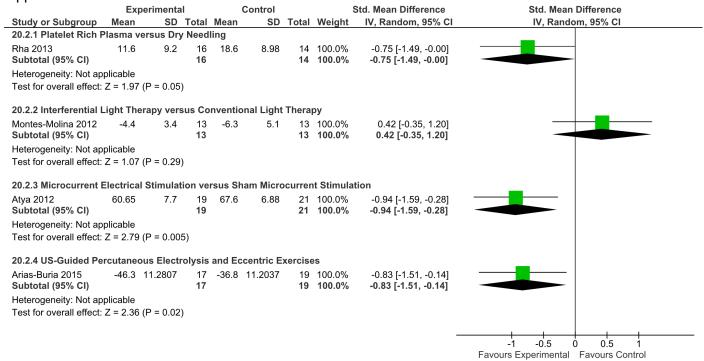


Figure Appendix-4b 37. Miscellaneous interventions: Outcome function at the longest follow-up

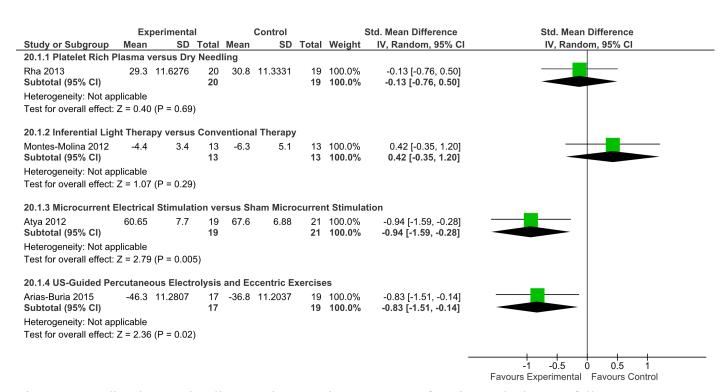


Figure Appendix-4b 39. Miscellaneous interventions: Outcome function at the longest follow-up