Appendix 4c Forest Plots Active Range of Motion

Study or Subgroup	Corticosteroids Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.1.1 Corticosteroids versus Control								
Adebajo 1990	50.4	8.05	20	5.4	10.47	20	15.0%	4.72 [3.47, 5.98]
Berry 1980	100.6	37.7	12	120.8	30.1	12	16.8%	-0.57 [-1.39, 0.25]
Gialanella 2011 one shot	14.8	8.6	20	16.4	8.5	10	17.0%	-0.18 [-0.94, 0.58]
Gialanella 2011 two shots	16.7	6.7	20	16.4	8.5	10	17.0%	0.04 [-0.72, 0.80]
Hong 2011 high dose	161.1	25	27	137.6	21.1	13	17.2%	0.97 [0.27, 1.66]
Hong 2011 low dose	162.7	20.6	25	137.6	21.1	14	17.1%	1.18 [0.47, 1.89]
Subtotal (95% CI)			**124**			**79**	**100.0%**	**0.96 [-0.17, 2.08]**
Heterogeneity: Tau² = 1.79; Chi² = 59.10, df = 5 (P < 0.00001); I² = 92%								
Test for overall effect: Z = 1.67 (P = 0.10)								
1.1.2 Corticosteroids versus Active Control (Misc.)								
Alvarez 2005	139	21.8	30	143.7	27.8	28	8.3%	-0.19 [-0.70, 0.33]
Alvarez-Nemegyei 2008	137	18	15	139	23	17	5.9%	-0.09 [-0.79, 0.60]
Berry 1980	100.6	37.7	12	95.6	37.1	12	4.8%	0.13 [-0.67, 0.93]
Celik 2009 Cortico	178.4	4.3	28	178.7	6.3	28	8.2%	-0.05 [-0.58, 0.47]
Choi 2013 high Dose	177	9.5	10	175	7	5	3.1%	0.21 [-0.86, 1.29]
Choi 2013 low Dose	179	3.2	10	175	7	5	2.9%	0.80 [-0.32, 1.92]
Eyigor 2010	170	13.3	20	159.3	11.8	20	6.4%	0.83 [0.19, 1.48]
Göksu 2015	142.9	16.11	31	132.2	21.08	30	8.4%	0.56 [0.05, 1.08]
Kim 2012	145	8.6	32	142.2	14.5	29	8.5%	0.23 [-0.27, 0.74]
Lee 2011	143.2	25.9	30	158.5	30.4	31	8.4%	-0.53 [-1.05, -0.02]
Radnovich 2014	122.4935	45.3507	31	127.1688	28.987	29	8.5%	-0.12 [-0.63, 0.39]
Shibata 2001	124.1375	34.8309	40	139.5	30.3897	38	9.5%	-0.46 [-0.91, -0.01]
Subasi 2014	165.4	21.7	35	166.1	14.5	35	9.1%	-0.04 [-0.51, 0.43]
Vecchio 1993 Corticosteroid	0	44.4444	28	0	14.8148	27	8.1%	0.00 [-0.53, 0.53]
Subtotal (95% CI)			**352**			**334**	**100.0%**	**0.03 [-0.18, 0.24]**
Heterogeneity: Tau² = 0.07; Chi² = 23.16, df = 13 (P = 0.04); I² = 44%								
Test for overall effect: Z = 0.27 (P = 0.79)								
1.1.3 Corticosteroid versus NSAIDS								
Adebajo 1990	50.4	8.05	20	46.8	5.64	20	26.5%	0.51 [-0.12, 1.14]
Cift 2015	68.7	51.4	20	66.6	12.4	20	27.0%	0.06 [-0.56, 0.67]
Min 2013	0	31.68	15	22.06	37.96	17	23.4%	-0.61 [-1.32, 0.10]
White 1986	30	37	15	16	45	15	23.1%	0.33 [-0.39, 1.05]
Subtotal (95% CI)			**70**			**72**	**100.0%**	**0.08 [-0.38, 0.55]**
Heterogeneity: Tau² = 0.11; Chi² = 5.85, df = 3 (P = 0.12); I² = 49%								
Test for overall effect: Z = 0.35 (P = 0.73)								
1.1.4 Local Corticosteroid versus Systemic Corticosteroid								
Ekeberg 2009	141	20.7407	53	121	33.3333	53	100.0%	0.72 [0.32, 1.11]
Subtotal (95% CI)			**53**			**53**	**100.0%**	**0.72 [0.32, 1.11]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 3.57 (P = 0.0004)								
1.1.5 US-Guided Injections								
Chen 2006	139.29	20.14	20	100	18.8	20	31.5%	1.98 [1.21, 2.75]
Dogu 2012	37.22	3.06	23	35.57	5.12	23	34.6%	0.38 [-0.20, 0.97]
Haghighat 2016	13.75	13.327	20	7.25	15.4289	20	33.9%	0.44 [-0.19, 1.07]
Subtotal (95% CI)			**63**			**63**	**100.0%**	**0.91 [-0.03, 1.84]**
Heterogeneity: Tau² = 0.57; Chi² = 12.16, df = 2 (P = 0.002); I² = 84%								
Test for overall effect: Z = 1.90 (P = 0.06)								
1.1.6 Corticosteroid plus NSAID versus Kinesiotaping plus NSAID								
Sahin 2016	37.3	5.8	33	34.8	6.6	33	100.0%	0.40 [-0.09, 0.89]
Subtotal (95% CI)			**33**			**33**	**100.0%**	**0.40 [-0.09, 0.89]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.60 (P = 0.11)								
1.1.7 Corticosteroid plus NSAID versus NSAID								
Sahin 2016	37.3	5.8	33	13.6	2.3	33	100.0%	5.31 [4.26, 6.36]
Subtotal (95% CI)			**33**			**33**	**100.0%**	**5.31 [4.26, 6.36]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 9.90 (P < 0.00001)								

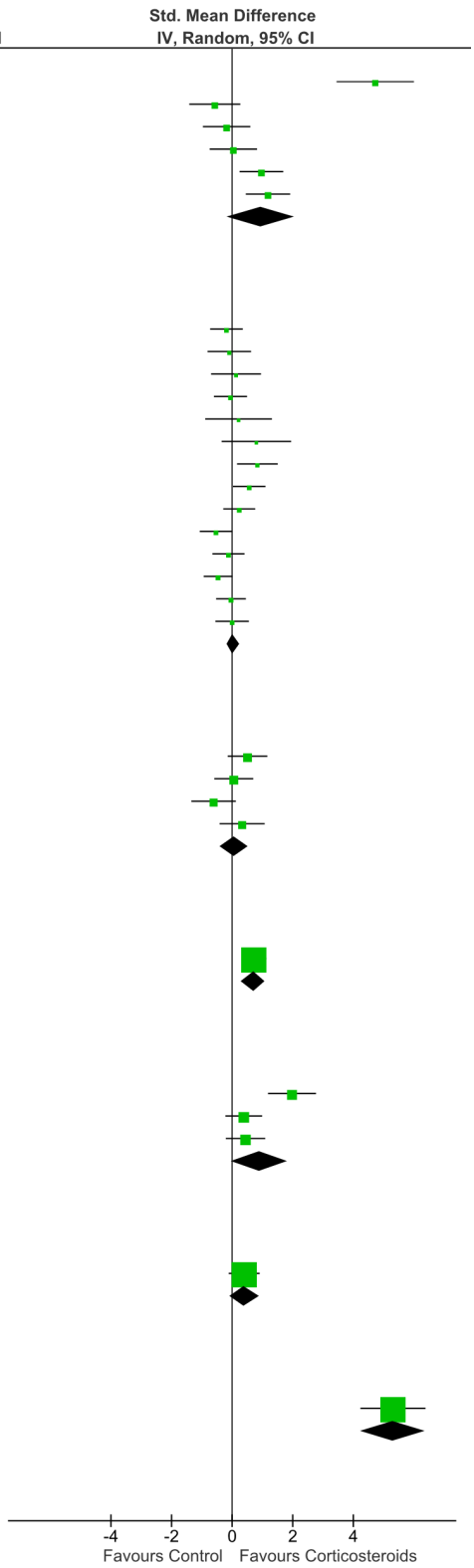


Figure Appendix-4c 1. Steroids: Outcome AROM at the longest follow-up

Appendix 4c Forest Plots Active Range of Motion

Study or Subgroup	Corticosteroids Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.1.1 Corticosteroids vs. control								
Berry 1980	100.6	37.7	12	120.8	30.1	12	18.6%	-0.57 [-1.39, 0.25]
Gialanella 2011 one shot	17	8.8	20	17	8.6	10	19.7%	0.00 [-0.76, 0.76]
Gialanella 2011 two shots	20.1	8.7	20	17	8.6	10	19.6%	0.35 [-0.42, 1.11]
Hong 2011 high dose	155.9	25.5	27	137.9	23	13	21.2%	0.71 [0.03, 1.39]
Hong 2011 low dose	160	17.3	25	137.9	23	14	20.8%	1.11 [0.41, 1.81]
Subtotal (95% CI)			**104**			**59**	**100.0%**	**0.34 [-0.21, 0.90]**
Heterogeneity: Tau² = 0.26; Chi² = 11.20, df = 4 (P = 0.02); I² = 64%								
Test for overall effect: Z = 1.21 (P = 0.23)								
1.1.2 Corticosteroids vs. active control (misc.)								
Alvarez 2005	148.8	17.6	30	133.3	25.4	28	8.0%	0.70 [0.17, 1.24]
Alvarez-Nemegyei 2008	130	24	15	134	27	17	6.1%	-0.15 [-0.85, 0.54]
Berry 1980	100.6	37.7	12	95.6	37.1	12	5.1%	0.13 [-0.67, 0.93]
Celik 2009 Cortico	172.8	12.2	28	167.6	10.5	28	8.0%	0.45 [-0.08, 0.98]
Choi 2013 high Dose	29.5	25.6	10	18.5	20.6	5	3.3%	0.43 [-0.66, 1.52]
Choi 2013 low Dose	11	11.9	10	18.5	20.6	5	3.3%	-0.47 [-1.56, 0.62]
Eyigor 2010	163.7	16.1	20	149.8	14.6	20	6.5%	0.89 [0.23, 1.54]
Göksu 2015	136.94	15.74	31	125	21.05	30	8.2%	0.64 [0.12, 1.15]
Kim 2012	142.3	15	32	141	11.3	29	8.4%	0.10 [-0.41, 0.60]
Lee 2011	152.4	26.3	30	157.3	27.5	31	8.4%	-0.18 [-0.68, 0.32]
Radnovich 2014	122.4935	42.5454	31	127.6364	28.987	29	8.4%	-0.14 [-0.65, 0.37]
Shibata 2001	124.1375	34.8309	40	139.5	30.3897	38	9.2%	-0.46 [-0.91, -0.01]
Subasi 2014	159.7	20.2	35	160.5	19.9	35	8.9%	-0.04 [-0.51, 0.43]
Vecchio 1993 Corticosteroid	0	37.037037	28	0	14.8148148	27	8.1%	0.00 [-0.53, 0.53]
Subtotal (95% CI)			**352**			**334**	**100.0%**	**0.13 [-0.09, 0.36]**
Heterogeneity: Tau² = 0.09; Chi² = 26.77, df = 13 (P = 0.01); I² = 51%								
Test for overall effect: Z = 1.17 (P = 0.24)								
1.1.3 Corticosteroid vs. NSAIDS								
Cift 2015	68.7	51.4	20	66.6	12.4	20	37.0%	0.06 [-0.56, 0.67]
Min 2013	0	31.68	15	22.06	37.96	17	31.7%	-0.61 [-1.32, 0.10]
White 1986	30	37	15	16	45	15	31.3%	0.33 [-0.39, 1.05]
Subtotal (95% CI)			**50**			**52**	**100.0%**	**-0.07 [-0.60, 0.46]**
Heterogeneity: Tau² = 0.09; Chi² = 3.56, df = 2 (P = 0.17); I² = 44%								
Test for overall effect: Z = 0.26 (P = 0.79)								
1.1.4 Local Corticosteroid versus systemic Corticosteroid								
Ekeberg 2009	140	13.3333	52	133	28.1481	52	100.0%	0.32 [-0.07, 0.70]
Subtotal (95% CI)			**52**			**52**	**100.0%**	**0.32 [-0.07, 0.70]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.60 (P = 0.11)								
1.1.5 US-Guided Injections versus "Blind" Injections								
Chen 2006	139.29	20.14	20	100	18.8	20	31.5%	1.98 [1.21, 2.75]
Dogu 2012	37.22	3.06	23	35.57	5.12	23	34.6%	0.38 [-0.20, 0.97]
Haghighat 2016	13.75	13.327	20	7.25	15.4289	20	33.9%	0.44 [-0.19, 1.07]
Subtotal (95% CI)			**63**			**63**	**100.0%**	**0.91 [-0.03, 1.84]**
Heterogeneity: Tau² = 0.57; Chi² = 12.16, df = 2 (P = 0.002); I² = 84%								
Test for overall effect: Z = 1.90 (P = 0.06)								
1.1.6 Corticosteroid plus NSAID versus Kinesiotaping plus NSAID								
Sahin 2016	37.3	5.8	33	34.8	6.6	33	100.0%	0.40 [-0.09, 0.89]
Subtotal (95% CI)			**33**			**33**	**100.0%**	**0.40 [-0.09, 0.89]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.60 (P = 0.11)								
1.1.7 Corticosteroid plus NSAID versus NSAID								
Sahin 2016	37.3	5.8	33	13.6	2.3	33	100.0%	5.31 [4.26, 6.36]
Subtotal (95% CI)			**33**			**33**	**100.0%**	**5.31 [4.26, 6.36]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 9.90 (P < 0.00001)								

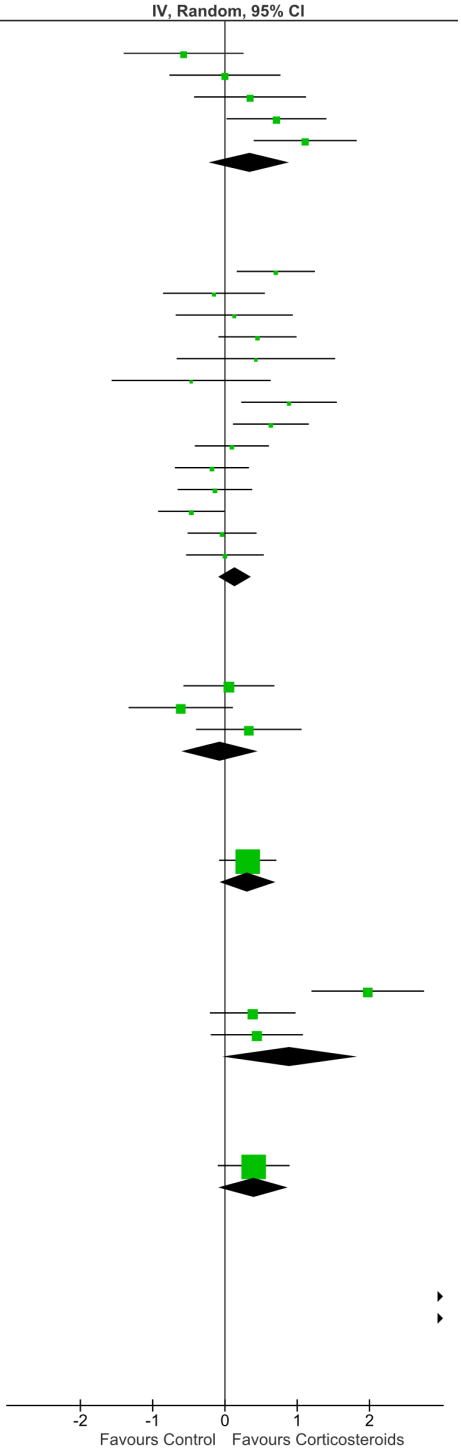


Figure Appendix-4c 2. Steroids: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

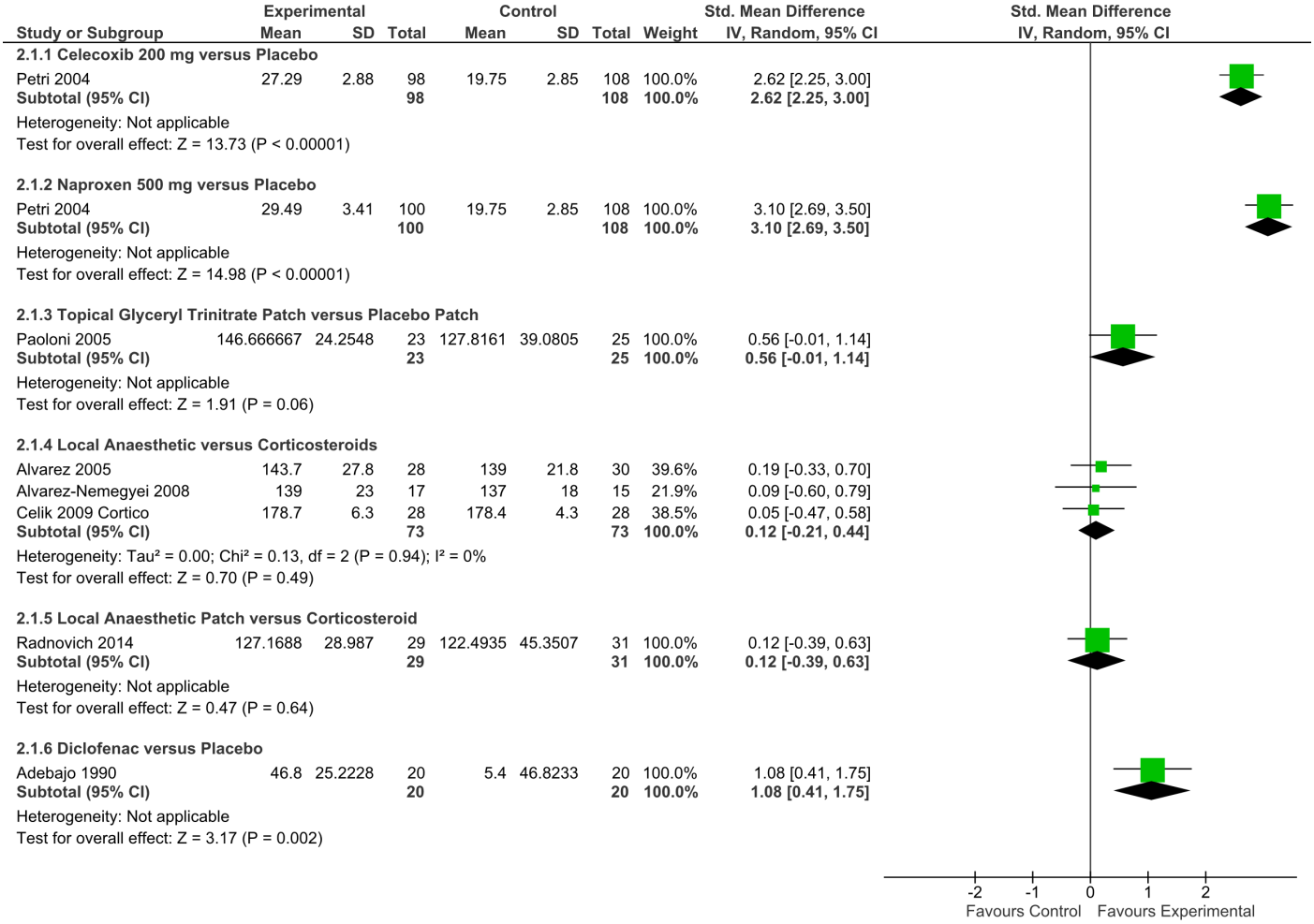


Figure Appendix-4c 3. Medications, and anaesthetic patch: Outcome AROM at the longest follow-up

Appendix 4c Forest Plots Active Range of Motion

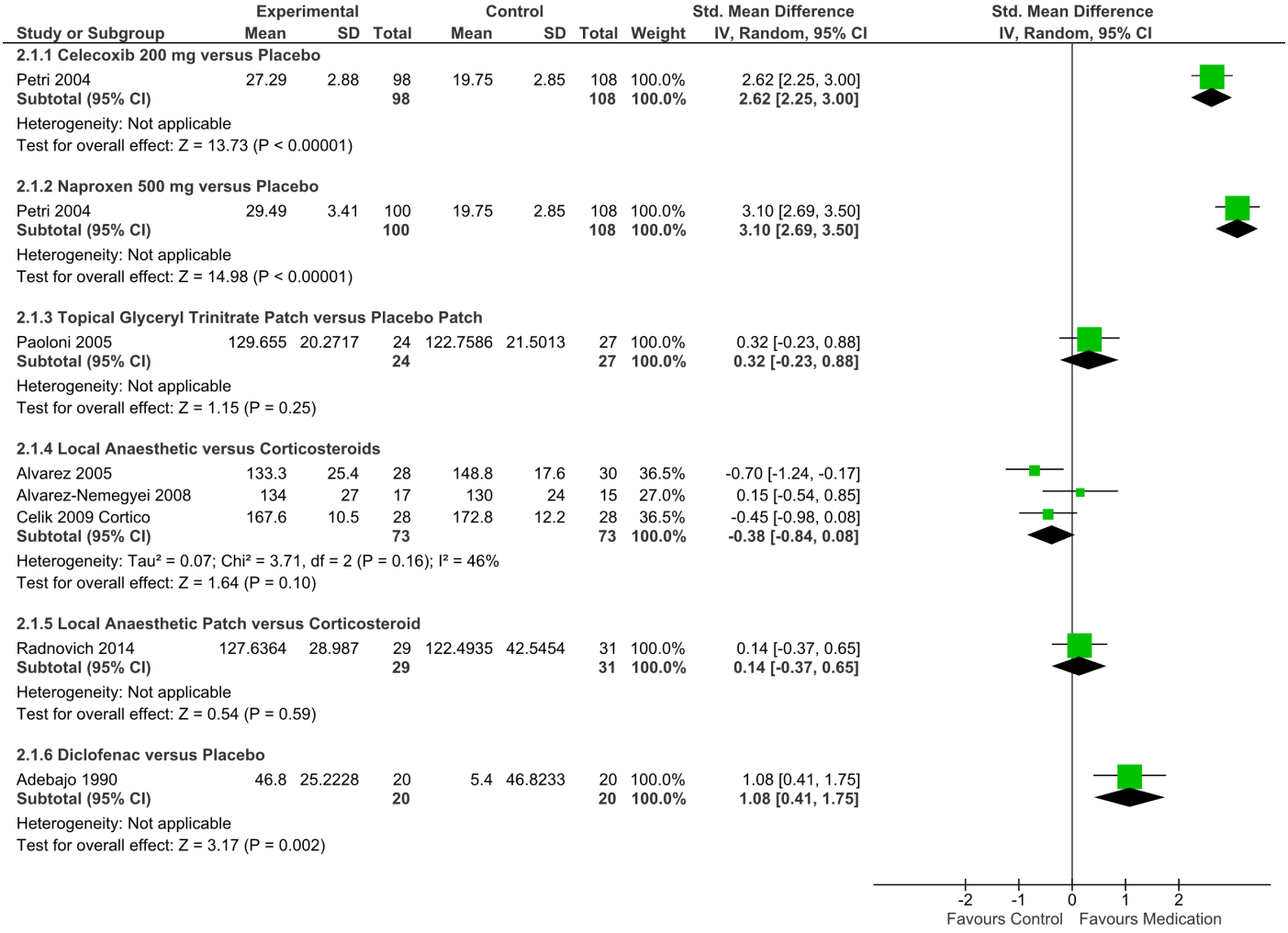


Figure Appendix-4c 4. Medications, and anaesthetic patch: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

Study or Subgroup	Exercise Mean	Exercise SD	Exercise Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
3.1.1 Exercise versus Nothing								
Kachingwe 2008	27.6	41.7	8	42.6	15.8	7	31.6%	-0.44 [-1.47, 0.60]
Lombardi 2008	136.9	28.5	30	127.2	31.6	30	68.4%	0.32 [-0.19, 0.83]
Subtotal (95% CI)			**38**			**37**	**100.0%**	**0.08 [-0.61, 0.77]**
Heterogeneity: Tau² = 0.11; Chi² = 1.65, df = 1 (P = 0.20); I² = 39%								
Test for overall effect: Z = 0.23 (P = 0.82)								
3.1.2 Exercise versus Passive Physical Therapy (US, Tens, Electro, etc.)								
Aytar 2015	174	9	11	173	8	8	22.5%	0.11 [-0.80, 1.02]
Bae 2011	32.1	16.9	17	6.4	8.5	18	24.1%	1.89 [1.08, 2.71]
Moezy 2014	28.78	19.8	33	19.14	14.42	35	29.4%	0.55 [0.07, 1.04]
Park 2013	8.33	3.56	15	3.36	2.89	15	24.0%	1.49 [0.67, 2.31]
Subtotal (95% CI)			**76**			**76**	**100.0%**	**1.00 [0.25, 1.76]**
Heterogeneity: Tau² = 0.44; Chi² = 12.58, df = 3 (P = 0.006); I² = 76%								
Test for overall effect: Z = 2.60 (P = 0.009)								
3.1.3 Exercise versus Surgery								
Haahr 2006	11.6	10.3184	40	8.2	11.1055	39	43.1%	0.31 [-0.13, 0.76]
Moosmayer 2010	136.3	46.577	51	134.1	42.0256	52	56.9%	0.05 [-0.34, 0.44]
Subtotal (95% CI)			**91**			**91**	**100.0%**	**0.16 [-0.13, 0.45]**
Heterogeneity: Tau² = 0.00; Chi² = 0.78, df = 1 (P = 0.38); I² = 0%								
Test for overall effect: Z = 1.10 (P = 0.27)								
3.1.4 Specific versus Non-Specific Exercises								
Beaudreuil 2013	7.5	2.1424	30	6.1	2.4963	32	100.0%	0.59 [0.08, 1.10]
Subtotal (95% CI)			**30**			**32**	**100.0%**	**0.59 [0.08, 1.10]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.28 (P = 0.02)								
3.1.5 Traditional plus Eccentric Exercise versus Traditional Exercise								
Blume 2015	146.2	23	18	143.8	30.4	16	100.0%	0.09 [-0.59, 0.76]
Subtotal (95% CI)			**18**			**16**	**100.0%**	**0.09 [-0.59, 0.76]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.26 (P = 0.80)								
3.1.6 Supervised versus Home-Based Exercises								
Granviken 2015	121	42	23	128	42	21	100.0%	-0.16 [-0.76, 0.43]
Subtotal (95% CI)			**23**			**21**	**100.0%**	**-0.16 [-0.76, 0.43]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.54 (P = 0.59)								
3.1.7 Physiotherapy (TENS plus HOT Pack plus Exercise) plus Proprioception versus Physiotherapy (TENS plus HOT Pack plus Exercise)								
Dilek 2015	180	7.41	31	180	5.19	30	100.0%	0.00 [-0.50, 0.50]
Subtotal (95% CI)			**31**			**30**	**100.0%**	**0.00 [-0.50, 0.50]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.00 (P = 1.00)								
3.1.8 Scapular oriented motor control versus classic exercise and manual therapy								
Baskurt 2011	179.75	11.11	20	177	13.4	20	100.0%	0.22 [-0.40, 0.84]
Subtotal (95% CI)			**20**			**20**	**100.0%**	**0.22 [-0.40, 0.84]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.69 (P = 0.49)								
3.1.9 Home-Based Exercises versus Occupational Therapy								
Krischak 2013	28	39.4	16	23.9	43.9	22	100.0%	0.10 [-0.55, 0.74]
Subtotal (95% CI)			**16**			**22**	**100.0%**	**0.10 [-0.55, 0.74]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.29 (P = 0.77)								
3.1.10 Motor Imagery plus Exercise versus Exercise								
Hoyek 2014	178	2.933	8	177	2.723	8	100.0%	0.33 [-0.65, 1.32]
Subtotal (95% CI)			**8**			**8**	**100.0%**	**0.33 [-0.65, 1.32]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.66 (P = 0.51)								
3.1.11 Clinical Based versus Workplace Based Workhardening								
Cheng 2007	163.23	11.69	48	165.65	9.92	46	100.0%	-0.22 [-0.63, 0.18]
Subtotal (95% CI)			**48**			**46**	**100.0%**	**-0.22 [-0.63, 0.18]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.07 (P = 0.29)								

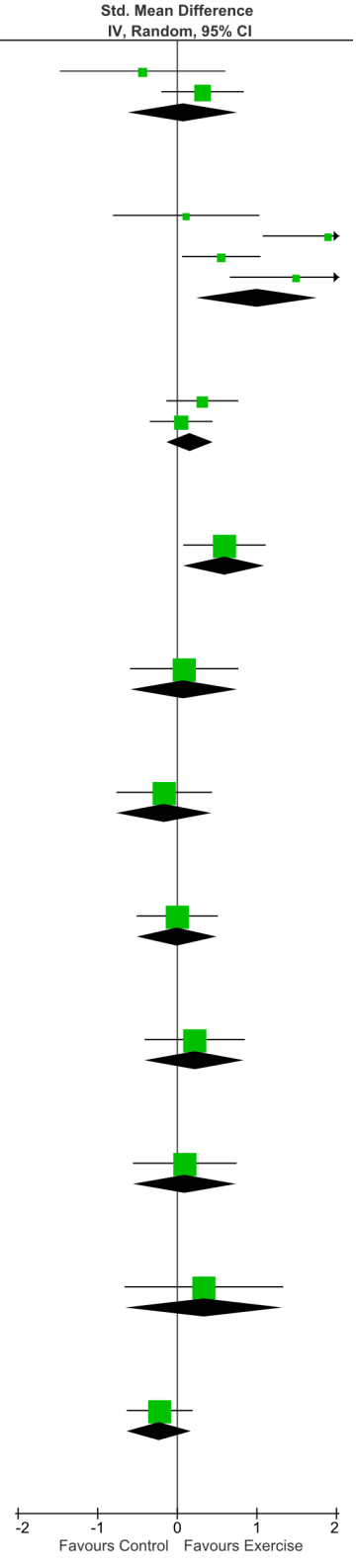


Figure Appendix-4c 5. Exercise: Outcome AROM at the longest follow-up

Appendix 4c Forest Plots Active Range of Motion

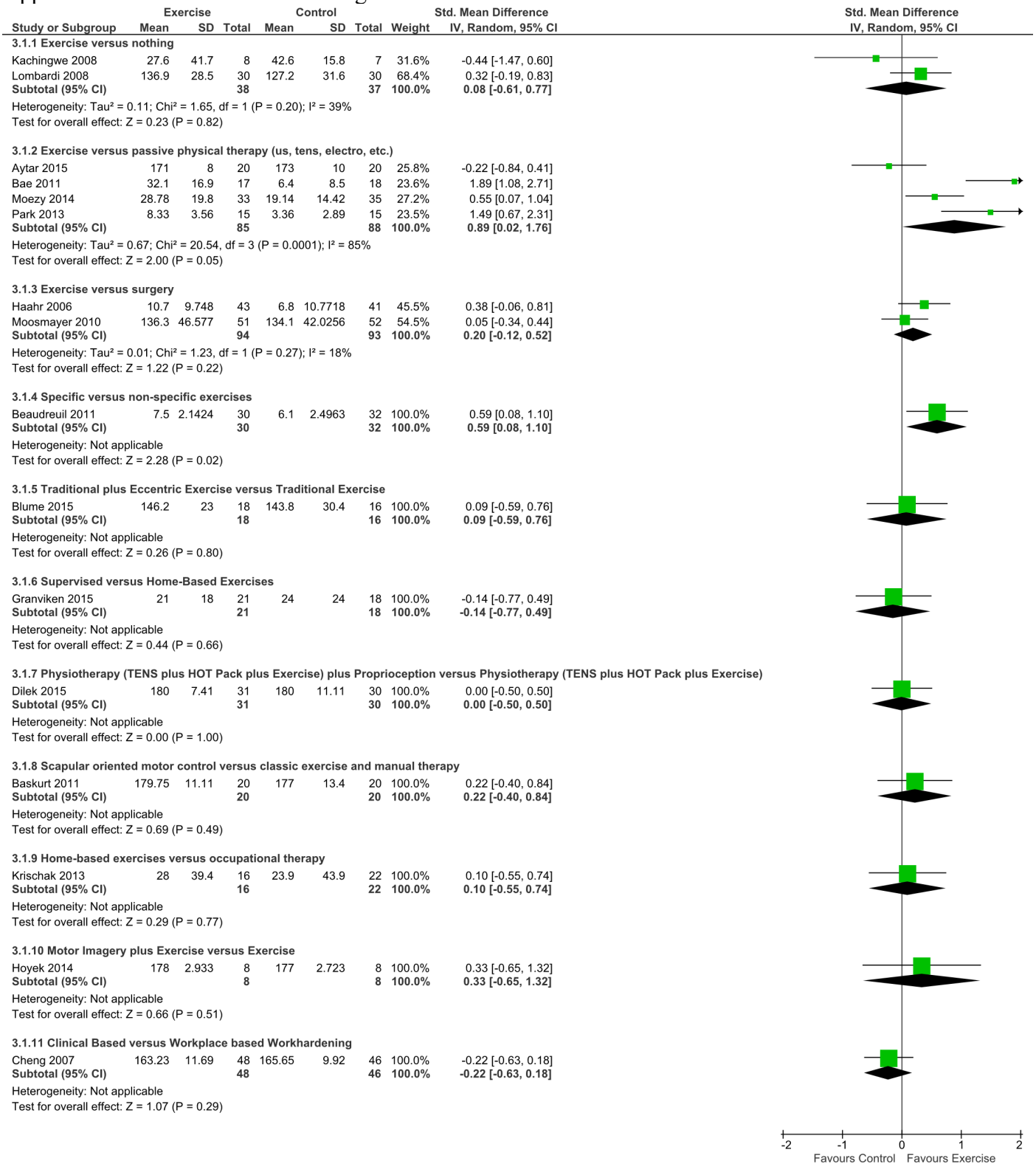


Figure Appendix-4c 6. Exercise: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

Study or Subgroup	Manual Therapy Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
4.1.1 Manual Therapy versus Sham								
Atkinson 2008	157.1667	27.4999	30	155.8065	26.6065	30	56.6%	0.05 [-0.46, 0.56]
Aytar 2015	173	8	8	171	8	12	18.0%	0.24 [-0.66, 1.14]
Guimaraes 2016	8.9	41.0473	14	15.4	40.7087	13	25.4%	-0.15 [-0.91, 0.60]
Subtotal (95% CI)			**52**			**55**	**100.0%**	**0.03 [-0.35, 0.41]**
Heterogeneity: Tau² = 0.00; Chi² = 0.44, df = 2 (P = 0.80); I² = 0%								
Test for overall effect: Z = 0.16 (P = 0.87)								
4.1.2 Manual Therapy plus Exercise versus Naturopathic Care (Diet, Acupuncture, etc)								
Szczurko 2009	0.89	40.8187	42	47.46	30.8038	43	100.0%	-1.28 [-1.75, -0.81]
Subtotal (95% CI)			**42**			**43**	**100.0%**	**-1.28 [-1.75, -0.81]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 5.35 (P < 0.00001)								
4.1.3 Manual Therapy versus Supervised Exercise								
Aytar 2015	173	8	8	174	9	11	100.0%	-0.11 [-1.02, 0.80]
Subtotal (95% CI)			**8**			**11**	**100.0%**	**-0.11 [-1.02, 0.80]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.24 (P = 0.81)								
4.1.4 Manual Therapy plus Exercise versus Exercise Alone								
Bialoszewski 2011	53.67	29.729	15	18.67	13.02	15	17.5%	1.48 [0.66, 2.31]
Citaker 2005	170.5	21.52	20	174.75	9.8	20	20.7%	-0.25 [-0.87, 0.37]
Conroy 1998	125.71	26.21	7	133.86	27.82	7	14.1%	-0.28 [-1.34, 0.77]
Just 2009	27.3	29.4	20	18.18	27.7	22	20.9%	0.31 [-0.30, 0.92]
Kachingwe 2008	31.3	84.4269	18	42.6	15.8	7	16.7%	-0.15 [-1.02, 0.72]
van Rensburg 2012	43.17	19.48	3	52.5	17.6	6	10.2%	-0.46 [-1.87, 0.96]
Subtotal (95% CI)			**83**			**77**	**100.0%**	**0.16 [-0.41, 0.73]**
Heterogeneity: Tau² = 0.31; Chi² = 13.76, df = 5 (P = 0.02); I² = 64%								
Test for overall effect: Z = 0.56 (P = 0.58)								
4.1.5 Immediate Effects Manual Therapy versus Placebo								
Delgado-Gil 2015	7.2	19.7718	21	5.8	19.7718	21	50.2%	0.07 [-0.54, 0.67]
McClatchie 2009	12.5	15.6	21	8.8	12.7	21	49.8%	0.26 [-0.35, 0.86]
Subtotal (95% CI)			**42**			**42**	**100.0%**	**0.16 [-0.27, 0.59]**
Heterogeneity: Tau² = 0.00; Chi² = 0.18, df = 1 (P = 0.67); I² = 0%								
Test for overall effect: Z = 0.74 (P = 0.46)								
4.1.6 Manual Therapy plus Kinesiotape plus Exercise versus Exercise plus Kinesiotape								
Pekyavas 2016	161.21	8.21	16	180	0	20		Not estimable
Subtotal (95% CI)			**16**			**20**		**Not estimable**
Heterogeneity: Not applicable								
Test for overall effect: Not applicable								
4.1.7 Neck or Thoracic manual Therapy versus Shoulder Treatment Including Manual Therapy of the Shoulder								
Wright 2016	165.7	12.8	10	172.5	5.1	8	100.0%	-0.64 [-1.60, 0.32]
Subtotal (95% CI)			**10**			**8**	**100.0%**	**-0.64 [-1.60, 0.32]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.30 (P = 0.19)								
4.1.8 Manual Therapy with Movement plus Kinesiotaping versus Supervised Exercise								
Djordjevic 2012	170	17.89	10	60.5	15.72	10	100.0%	6.23 [3.90, 8.55]
Subtotal (95% CI)			**10**			**10**	**100.0%**	**6.23 [3.90, 8.55]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 5.25 (P < 0.00001)								
4.1.9 Manual Therapy versus Myofascial Trigger Point								
Barra-Lopez 2015	17.63	19.62	19	23.11	17.2	19	100.0%	-0.29 [-0.93, 0.35]
Subtotal (95% CI)			**19**			**19**	**100.0%**	**-0.29 [-0.93, 0.35]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.89 (P = 0.37)								

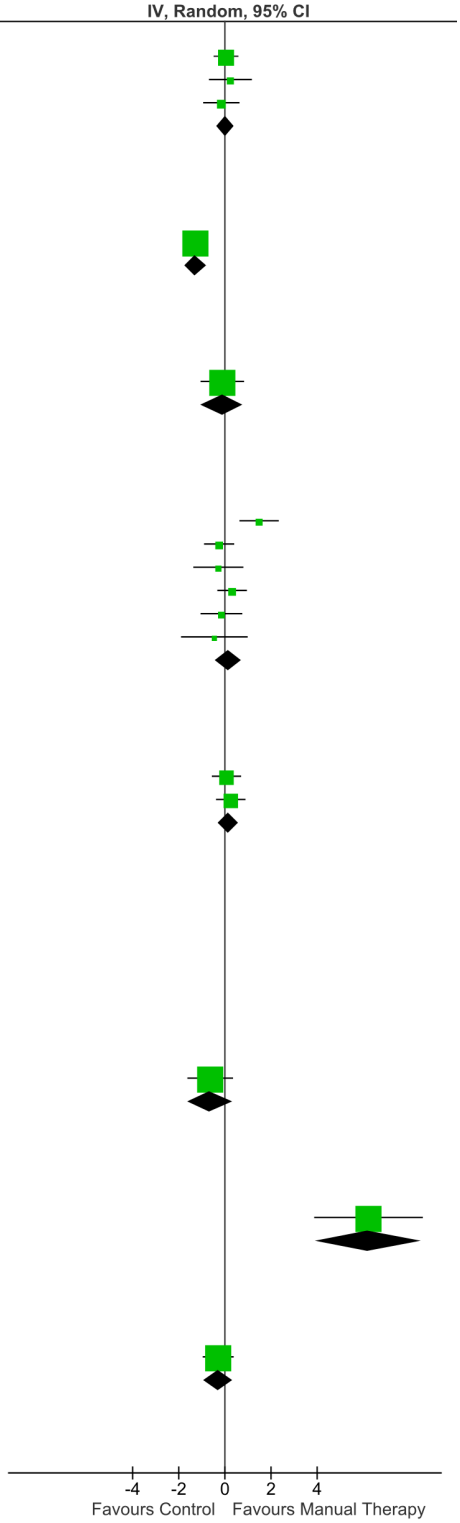


Figure Appendix-4c 7. Manual therapy: Outcome AROM at the longest follow-up

Appendix 4c Forest Plots Active Range of Motion

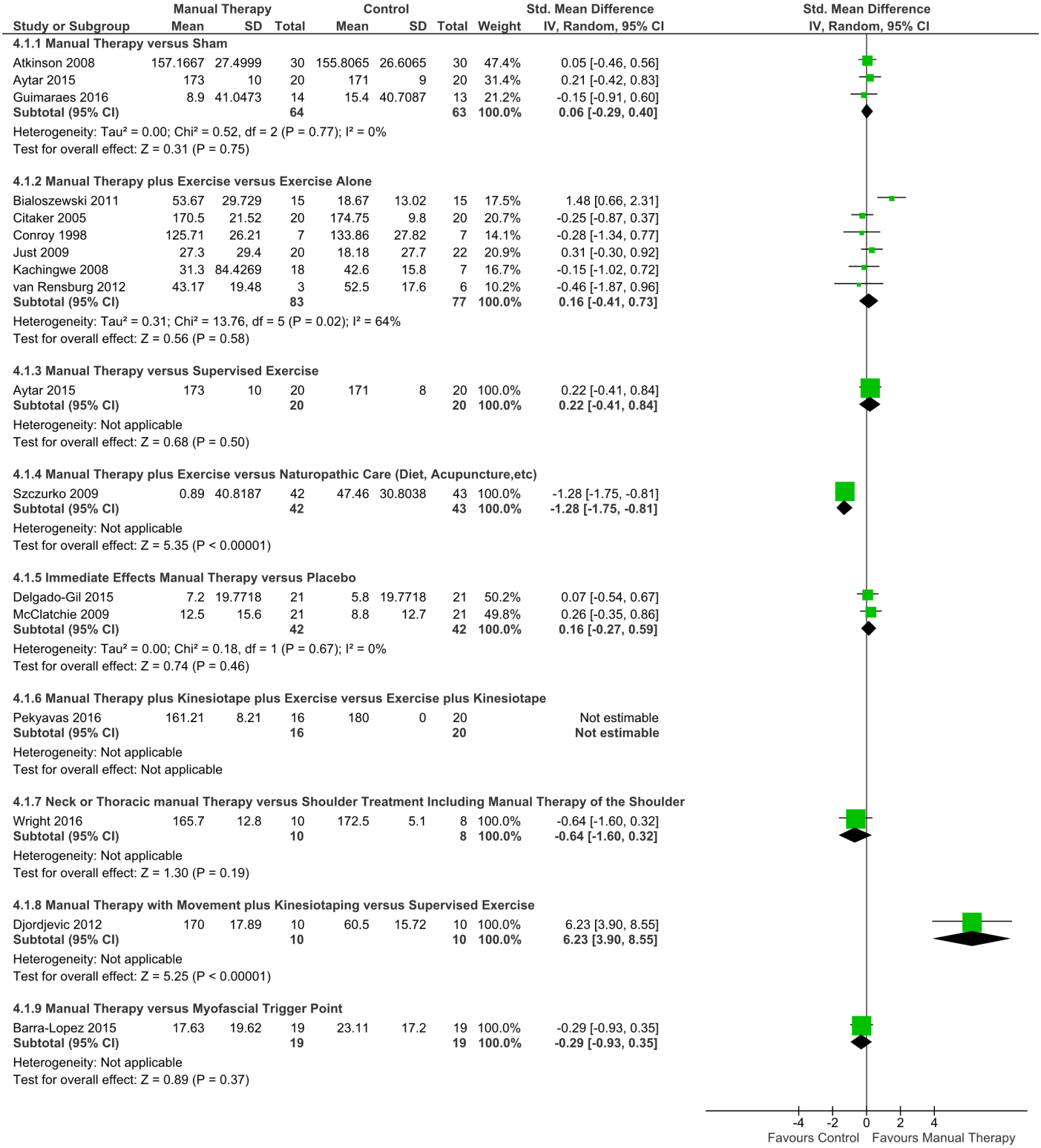


Figure Appendix-4c 8. Manual therapy: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

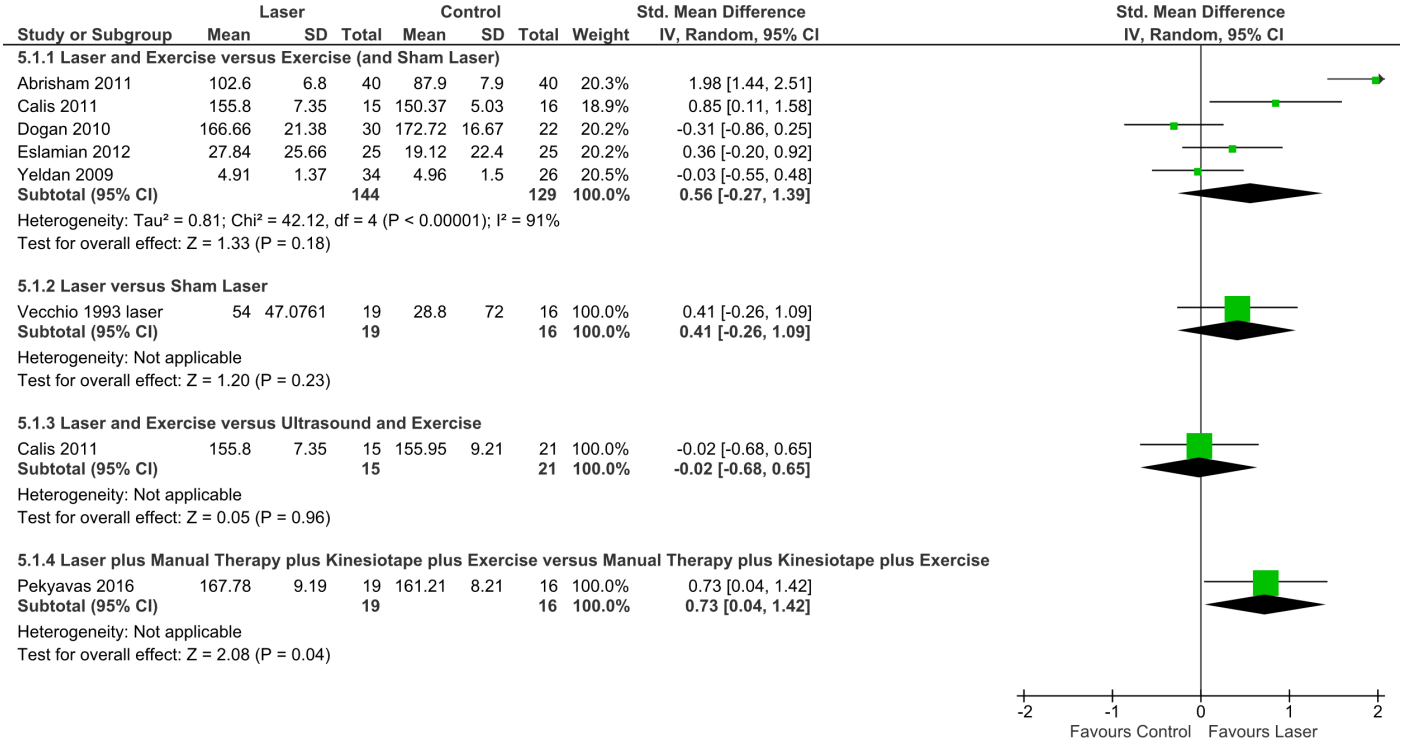


Figure Appendix-4c 9. Laser: Outcome AROM at the longest follow-up

Appendix 4c Forest Plots Active Range of Motion

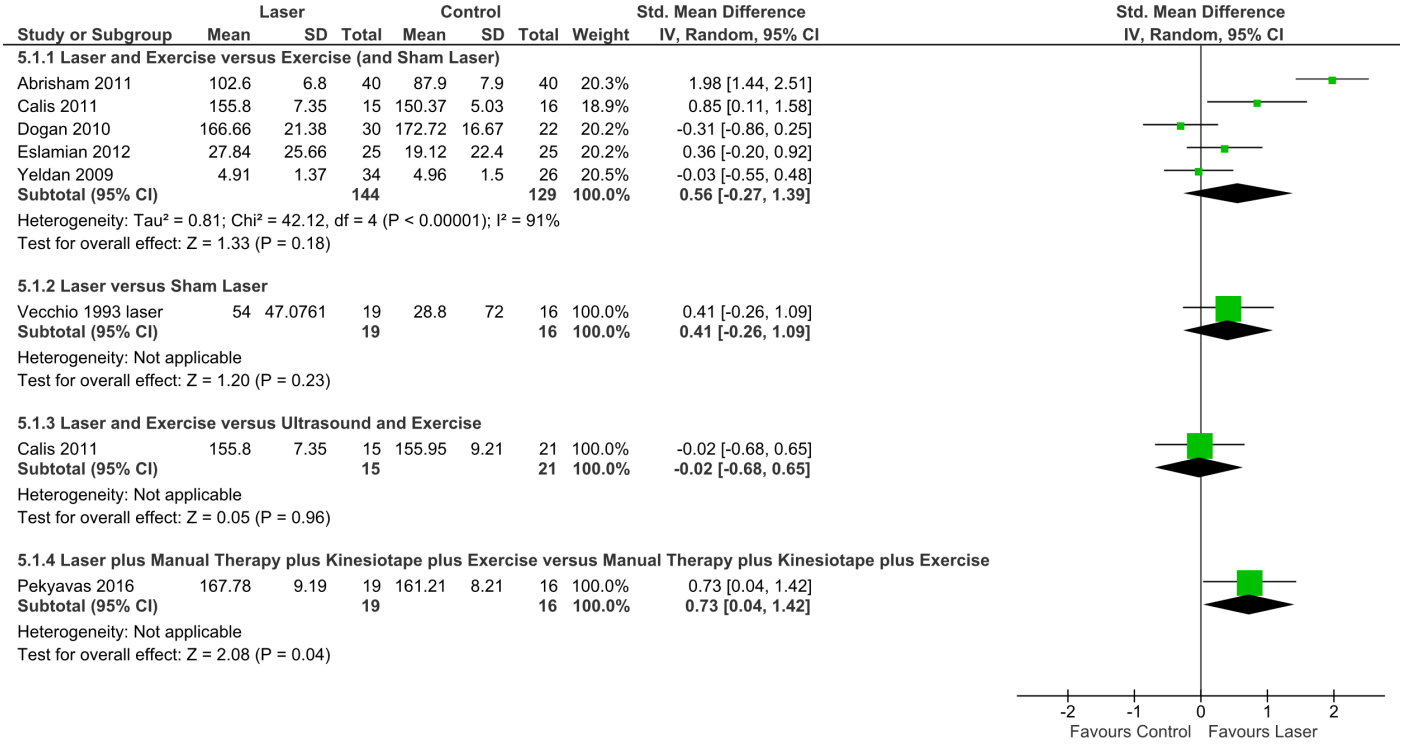


Figure Appendix-4c 10. Laser: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

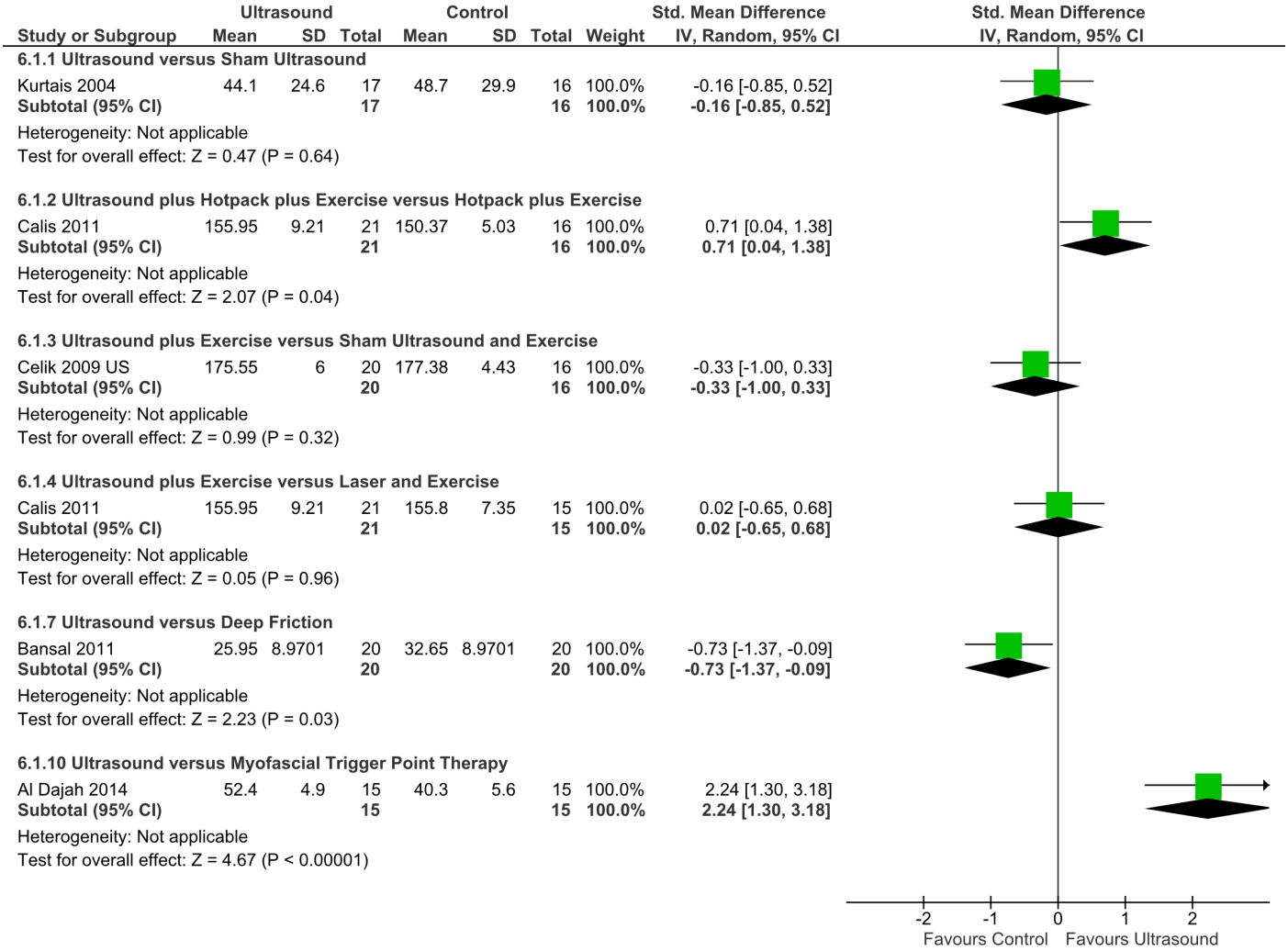


Figure Appendix-4c 11. Ultrasound: Outcome AROM at the longest follow-up

Appendix 4c Forest Plots Active Range of Motion

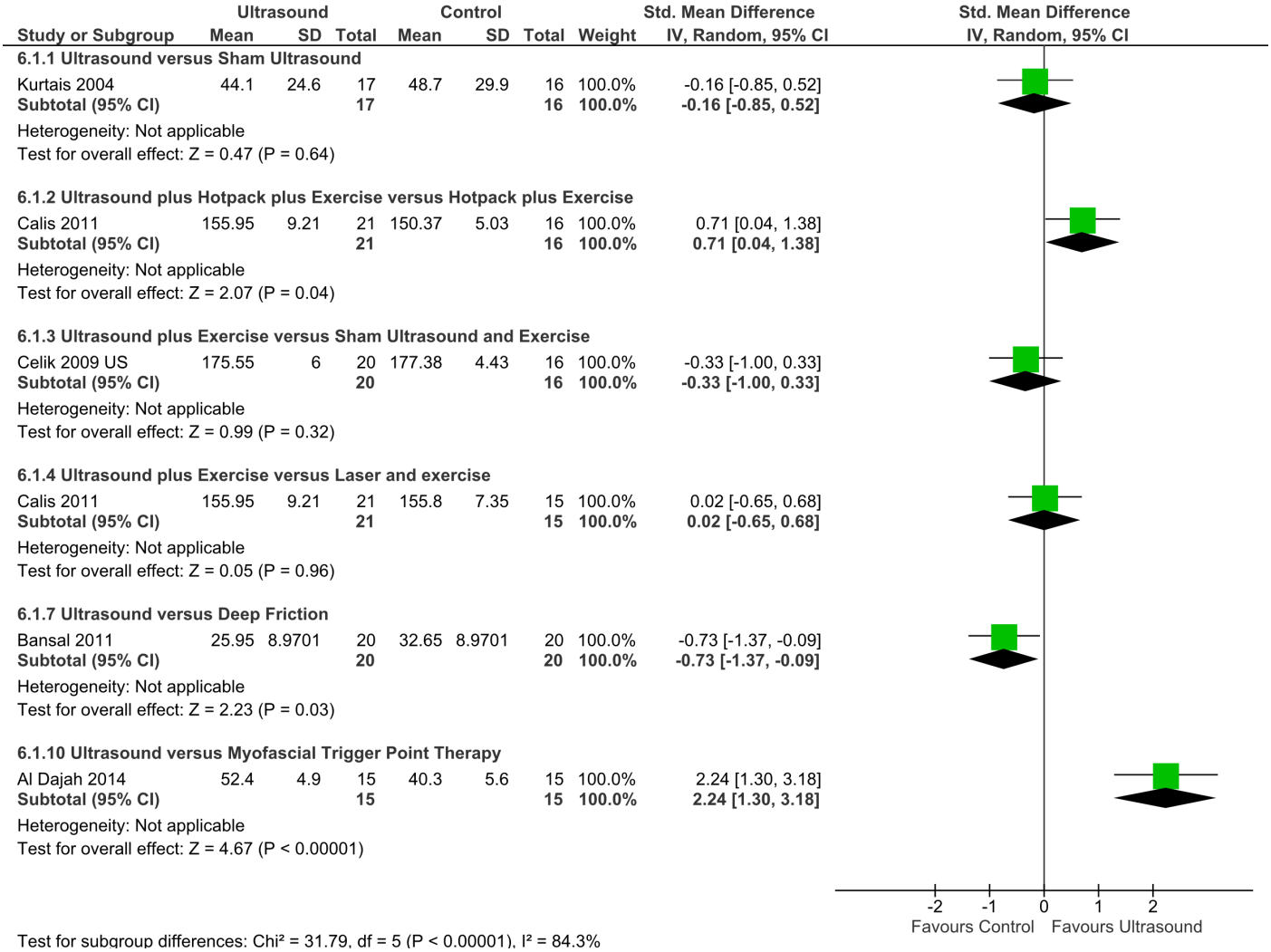
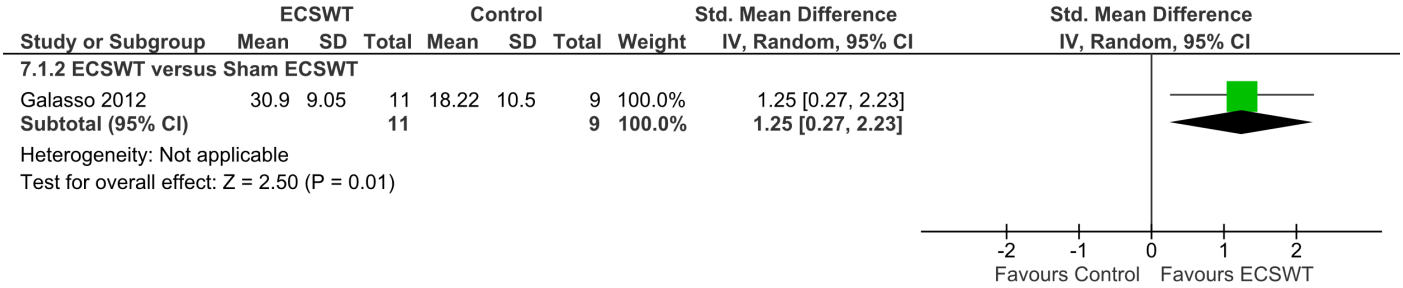


Figure Appendix-4c 12. Ultrasound: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

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



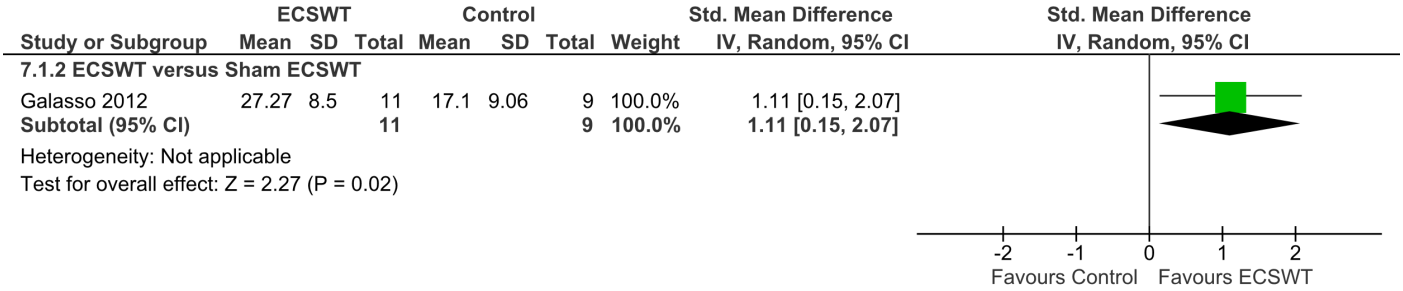


Figure Appendix-4c 14. Extracorporeal shockwave therapy (ECSWT): Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

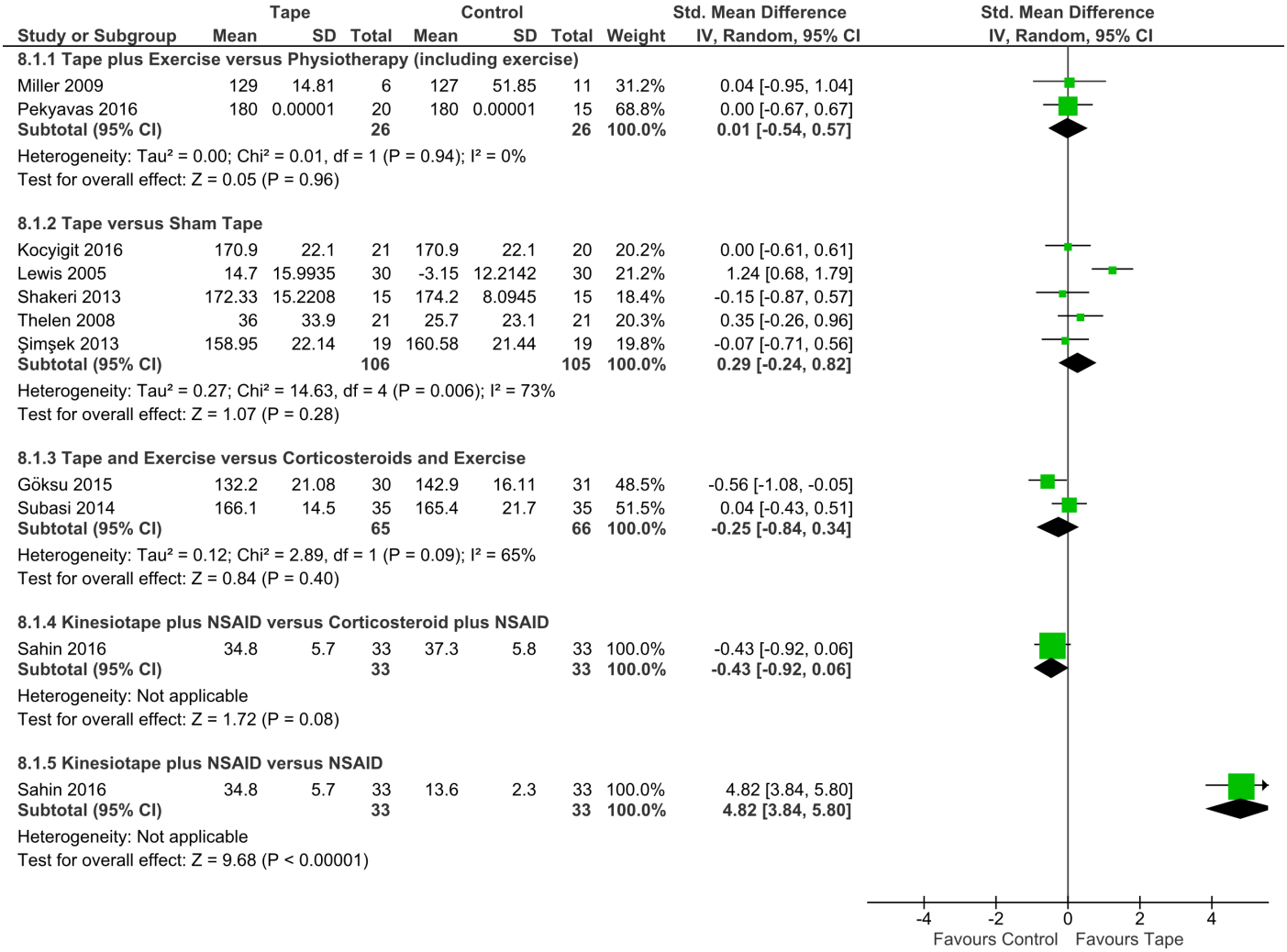


Figure Appendix-4c 15. Tape: Outcome AROM at the longest follow-up

Appendix 4c Forest Plots Active Range of Motion

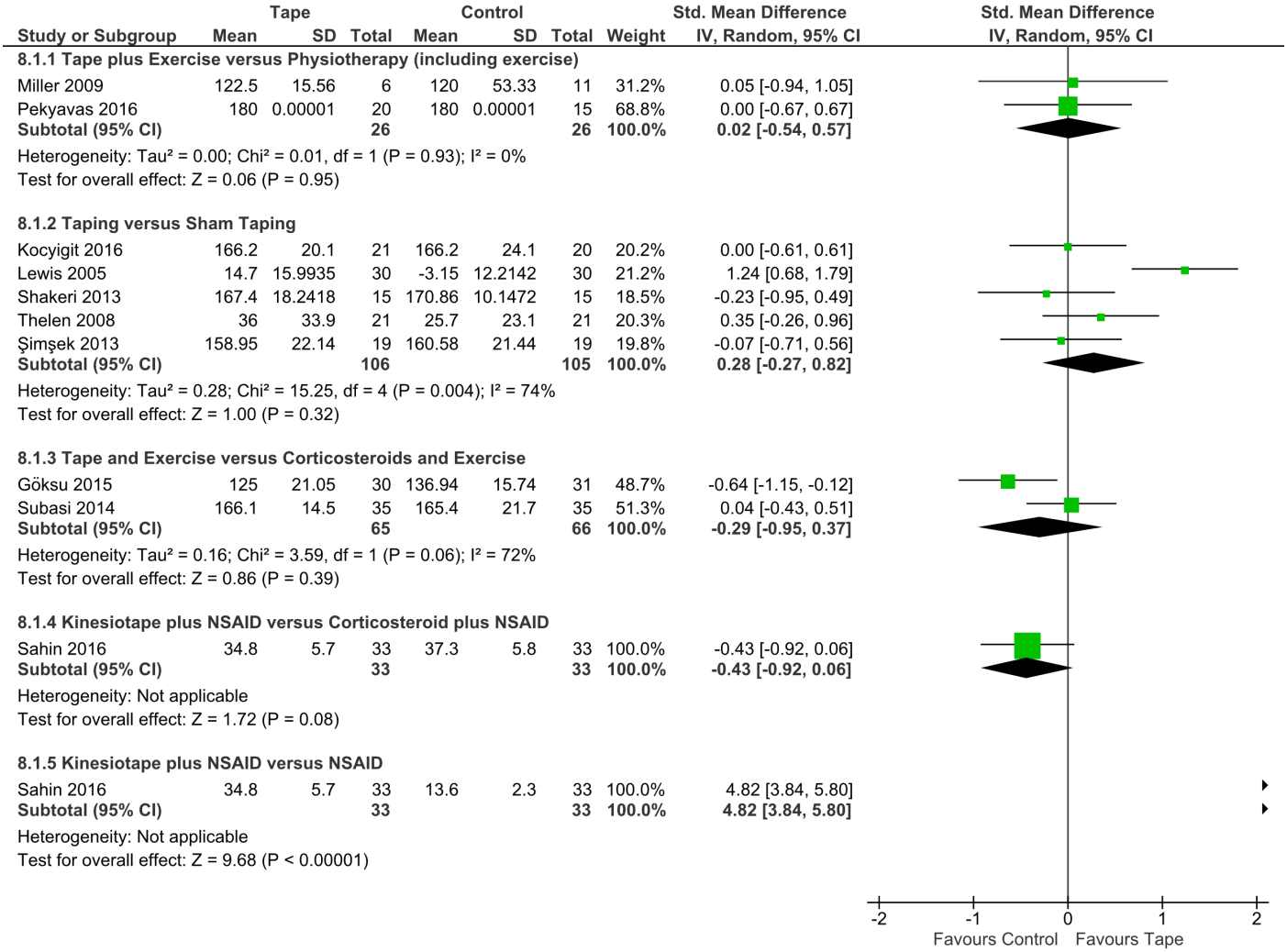


Figure Appendix-4c 16. Tape: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

Study or Subgroup	Hyaluron Mean	Hyaluron SD	Hyaluron Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
9.1.2 Hyaluronate versus Control								
Byun 2011	23.1	21.4	13	16.9	12.5	13	100.0%	0.34 [-0.43, 1.12]
Subtotal (95% CI)			**13**			**13**	**100.0%**	**0.34 [-0.43, 1.12]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.87 (P = 0.39)								
9.1.3 Hyaluronate versus Corticosteroids								
Choi 2013 high Dose	175	7	5	177	9.5	10	15.6%	-0.21 [-1.29, 0.86]
Choi 2013 low Dose	175	7	5	179	3.2	10	14.7%	-0.80 [-1.92, 0.32]
Kim 2012	142.2	14.5	38	145	8.6	42	35.0%	-0.24 [-0.68, 0.20]
Shibata 2001	139.5	30.3897	38	124.1375	34.8309	40	34.6%	0.46 [0.01, 0.91]
Subtotal (95% CI)			**86**			**102**	**100.0%**	**-0.07 [-0.60, 0.45]**
Heterogeneity: Tau² = 0.15; Chi² = 7.26, df = 3 (P = 0.06); I² = 59%								
Test for overall effect: Z = 0.27 (P = 0.78)								

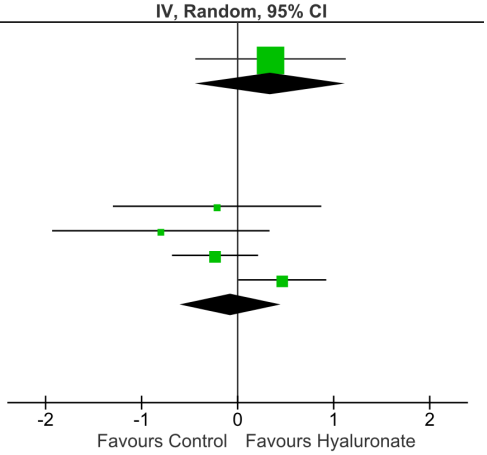


Figure Appendix-4c 17. Hyaluronate: Outcome AROM at the longest follow-up

Study or Subgroup	Hyaluron Mean	Hyaluron SD	Hyaluron Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
9.1.2 Hyaluronate versus Control								
Byun 2011	23.1	21.4	13	16.9	12.5	13	51.6%	0.34 [-0.43, 1.12]
Ozgen 2012	180	33.3333	12	180	7.4074	12	48.4%	0.00 [-0.80, 0.80]
Subtotal (95% CI)			**25**			**25**	**100.0%**	**0.18 [-0.38, 0.73]**
Heterogeneity: Tau² = 0.00; Chi² = 0.36, df = 1 (P = 0.55); I² = 0%								
Test for overall effect: Z = 0.62 (P = 0.53)								
9.1.3 Hyaluronate versus Corticosteroids								
Choi 2013 high Dose	18.5	20.6	5	29.5	25.6	10	11.2%	-0.43 [-1.52, 0.66]
Choi 2013 low Dose	18.5	20.6	5	11	11.9	10	11.2%	0.47 [-0.62, 1.56]
Kim 2012	141	11.3	38	142.3	15	42	39.3%	-0.10 [-0.54, 0.34]
Shibata 2001	139.5	30.3897	38	124.1375	34.8309	40	38.3%	0.46 [0.01, 0.91]
Subtotal (95% CI)			**86**			**102**	**100.0%**	**0.14 [-0.25, 0.54]**
Heterogeneity: Tau² = 0.05; Chi² = 4.49, df = 3 (P = 0.21); I² = 33%								
Test for overall effect: Z = 0.72 (P = 0.47)								

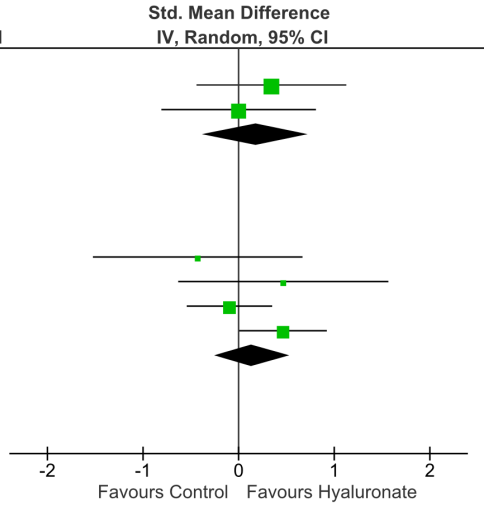


Figure Appendix-4c 18. Hyaluronate: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

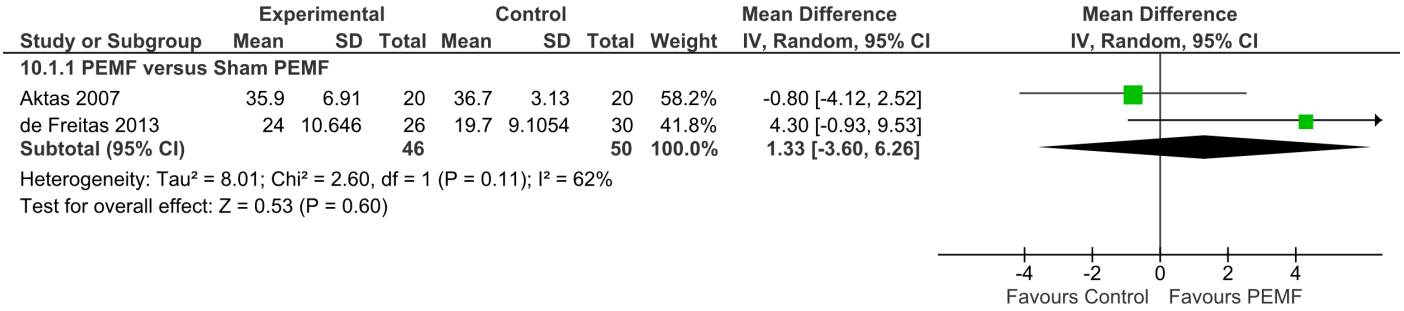


Figure Appendix-4c 19. PEMF: Outcome AROM at the longest follow-up

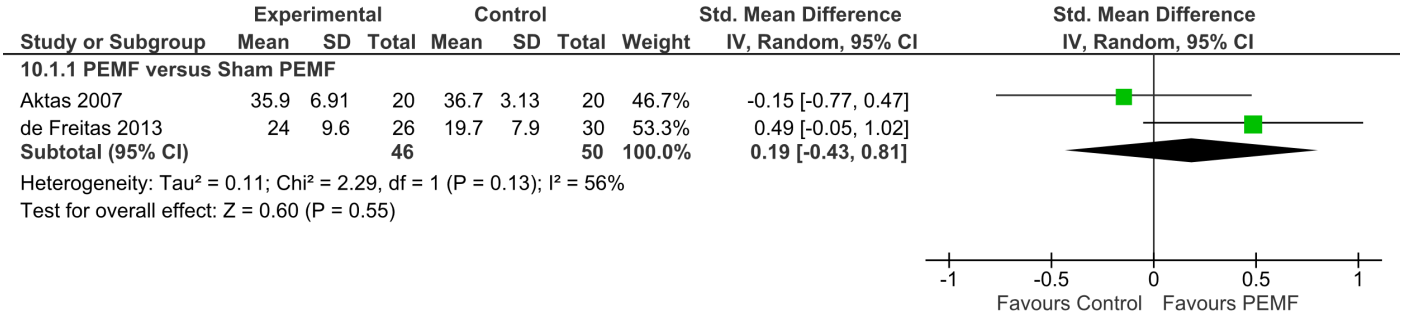


Figure Appendix-4c 20. PEMF: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

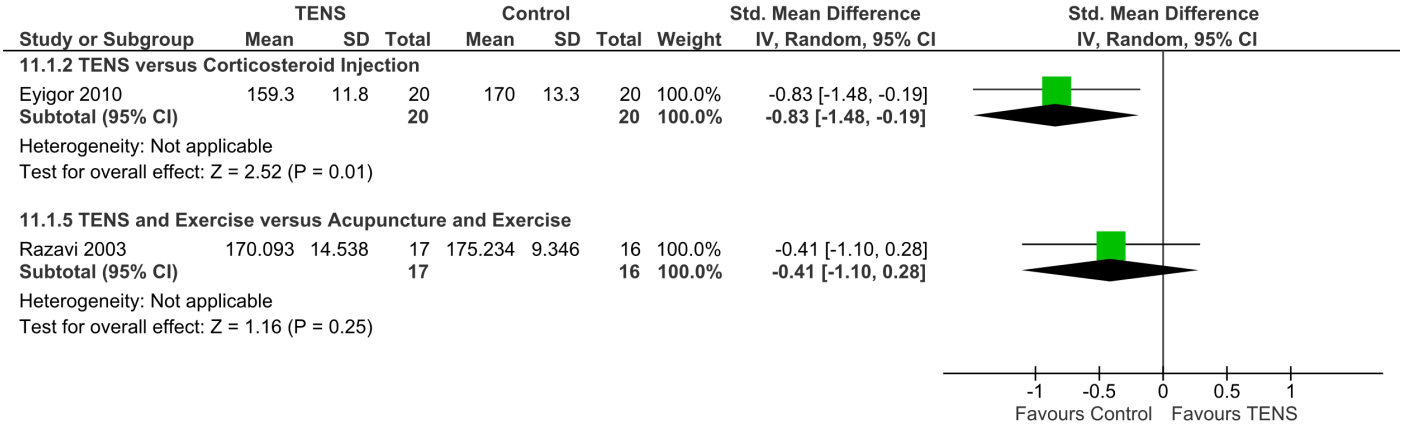


Figure Appendix-4c 21. TENS: Outcome AROM at the longest follow-up

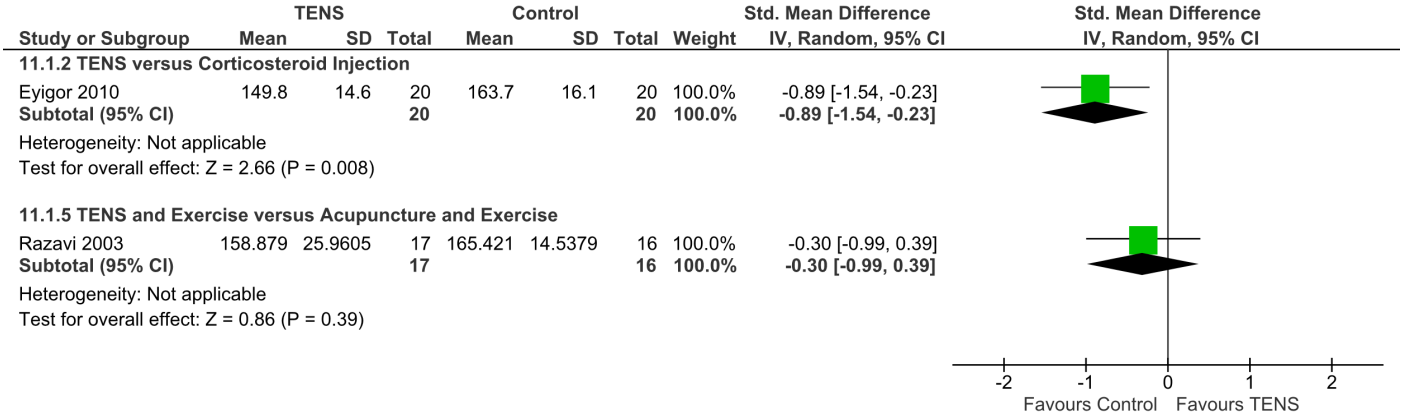


Figure Appendix-4c 22. TENS: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

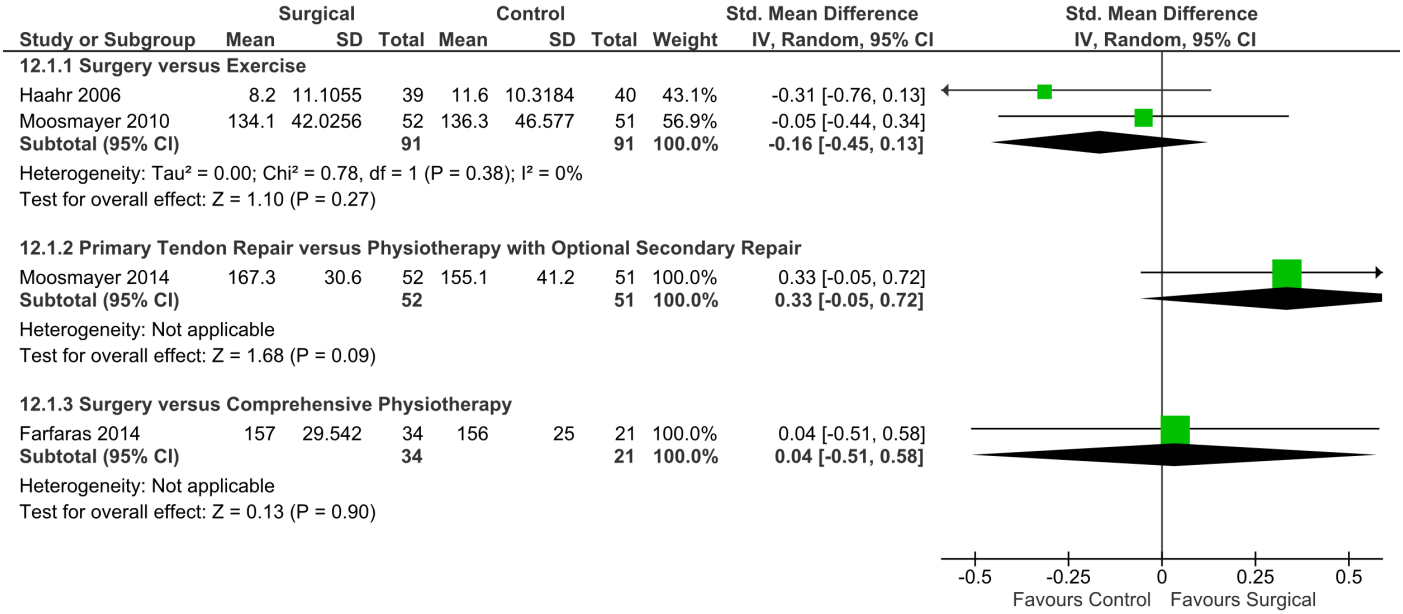


Figure Appendix-4c 23. Surgery: Outcome AROM at the longest follow-up

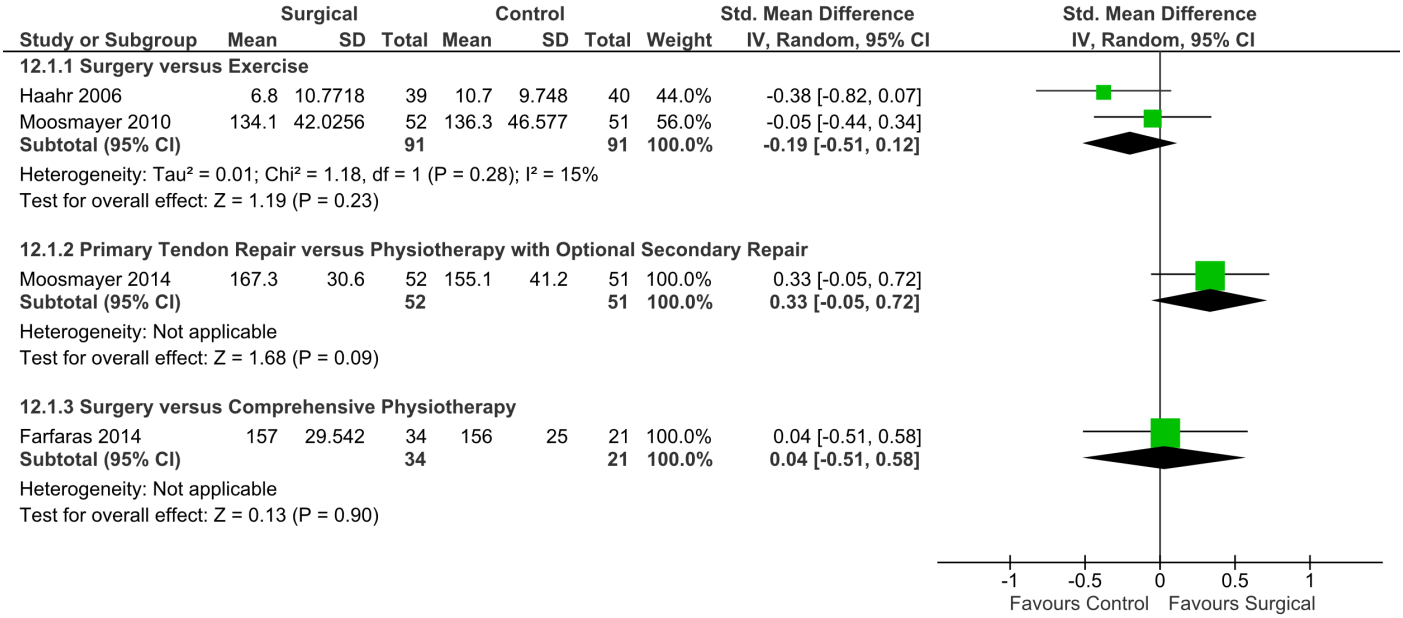


Figure Appendix-4c 24. Surgery: Outcome function at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Bayram 2014	35.6	5.7	38	33.2	7.5	36	85.8%	0.36 [-0.10, 0.82]
Vecchio 1993 NerveBlock	39	37.9473	10	10	15.6525	5	14.2%	0.83 [-0.29, 1.96]
Total (95% CI)			**48**			**41**	**100.0%**	**0.43 [-0.00, 0.85]**

Heterogeneity: Tau² = 0.00; Chi² = 0.59, df = 1 (P = 0.44); I² = 0%
Test for overall effect: Z = 1.96 (P = 0.05)

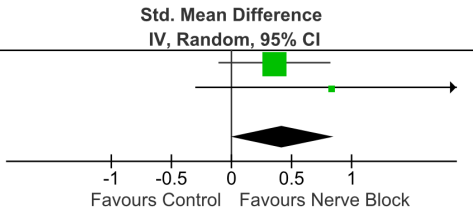


Figure Appendix-4c 25. Nerve block: Outcome AROM at the longest follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Bayram 2014	33.3	7.8	38	31.6	8.6	36	85.8%	0.21 [-0.25, 0.66]
Vecchio 1993 NerveBlock	28	44.2719	10	-4	11.1803	5	14.2%	0.81 [-0.32, 1.93]
Total (95% CI)			**48**			**41**	**100.0%**	**0.29 [-0.13, 0.71]**

Heterogeneity: Tau² = 0.00; Chi² = 0.94, df = 1 (P = 0.33); I² = 0%
Test for overall effect: Z = 1.34 (P = 0.18)

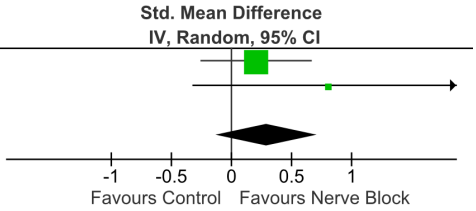


Figure Appendix-4c 26. Nerve block: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

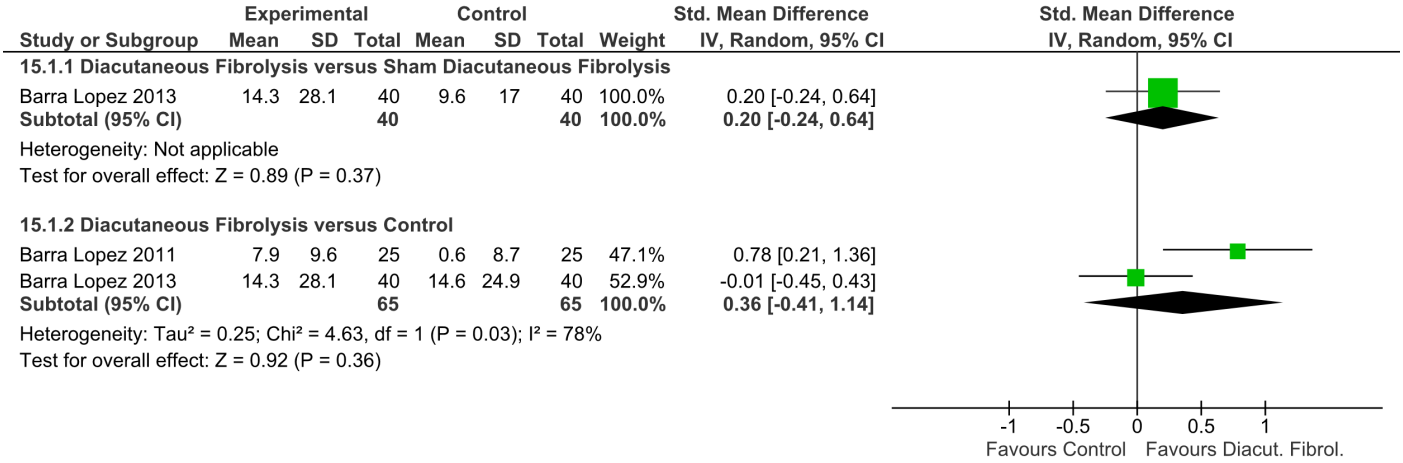


Figure Appendix-4c 27. Diacutaneous Fibrolysis: Outcome AROM at the longest follow-up

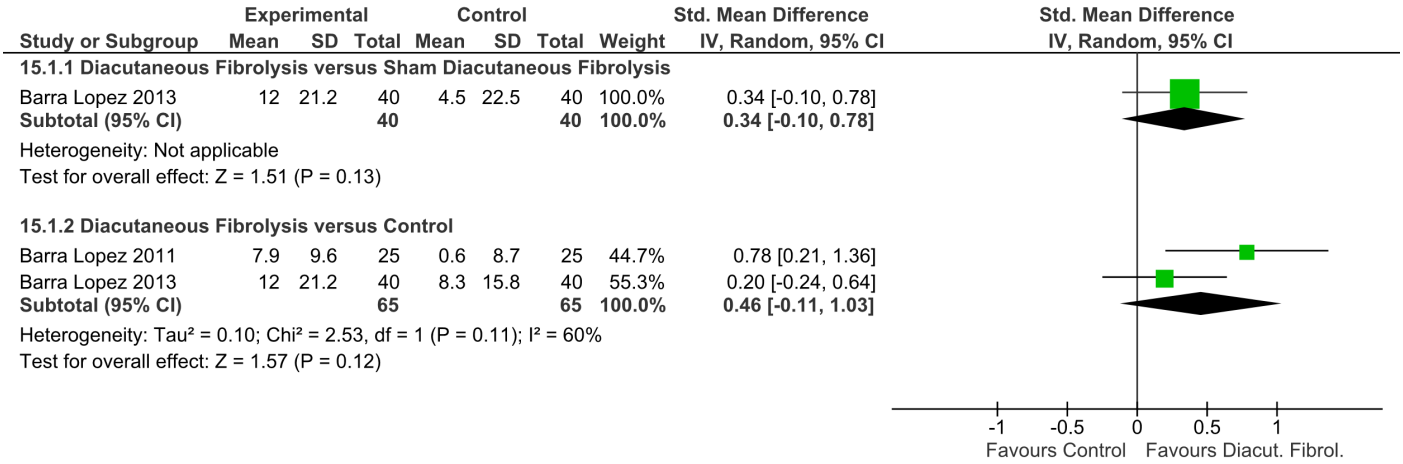


Figure Appendix-4c 28. Diacutaneous Fibrolysis: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

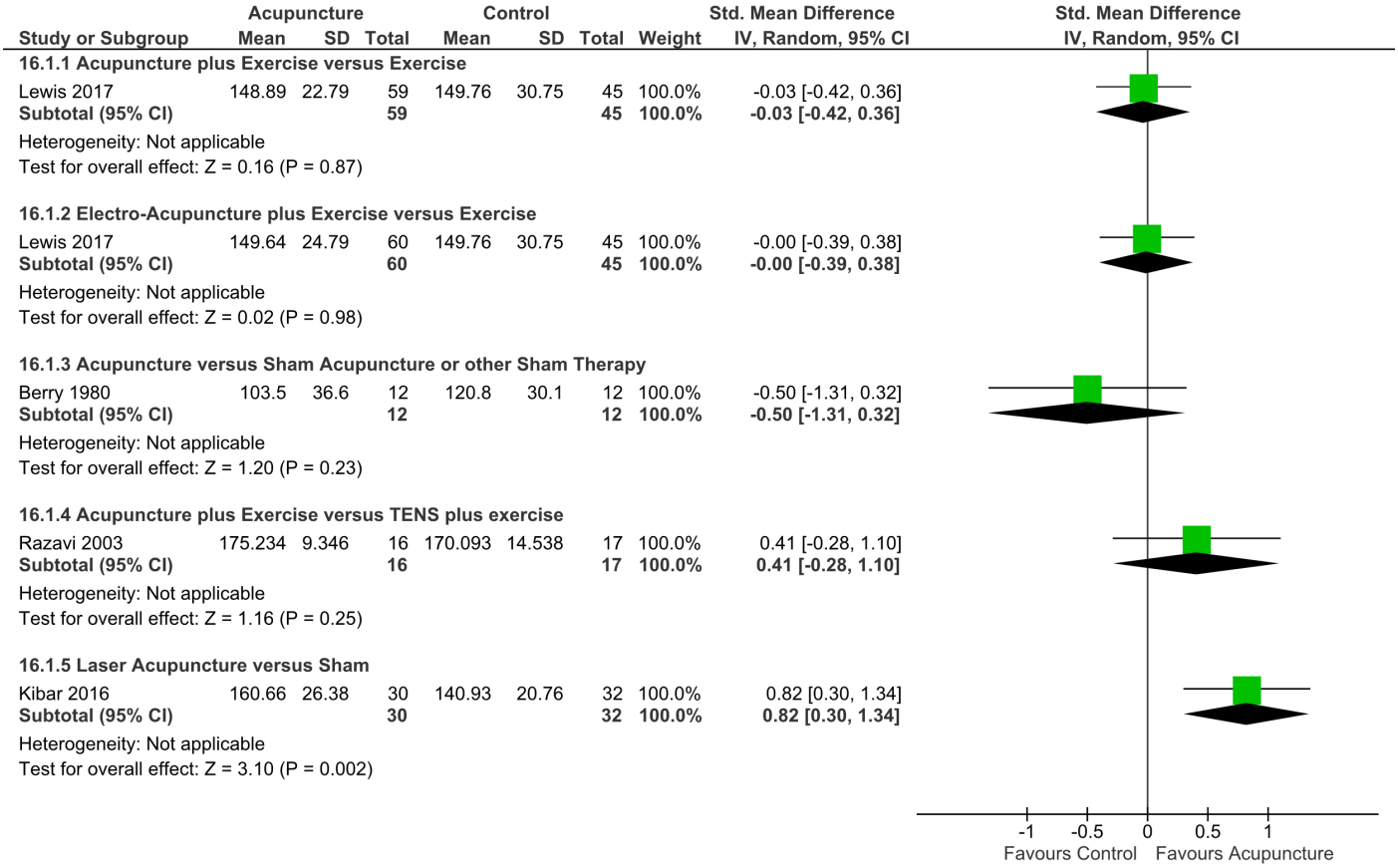


Figure Appendix-4c 29. Acupuncture: Outcome AROM at the longest follow-up

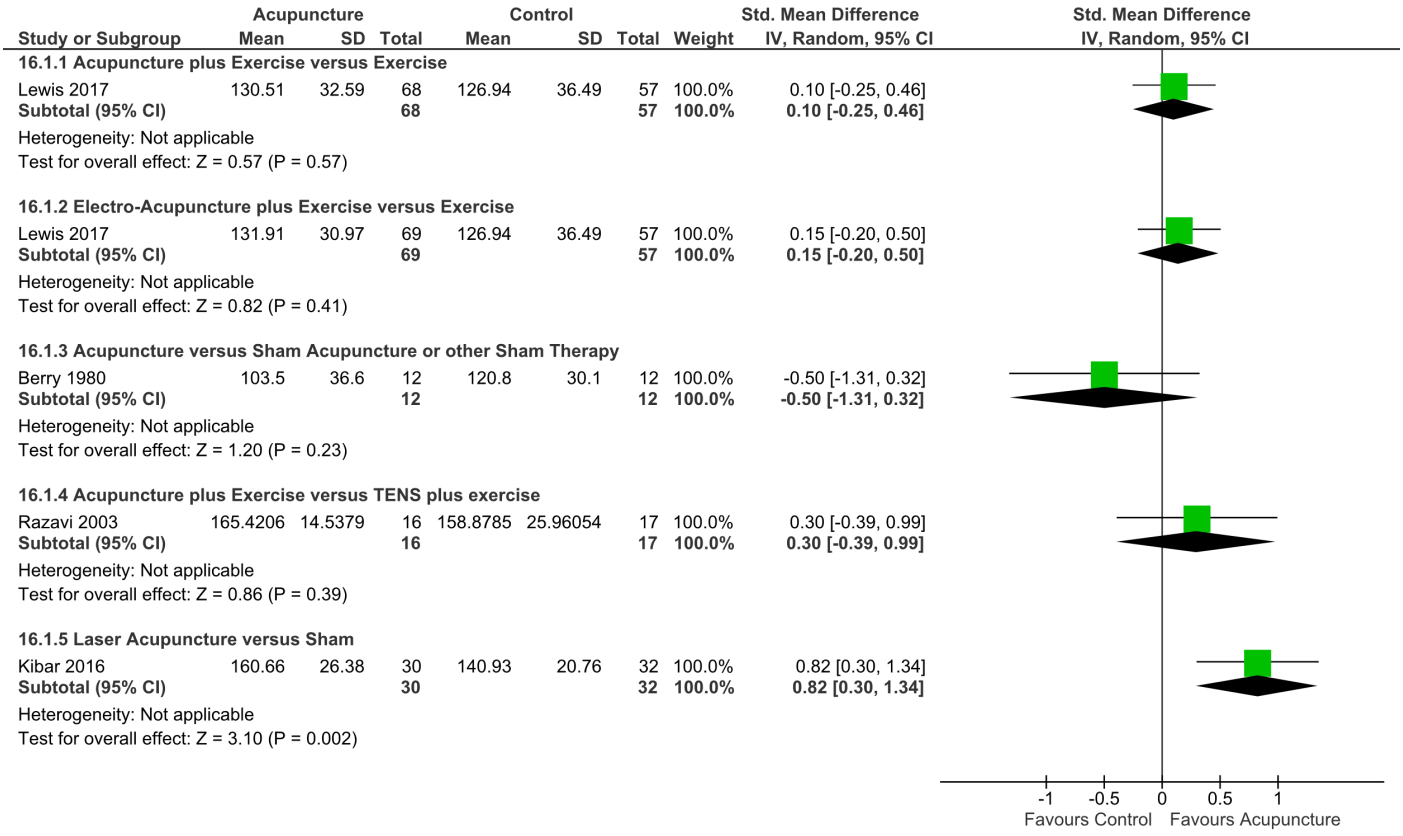


Figure Appendix-4c 30. Acupuncture: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

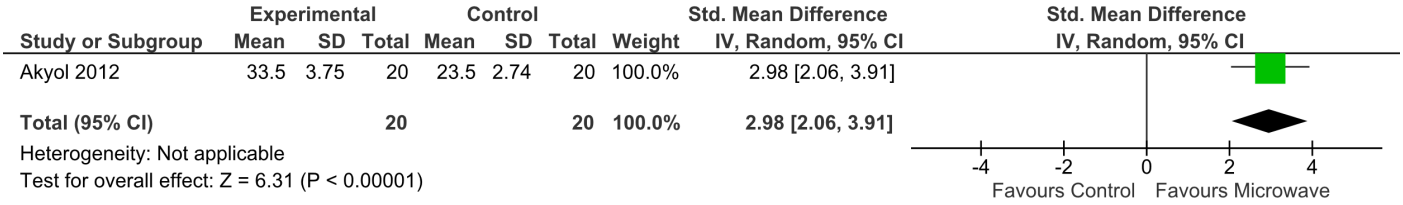


Figure Appendix-4c 31. Microwave: Outcome AROM at the longest follow-up

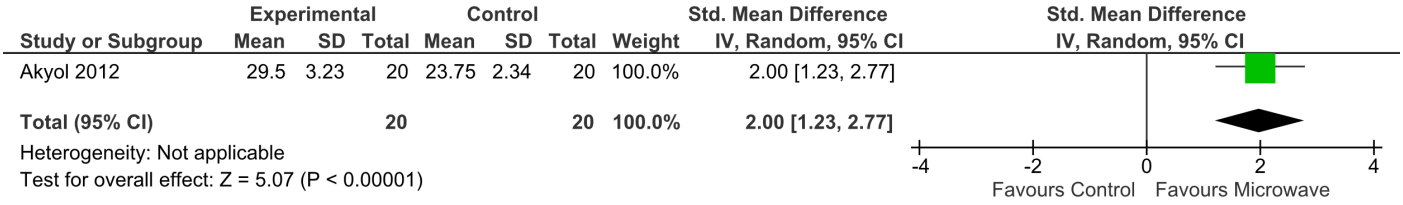


Figure Appendix-4c 32. Microwave: Outcome AROM at the shortest follow-up

Appendix 4c Forest Plots Active Range of Motion

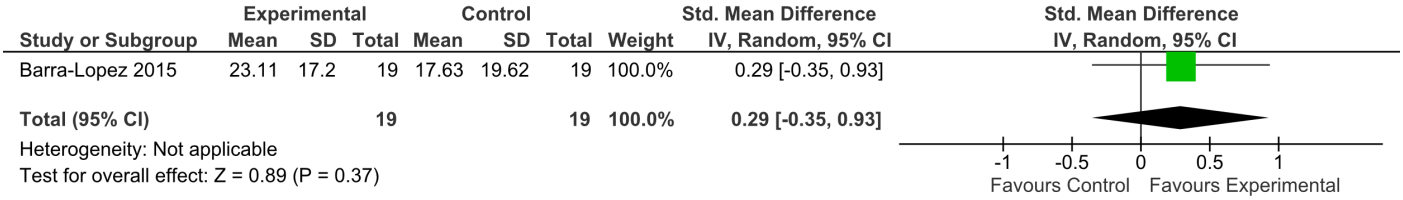


Figure Appendix-4c 33. Myofascial Trigger Point Interventions: Outcome AROM at the longest follow-up

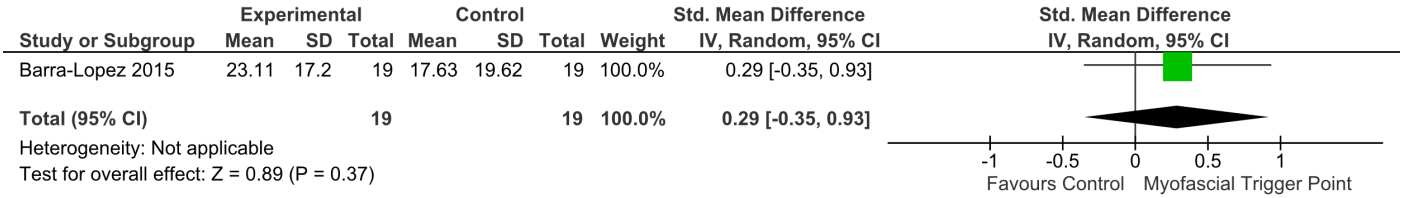


Figure Appendix-4c 34. Myofascial Trigger Point Interventions: Outcome AROM at the longest follow-up

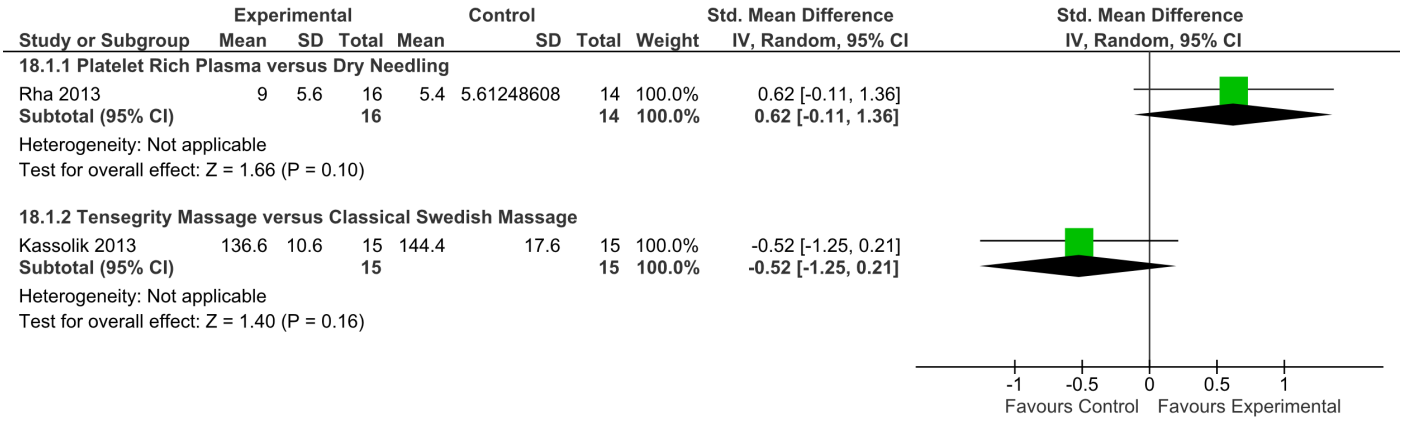


Figure Appendix-4c 35. Miscellaneous interventions: Outcome AROM at the longest follow-up

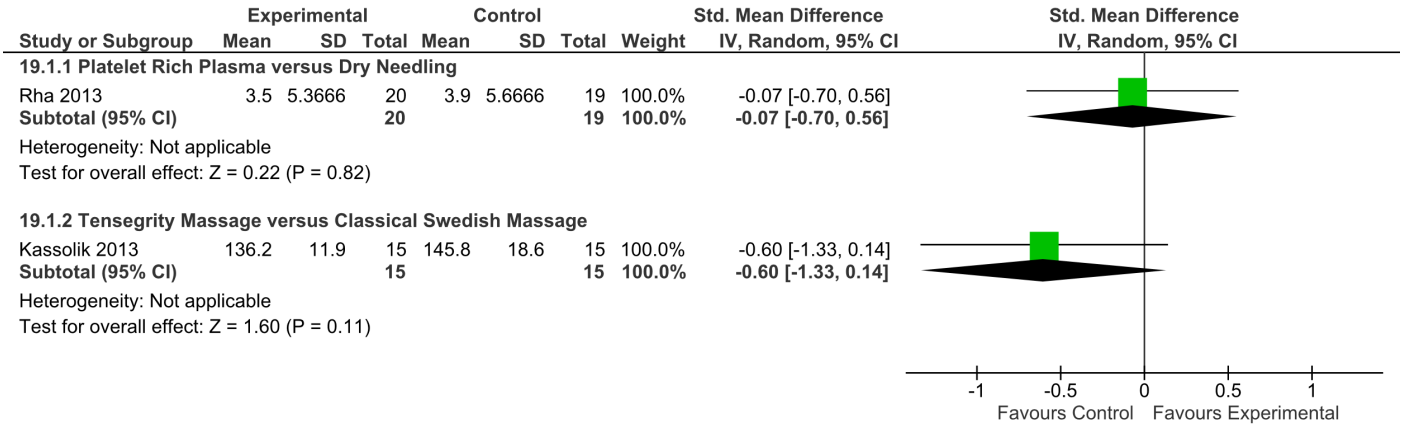


Figure Appendix-4c 36. Miscellaneous interventions: Outcome AROM at the longest follow-up