

Supplementary table 3 – Characteristics of included studies

Reference	Number of participants	Population characteristics	Intervention	Control group(s)	Additional treatments	Primary outcome measure	Duration of follow-up (months)	Primary outcome in intervention group (% improvement)	Primary outcome in control group(s) (% improvement)
Peerbooms et al. 2010 and Gosens et al. 2011	100	Clinical diagnosis of lateral epicondylar tendinopathy. Symptoms > 6 months. VAS for pain ≥ 50 points. Mean patient age 47 years	Single injection with 3 ml PRP and with 2 ml bupivacaine and epinephrine. Peppering technique. No activation of PRP	Single injection with 5 ml corticosteroids (kenacort 40 mg/ml triamcinolon acetonide) and with bupivacaine and epinephrine.	Standardized stretching protocol for 2 weeks. Eccentric strengthening program initiated after 2 weeks	25% reduction in visual analog score or DASH score (0-100) without a re-intervention after 2 years	24	39/51 (75%) treatment success according to pre-defined improvement VAS score* 37/51 (73%) treatment success according to pre-defined improvement DASH score*	21/49 (43%) treatment success according to pre-defined improvement VAS score. 19/49 (39%) treatment success according to pre-defined improvement DASH score.
Thanasas et al. 2011	28	Clinical diagnosis of lateral epicondylar tendinopathy. Symptoms ≥ 3 months. VAS for pain 50 points. Mean patient age 36 years	Single injection with 3 ml PRP. Peppering technique. No activation of PRP	Single injection 3 ml with autologous peripheral whole blood	Simple program of stretching and eccentric loading exercises, twice daily for 5 weeks	Not explicited. VAS score (0-10) and Liverpool elbow score (0-10) were recorded at baseline, 6, 12 and 24 weeks	6	6 weeks: mean VAS improvement 3.8 points (61%).* Mean Liverpool score improvement 2.0 points (29%)† 12 weeks: mean VAS improvement 4.2 points (69%).† Mean Liverpool score improvement 2.2 points (31%)† 24 weeks: mean VAS improvement 4.4 points (71%).† Mean Liverpool score improvement 2.3 points (33%)†	6 weeks: mean VAS improvement 2.5 points (42%). Mean Liverpool score improvement 1.9 points (25%) 12 weeks: mean VAS improvement 3.2 points (54%). Mean Liverpool score improvement 1.9 points (26%) 24 weeks: mean VAS improvement 3.4 points (58%). Mean Liverpool score improvement 2.0 points (27%)
Creaney et al. 2011	150	Elbow tendinopathy patients (criteria not mentioned) who had failed conservative physical therapy. Symptoms ≥ 6 months. Mean	Two injections with 1.5 ml PRP and with 2 ml bupivacaine (interval 1 month). No peppering	Two injections with autologous peripheral whole blood (amount not mentioned) with 2 ml bupivacaine (interval 1 month)	Not mentioned	25 points improvement on PRTEE score (0-100)	6	46/70 (66%) treatment success according to pre-defined improvement PRTEE score†	43/60 (72%) treatment success according to pre-defined improvement PRTEE score

		patient age 51 years	technique. No activation of PRP						
Omar et al. 2012	30	Clinical diagnosis of lateral epicondylar tendinopathy. Mean patient age 38 years	Single injection with unknown amount of PRP. No peppering technique or activation of PRP described	Single injection with unknown amount of corticosteroids	Not mentioned	Not explicated. VAS score (0-10) and DASH score (0-100) were recorded at baseline and 6 weeks	1,5	Mean VAS improvement 4.2 points (53%). † Mean DASH score improvement 39 points (66%) †	Mean VAS improvement 4.3 points (50%). Mean DASH score improvement 37 points (65%)
Krogh et al. 2013	60	Clinical diagnosis and ultrasonographical signs of lateral epicondylar tendinopathy. Symptoms > 3 months. Mean patient age 45 years	Single with injection 3-3.5 ml PRP. Peppering technique. No activation of PRP mentioned	C1: Glucocorticoid injection with 1 ml triamcinolon 40 mg/ml and with 2 ml lidocaine 10 mg/ml (no peppering technique used) C2: Saline injection with 3 ml saline 0.9% (peppering technique used)	Standardized tennis elbow stretching and training program	Improvement on PRTEE score (0-100) after 3 months	12	17 points improvement on PRTEE score after 3 months (32%) †	C1: 14 points improvement on PRTEE score after 3 months (27%) C2: 8 points improvement on PRTEE score after 3 months (16%)
Mishra et al. 2013	230	Clinical diagnosis of lateral epicondylar tendinopathy. Unresponsive to other conservative treatment. Symptoms > 6 months. VAS for pain ≥ 50 points. Mean patient age 48 years	Single injection with 2-3 ml PRP and with bupivacaine (amount unknown). Peppering technique. No activation of PRP mentioned	Single injection with 2-3 ml bupivacaine	Not standardized	25% reduction in visual analog score during wrist extension after 3 months	6	74% treatment success according to pre-defined improvement of VAS score after 3 months †	66% treatment success according to pre-defined improvement of VAS score after 3 months