

Supplementary File 5 – Proximal rehabilitation alone study characteristics

<i>Author</i>	<i>Intervention</i>	<i>Control</i>	<i>Variables measured</i>	<i>Follow up</i>
Proximal rehabilitation alone				
Earl & Hoch 25	Proximal & core muscle rehabilitation programme (n=19) <ul style="list-style-type: none"> • 8-15 supervised sessions lasting 30-60minutes over 8 weeks • Additional 3xper home exercise programme • Hamstring, Quadriceps and calf stretches • Abdominal draw in • Side lying clamshell • Side lying straight leg raising • Supine arm/leg extension • Quadruped arm/leg extension • Isometric single leg stance +/- proximal abduction/quick kicks • Single leg column weights • Prone and side plank • Monster walks • Mini squats • Single leg stance with sport specific upper limb movements 	None	<ul style="list-style-type: none"> • Pain <ul style="list-style-type: none"> • VAS • AKPS • Strength <ul style="list-style-type: none"> • Isometric proximal abduction strength • Isometric proximal external rotation strength • Anterior, lateral and posterior core endurance • Kinematics <ol style="list-style-type: none"> 1. Peak internal joint moments during the stance phase of running • Clinical measures <ul style="list-style-type: none"> • Joint range of motion 	8 weeks

<p>Tyler et al. 25</p>	<p>Proximal rehabilitation and flexibility programme (n=35, 43 Knees)</p> <ul style="list-style-type: none"> • Home exercise programme performed daily • Progressive resisted exercise - Seated proximal flexion, adduction, extension, abduction • Stretching proximal flexors, quadriceps, iliotibial band • Manual therapy – patella mobs • Mini squats • Balance exercise • Step ups and step downs • Upper and lower extremity reaches • Plyometric/agility exercises • Lunges • Return to sport 	<p>None</p>	<ul style="list-style-type: none"> • Pain <ul style="list-style-type: none"> • During activities of daily living VAS • Exercise VAS • Strength <ul style="list-style-type: none"> • Proximal flexion strength • Proximal abduction strength • Proximal adduction strength • Clinical Measures <ul style="list-style-type: none"> • Obers test • Thomas test 	<p>6 weeks</p>
<p>VAS – Visual analogue scale; AKPS – Anterior knee pain score</p>				