Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Before 1998	Brox JI, Gjengedal E, Uppheim G, et al. Arthroscopic surgery compared with supervised exercises in patients with rotator tendinosis. Acta Orthop. Scand. 1996;67: 25. [Accessed July 2020].
Before 1998	Brox JI, Staff PH, Ljunggren AE, et al. Arthroscopic surgery compared with supervised exercises in patients with rotator cuff disease (stage II impingement syndrome). BMJ (Clinical research ed.) 1993;307: 899-903. doi:10.1136/bmj.307.6909.899. [Accessed July 2020].
Before 1998	Downing DS, Weinstein A. Ultrasound therapy of subacromial bursitis. A double blind trial. Phys. Ther. 1986;66: 194-6. doi:10.1093/ptj/66.2.194. [Accessed July 2020].
Before 1998	Green S, Buchbinder R, Hetrick SE. Physiotherapy interventions for shoulder pain. Cochrane Database Syst. Rev. 2003;2: CD004258. doi:10.1002/14651858.CD004258. [Accessed July 2020].
Before 1998	Herbert RD. A systematic review and meta-analysis of clinical trials on physical interventions for lateral epicondylalgia: Commentary. Br J Sports Med 2005;39: 411-422. doi:10.1136/bjsm.2004.016170. [Accessed July 2020].
Before 1998	Jensen K, Di Fabio, RP. Evaluation of eccentric exercise in treatment of patellar tendinitis. Phys. Ther. 1989;69: 211-216. doi:10.1093/ptj/69.3.211. [Accessed July 2020].
Before 1998	Lowdon A, Bader DL, Mowat, AG. The effect of heel pads on the treatment of Achilles tendinitis: a double blind trial. Am. J. Sports Med 1984;12: 431-5. doi:10.1177/036354658401200605. [Accessed July 2020].
Before 1998	Niesen-Vertommen S, Taunton JE, Clement DB, et al. The effect of eccentric versus concentric exercise in the management of Achilles tendonitis. Clin J Sport Med 1992;2: 109-113. [Accessed July 2020].
Before 1998	Stanish WD, Rubinovich RM, Curwin S, et al. Eccentric exercise in chronic tendinitis. Clin Orthop Relat Res 1986;208: 65-68. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Clinical trial that never published	ACTRN12615000764538 (Chen J). Preoperative group shoulder program for patients awaiting shoulder surgery. 2015. Available: https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?id=368833&isReview=true [Accessed July 2020].
Clinical trial that never published	ACTRN12616001676404 (Kinsella R). A pilot randomised controlled trial comparing three different physiotherapy interventions to treat rotator cuff tendinopathy/subacromial pain syndrome. 2016. Available: https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=12616001676404 [Accessed July 2020].
Clinical trial that never published	ACTRN12617000675325 (Murphy M). The relationship between changes in the neural mechanisms associated with pain and the improvement in clinical symptoms of Achilles tendon pain. 2017. Available: https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?id=372886&isReview=true [Accessed July 2020].
Clinical trial that never published	ACTRN12617001225303 (Munteanu S). Heel lift shoe inserts versus calf muscle eccentric exercise for Achilles tendinopathy. 2017. Available: https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?id=373488&isReview=true [Accessed July 2020].
Clinical trial that never published	ACTRN12619000045112 (Koc C). The Effect of Balneotherapy on Treatment of Suraspinatus Tendinitis. 2019. Available: https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?id=376643&isReview=true [Accessed July 2020].
Clinical trial that never published	ACTRN12619001358134 (Malliaras P). Internet-based management of rotator cuff disease: a pilot and feasibility randomised controlled trial. 2019. Available: https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?id=378401&isReview=true [Accessed July 2020].
Clinical trial that never published	ACTRN12619001648112 (Malliaras P). Telerehabilitation and internet-based management of rotator cuff related pain: a pilot and feasibility randomised controlled trial. 2019. Available: https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?id=378745&isReview=true [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Clinical trial that never published	Blasimann A, Eichelberger P, Brülhart Y, et al. Non-surgical treatment of pain associated with posterior tibial tendon dysfunction: study protocol for a randomised clinical trial. J. Foot Ankle Res. 2015;8: 37. doi:10.1186/s13047-015-0095-4. [Accessed July 2020].
Clinical trial that never published	ChiCTR1900022882 (Li Y). A randomized controlled study for extracorporeal shock wave combined with peri-hip muscle training in the treatment of patellar tendinosis. 2019. Available: http://www.chictr.org.cn/hvshowproject.aspx?id=17429 [Accessed July 2020].
Clinical trial that never published	ChiCTR-IOR-17012630 (Teng LH). The effect of scapular-focused programme for patients with rotator cuff tendinopathy and scapular dyskinesis. 2017. Available: http://www.chictr.org.cn/showproj.aspx?proj=21559 [Accessed July 2020].
Clinical trial that never published	de Oliveira FCL, de Fontenay BP, Bouyer LJ, et al. Effects of kinesiotaping added to a rehabilitation programme for patients with rotator cuff tendinopathy: protocol for a single-blind, randomised controlled trial addressing symptoms, functional limitations and underlying deficits. BMJ Open 2017;7: e017951. doi:10.1136/bmjopen-2017-017951. [Accessed July 2020].
Clinical trial that never published	DRKS00011596 (Steiner B). Evaluation of the effectiveness and costs of home tele-rehabilitation with AGT-Reha in comparison to medical exercise therapy. 2017. Available: https://www.drks.de/drks_web/navigate.do?navigationId=trial.HTML&TRIAL_ID=DRKS00011596 [Accessed July 2020].
Clinical trial that never published	DRKS00014594 (Gatz M). Evaluation of Extracorporal Shockwave Therapy (ESWT) in Achilles tendinopathy using Shear Wave Elastography (SWE) and Ultrasound Tissue Characterisation (UTC): a single-blinded, placebo-controlled randomised clinical trial. 2018. Available: https://www.drks.de/drks_web/navigate.do?navigationId=trial.HTML&TRIAL_ID=DRKS00014594 [Accessed July 2020].

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Exclusion reason	Full reference
Clinical trial that never published	EUCTR2010-021869-73-NL (OrthoCell Pty Ltd). The value of Autologous Tenocyte Implantation in patients with chronic Achilles tendinopathy: a double-blind randomised clinical trial - ATI in Achilles tendinopathy. 2010. Available: https://www.clinicaltrialsregister.eu/ctr-search/trial/2010-021869-73/NL [Accessed July 2020].
Clinical trial that never published	EUCTR2015-000196-27-GB (Burtles S). Tendinopathy treatment effects and mechanisms 1 (TEAM 1). 2015. Available: https://www.clinicaltrialsregister.eu/ctr-search/trial/2015-000196-27/GB [Accessed July 2020].
Clinical trial that never published	EUCTR2018-002822-22-NL (Smulders K). Needling in patients with tennis elbow. 2018. Available: https://www.clinicaltrialsregister.eu/ctr-search/trial/2018-002822-22/NL [Accessed July 2020].
Clinical trial that never published	ISRCTN07165558 (Bombin V). The Efficacy of Acupuncture in Chronic Rotator Cuff Tendinitis. 2010. Available: https://www.isrctn.com/ISRCTN07165558?q=ISRCTN07165558&filters=&sort=&offset=1&totalResults=1&page=1&pageSize=10&searchType=basic-search [Accessed July 2020].
Clinical trial that never published	ISRCTN11851359 (Veto J). Treating Achilles tendon pain. 2017. Available: https://www.isrctn.com/ISRCTN11851359?q=ISRCTN11851359&filters=&sort=&offset=1&totalResults=1&page=1&pageSize=10&searchType=basic-search [Accessed July 2020].
Clinical trial that never published	ISRCTN16539266 (Hopewell S). GRASP - Getting it right: addressing shoulder pain. 2016. Available: https://www.isrctn.com/ISRCTN16539266?q=ISRCTN16539266&filters=&sort=&offset=1&totalResults=1&page=1&pageSize=10&searchType=basic-search [Accessed July 2020].
Clinical trial that never published	Keene DJ, Soutakbar H, Hopewell S. Development and implementation of the physiotherapy-led exercise interventions for the treatment of rotator cuff disorders for the 'Getting it Right: Addressing Shoulder Pain' (GRASP) trial. Physiotherapy 2020;107: 252-266. doi:10.1016/j.physio.2019.07.002. [Accessed July 2020].

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Exclusion reason	Full reference
Clinical trial that never published	NCT00764764 (Vaughan CK). Study of the Effect of Neck Treatment on Shoulder Impingement. 2008. Available: https://clinicaltrials.gov/ct2/show/NCT00764764?cond=NCT00764764&draw=2&rank=1 [Accessed July 2020].
Clinical trial that never published	NCT00782522 (Cools A). Effect Study of an Eccentric Training Program and Stretching for Patients With Chronical Rotator Cuff Tendinopathy. 2008. Available: https://clinicaltrials.gov/ct2/show/NCT00782522 [Accessed July 2020].
Clinical trial that never published	NCT01225497 (Stevens M). Eccentric Exercise for Chronic Mid-portion Achilles Tendinopathy. 2010. Available: https://clinicaltrials.gov/ct2/show/NCT01225497?cond=Eccentric+Exercise+for+Chronic+Mid-portion+Achilles+Tendinopathy&draw=2&rank=1 [Accessed July 2020].
Clinical trial that never published	NCT01423682 (Cools A). The Influence of Eccentric Training on the Volume and Vascularisation of the Rotator Cuff in Patients With Rotator Cuff Tendinopathy and Healthy Subjects. 2011. Available: https://clinicaltrials.gov/ct2/show/NCT01423682 [Accessed July 2020].
Clinical trial that never published	NCT01902433 (Slaven E). Astym® Compared Eccentric Exercise for Chronic Mid-substance Achilles Tendinopathy. 2017. Available: https://clinicaltrials.gov/ct2/show/NCT01902433?cond=Compared+Eccentric+Exercise+for+Chronic+Mid-substance+Achilles+Tendinopathy&draw=2&rank=1 [Accessed July 2020].
Clinical trial that never published	NCT01902433 (Slaven E). Astym® Compared Eccentric Exercise for Chronic Mid-substance Achilles Tendinopathy. 2013. Available: https://clinicaltrials.gov/ct2/show/NCT01902433?cond=Compared+Eccentric+Exercise+for+Chronic+Mid-substance+Achilles+Tendinopathy&draw=2&rank=1 [Accessed July 2020].
Clinical trial that never published	NCT02092272 (McKeown C). Eccentric Exercises for Shoulder Pain (Eccentric). 2014. Available: https://clinicaltrials.gov/ct2/show/NCT02092272 [Accessed July 2020].

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Exclusion reason	Full reference
Clinical trial that never published	NCT02116946 (Scott A). Plasma Injections Plus Exercise for Patellar Tendinopathy (PHS). 2014. Available: https://clinicaltrials.gov/ct2/show/NCT02116946?cond=NCT02116946&draw=2&rank=1 [Accessed July 2020].
Clinical trial that never published	NCT02241148 (Cavazos FV). Close Kinect Chain Exercise With Kinesio Taping in the Management of Patellofemoral Pain Syndrome. 2014. Available: https://clinicaltrials.gov/ct2/show/NCT02241148 [Accessed July 2020].
Clinical trial that never published	NCT02304003 (Haslerud S). The Effect of an Evidence-based Physiotherapy Regimen for Patients With Rotator Cuff Tendinopathy. 2014. Available: https://clinicaltrials.gov/ct2/show/NCT02304003 [Accessed July 2020].
Clinical trial that never published	NCT02499484 (French H, Duffy T). Topical Glyceryl Trinitrate (GTN) and Eccentric Exercises in the Treatment of Midportion Achilles Tendinopathy (NEAT). 2015. Available: https://clinicaltrials.gov/ct2/show/NCT02499484 [Accessed July 2020].
Clinical trial that never published	NCT02521298 (Doessing S). Treatment of Lateral Elbow Tendinopathy. 2015. Available: https://clinicaltrials.gov/ct2/show/NCT02521298 [Accessed July 2020].
Clinical trial that never published	NCT02546128 (Wheeler P). LEICeSter Tendon Extracorporeal Shockwave Studies. 2015. Available: https://clinicaltrials.gov/ct2/show/NCT02546128 [Accessed July 2020].
Clinical trial that never published	NCT02580630 (Johannsen FE). Achilles Tendinopathy Treated With Training and Injections. 2015. Available: https://clinicaltrials.gov/ct2/show/NCT02580630 [Accessed July 2020].
Clinical trial that never published	NCT02732782 (Radoanovic G). Effectiveness of Isometric vs. Eccentric Exercise in Chronic Achilles Tendinopathy. 2016. Available: https://clinicaltrials.gov/ct2/show/NCT02732782 [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Clinical trial that never published	NCT02833779 (Garcia MS). Trial to Compare the Effectiveness of Group Versus Individual Therapy on Alternate Days in Patients With Subacromial Impingement Syndrome. 2016. Available: https://clinicaltrials.gov/ct2/show/NCT02833779 [Accessed July 2020].
Clinical trial that never published	NCT02938143 (Oei E). Exercise Therapy for Patellar Tendinopathy Evaluated With Advanced UTE-MRI. 2016. Available: https://clinicaltrials.gov/ct2/show/NCT02938143 [Accessed July 2020].
Clinical trial that never published	NCT02971072 (Karduna AR). Neurophysiology of Weakness and Exercise in Rotator Cuff Tendinopathy. 2020. Available: https://clinicaltrials.gov/ct2/show/NCT02971072 [Accessed July 2020].
Clinical trial that never published	NCT02996409 (van der Vlist AC). High-Volume Image-Guided Injection in Chronic Midportion Achilles Tendinopathy (HAT). 2016. Available: https://clinicaltrials.gov/ct2/show/NCT02996409 [Accessed July 2020].
Clinical trial that never published	NCT03025412 (Helbostad J). A Comparison of Endoscopic Surgery and Exercise Therapy in Patients With Longstanding Achilles Tendinopathy. 2017. Available: https://clinicaltrials.gov/ct2/show/NCT03025412 [Accessed July 2020].
Clinical trial that never published	NCT03029910 (Martin PJ). Eccentric Training and Cryotherapy Vs Eccentric Training and Whole Body Vibration in Achilles Tendinopathy. 2017. Available: https://www.clinicaltrials.gov/ct2/show/results/NCT03029910?view=results [Accessed July 2020].
Clinical trial that never published	NCT03133416 (Hsieh L-F). Platelet-rich Plasma Injections and Physiotherapy in the Treatment of Chronic Rotator Cuff Tendinopathy. Available: https://clinicaltrials.gov/ct2/show/NCT03133416 [Accessed July 2020].
Clinical trial that never published	NCT03184181 (Huguet MR). Effectiveness of Therapeutic Percutaneous Electrolysis in Persons With the Treatment of Supraspinatus Tendinopathy (MRH-EPTE). 2017. Available:

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Exclusion reason	Full reference
	https://clinicaltrials.gov/ct2/show/NCT03184181 [Accessed July 2020].
Clinical trial that never published	NCT03196063 (Cabral CMN). Effectiveness of Two Exercise Protocols in the Treatment of Patients With Patellar Tendinopathy. 2019. Available: https://clinicaltrials.gov/ct2/show/NCT03196063?cond=Effectiveness+of+Two+Exercise+Protocols+in+the+Treatment+of+Patients+With+Patellar+Tendinopathy&draw=2&rank=1 [Accessed July 2020].
Clinical trial that never published	NCT03196063 (Cabral CMN). Effectiveness of Two Exercise Protocols in the Treatment of Patients With Patellar Tendinopathy. 2017. Available: https://clinicaltrials.gov/ct2/show/NCT03196063 [Accessed July 2020].
Clinical trial that never published	NCT03264326 (Whitehurst RA). Efficacy of BFR Training Combined With Eccentric Exercise as Assessed by SWE in Subjects With Chronic AT. 2019. Available: https://clinicaltrials.gov/ct2/show/NCT03264326 [Accessed July 2020].
Clinical trial that never published	NCT03264326 (Whitehurst RA). Efficacy of BFR Training Combined With Eccentric Exercise as Assessed by SWE in Subjects With Chronic AT. 2017. Available: https://clinicaltrials.gov/ct2/show/NCT03264326 [Accessed July 2020].
Clinical trial that never published	NCT03515148 (Martin PJ). Effectiveness of EE With Vibration Versus Cryotherapy in Rectus Abdomini Muscle Thickness and Inter-recti Distance. 2018. Available: https://clinicaltrials.gov/ct2/show/NCT03515148 [Accessed July 2020].
Clinical trial that never published	NCT03571971 (Di Stasi S). Load Modification Versus Standard Exercise for Greater Trochanteric Pain Syndrome. 2018. Available: https://clinicaltrials.gov/ct2/show/NCT03571971 [Accessed July 2020].
Clinical trial that never published	NCT03675399 (Bernat MBi). Effect of Isometric Exercise on Pain Perception in Rotator Cuff Related Shoulder Pain. 2018. Available: https://clinicaltrials.gov/ct2/show/NCT03675399?cond=Effect+of+Isometric+Exercise+on+Pain+Perception+in+R

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
	otator+Cuff+Related+Shoulder+Pain&draw=2&rank=1 [Accessed July 2020].
Clinical trial that never published	NCT03694730 (University of Delaware). Continued Activity During Rehabilitation in Patients With Patellar Tendinopathy. 2018. Available: https://clinicaltrials.gov/ct2/show/NCT03694730 [Accessed July 2020].
Clinical trial that never published	NCT03743441 (Naterstad IF). Physiotherapy Treatment for Chronic Achilles Tendinopathy (PhyCAT). 2018. Available: https://clinicaltrials.gov/ct2/show/NCT03743441 [Accessed July 2020].
Clinical trial that never published	NCT03747549 (O'Callaghan M). Acupuncture for Insertional Achilles Tendinopathy Effectiveness. 2018. Available: https://clinicaltrials.gov/ct2/show/NCT03747549 [Accessed July 2020].
Clinical trial that never published	NCT03834090 (Corum, M). Effectiveness of Radial Extracorporeal Shock Wave Therapy and Supervised Exercises in Lateral Epicondylitis. 2019. Available: https://clinicaltrials.gov/ct2/show/NCT03834090 [Accessed July 2020].
Clinical trial that never published	NCT03853122 (Cuesta-Vargas AI). Exercise With Individual Dosage Against the Best Current Practice in Lower Limb Tendinopathy (MaLaGa Trial). 2019. Available: https://clinicaltrials.gov/ct2/show/NCT03853122 [Accessed July 2020].
Clinical trial that never published	NCT03892603 (Roy JS). Does The Type of Exercise Influence Outcome in Rotator Cuff Related Shoulder Pain. 2019. Available: https://clinicaltrials.gov/ct2/show/NCT03892603 [Accessed July 2020].
Clinical trial that never published	NCT03939247 (Demoulin C). Effectiveness of the "Tecaretherapy" in Patients With Lateral Elbow Tendinopathy. 2019. Available: https://clinicaltrials.gov/ct2/show/NCT03939247 [Accessed July 2020].

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Exclusion reason	Full reference
Clinical trial that never published	NCT03968614 (Dunning J). Electrical DN as an Adjunct to Eccentric Exercise, Stretching + MT for Achilles Tendinopathy. 2019. Available: https://clinicaltrials.gov/ct2/show/NCT03968614 [Accessed July 2020].
Clinical trial that never published	NCT03984955 (Watts AC). Comparing Injection Treatments for Tennis Elbow. 2019. Available: https://clinicaltrials.gov/ct2/show/NCT03984955 [Accessed July 2020].
Clinical trial that never published	NCT03996928 (Casero AO). Eccentric Exercise in Epicondylitis. 2019. Available: https://clinicaltrials.gov/ct2/show/NCT03996928?cond=Eccentric+Exercise+in+Epicondylitis&draw=2&rank=1 [Accessed July 2020].
Clinical trial that never published	NCT04059146 (Chimenti R). Tendinopathy Education on the Achilles (TEAch). 2019. Available: https://clinicaltrials.gov/ct2/show/NCT04059146 [Accessed July 2020].
Clinical trial that never published	NCT04073212 (McDevitt AW). Dry Needling and Exercise Versus Traditional Physical Therapy for Biceps Tendinitis. 2019. Available: https://clinicaltrials.gov/ct2/show/NCT04073212 [Accessed July 2020].
Clinical trial that never published	NCT04175184 (Baeske R). Inclusion of Mobilisation With Movement to an Exercise Programme in Rotator Cuff Related Pain. 2019. Available: https://clinicaltrials.gov/ct2/show/NCT04175184 [Accessed July 2020].
Clinical trial that never published	NCT04210999 (Doessing S). Resistance Training and Injection Treatment for Chronic Achilles Tendinopathy. 2019. Available: https://clinicaltrials.gov/ct2/show/NCT04210999 [Accessed July 2020].
Clinical trial that never published	NCT04289610 (Karasu AU). Transcutaneous Pulse Radiofrequency Treatment for Subacromial Impingement Syndrome. 2020. Available: https://clinicaltrials.gov/ct2/show/NCT04289610 [Accessed July 2020].

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Exclusion reason	Full reference
Clinical trial that never published	NTR4916 (van der Vlist AC). High-Volume Image-Guided Injection in chronic midportion Achilles tendinopathy. 2014. Available: https://clinicaltrials.gov/ct2/show/NCT02996409 [Accessed July 2020].
Clinical trial that never published	NTR5638 (Huisstede BMA). Comparison of two different exercise programs in mid-portion Achilles tendinopathy: a randomized trial. 2016. Available: https://www.trialregister.nl/trial/5503 [Accessed July 2020].
Clinical trial that never published	NTR5813 (Breuer MAW). A tailor made exercise program versus a standard exercise program in patients with chronic mid portion achillestendinopathy. 2016. Available: https://www.trialregister.nl/trial/5491 [Accessed July 2020].
Clinical trial that never published	NTR6314 (Rabello LM). Comparison of two exercise protocols for insertional Achilles tedinopathy rehabilitation. 2017. Available: https://www.trialregister.nl/trial/6167 [Accessed July 2020].
Clinical trial that never published	NTR6576 (Verhagen E). Self-myofascial release therapy and Achilles tendon complaints. 2017. Available: https://www.trialregister.nl/trial/6401 [Accessed July 2020].
Clinical trial that never published	Rabusin C, Menz H, McClelland J, et al. Efficacy of heel lifts in the treatment of mid-portion Achilles tendinopathy: a randomised trial. J Sci Med Sport 2018;21:1 S10. doi:https://doi.org/10.1016/j.jsams.2018.09.026. [Accessed July 2020].
Clinical trial that never published	RBR-9vjfmz (Pinfildi CE). Photobiomodulation associated with short-term Eccentric Exercise Protocol on pain intensity and function in patients with Lower Limb Tendinopathy. 2018. Available: https://ensaiosclinicos.gov.br/trial/6135/1 [Accessed July 2020].
Clinical trial that never published	RBR-9yrydw (Daitx RB). Effect of laser on shoulder tendinitis. 2019. Available: https://ensaiosclinicos.gov.br/rg/RBR-9yrydw [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Unable to locate study	Arikan G, Cicek E, Kayalar M, et al. Subakromial impingement sendromunda konservatif tedavi sonuclarimiz (Our results of conservative treatment in impingement syndrome). Fiz. Rehabil.2001;12: 134. [Accessed July 2020].
Unable to locate study	Author unknown. Achilles Tendinopathy. Modern Athlete & Coach 2015;53: 25-28. [Accessed July 2020].
Unable to locate study	Author unknown. Exercise therapy vs. surgery for rotator cuff disease: chronic patients in long-term trial do equally well with either treatment. Joint Letter 1999;5: 109-116. [Accessed July 2020].
Unable to locate study	Author unknown. Free Communications, Thematic Posters: Shoulder Rehabilitation. J. Athl. Train. 2004;39: S-65. [Accessed July 2020].
Unable to locate study	Author unknown. Injury-free running. Athletics Weekly 2011;66: 48-50. [Accessed July 2020].
Unable to locate study	Author unknown. No title. Fizyoterapi Rehabilitasyon.Conference: Kadin ve Fiz. Rehabil.Sempozyumu.Turkey 2015;26. [Accessed July 2020].
Unable to locate study	Author unknown. Trends and innovations. Studies suggest new perspectives on treating patellar tendonitis. Bone & Joint 2005;11: 33-34. [Accessed July 2020].
Unable to locate study	Bicilioglu C, El O, Kizil, R, Pehlivan K. Lateral epikondilitli hastalarda splint ve fizik tedavi veya splint tedavilerinin etkinliginin karsilastirilmasi (Comparison of the therapeutic approaches of the patients with lateral epicondylitis: splint versus splint and physical therapy). Journal of Rheumatology and Medical Rehabilitation 2009;20:4 120-125. [Accessed July 2020].
Unable to locate study	Bircan C, El O, Adalmaz BK. The effectivenes of conservative treatment in subacromial impingement syndrome. Journal of Rheumatology and Medical Rehabilitation 2006;17: 16-21. [Accessed July 2020].

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Exclusion reason	Full reference
Unable to locate study	Blanchonette P. A new solution for tendonitis - eccentric exercise (Une nouvelle solution contre les tendinites: l ' exercice excentrique). Modern Athlete & Coach 2001;39: 19-20. [Accessed July 2020].
Unable to locate study	Bonaiuti D. The rehabilitation of the shoulder with rotator-cuff pathology: On analysis of the major problems for an effective approach. Riabilitazione 1998;31: 113-118. [Accessed July 2020].
Unable to locate study	Bramhall M, Smith T, Rosenblatt B. Multidisciplinary Rehabilitation. Co-Kinetic Journal 2016;31-38. [Accessed July 2020].
Unable to locate study	Brown C. Taking on Tendinosis. Advance for Occupational Therapy Practitioners 2016;32. [Accessed July 2020].
Unable to locate study	Brumitt J, Keefer-Hutchison M, Jones N, et al. Employing Evidence-based Clinical Decision-making in Physical Therapy Management of Patellar Tendinopathy. J Orthop Sports Phys Ther. 2018;30: 518-526. [Accessed July 2020].
Unable to locate study	Carey D. The management of Achilles tendinosis -- a review of the literature. Podiatry Now 2010;13: 13-17. [Accessed July 2020].
Unable to locate study	Carter A. A case for aquatic physiotherapy in shoulder rehabilitation. Aqualines News Hydro Assoc Chart Physiother 2008;20. [Accessed July 2020].
Unable to locate study	Catonne Y, Pascal-Mousselard H, Delattre O, et al. Les ruptures de l'extremite inferieure du biceps brachial chez le sportif (Lower brachial biceps ruptures in athletes). J. de Traumatol. du Sport 1998;15: 146-152. [Accessed July 2020].
Unable to locate study	Celik E, Sari Z, Yurdalan SU. The effect of kinesiological taping combined with conventional physiotherapy for pain in shoulder impingement syndrome. 2015. [Accessed July 2020].
Unable to locate study	Chaduteau P, Malgouzou MV. Prevention et readaptation des tendinopathies rotuliennes chez le volleyeur. Sport Med 2001;33-36. [Accessed July 2020].

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Exclusion reason	Full reference
Unable to locate study	Chen SZ, Huang DF, Ding JX, et al. Exercise program in early stage after flexor tendon injuries and related factors for the recovery of hand function. Chinese Journal of Clinical Rehabilitation 2004;8: 6277-6279. [Accessed July 2020].
Unable to locate study	Chen XX, Zhu GP. Research on Humeral Epicondylitis of Massage and Rehabilitation of Resistance Exercise. Journal of Beijing Sport University 2011;34: 71-74. [Accessed July 2020].
Unable to locate study	Citaker S, Taskiran H, Ekici G. Omuz impingement sendromlu hastalarda PNF ve mobilizasyon tekniklerinin rom uzerine etkisi (The effects of PNF and mobilization techniques on the ROM degrees in patients with shoulder impingement syndrome). Fiz. Rehabil.2001;12: 136. [Accessed July 2020].
Unable to locate study	Claps F. Iron Therapy. Joe Weider's Muscle & Fitness 1999;60: 29. [Accessed July 2020].
Unable to locate study	Cook J, Vicenzino B. Exercise for treatment of tendinopathy. Orthopaedic Knowledge Update: Sports Med. 2009;313-318. [Accessed July 2020].
Unable to locate study	Cuddeford T, Houck J, Palmer D. What Maximum Ankle Torque is Appropriate for Training Patients with Non-insertional Achilles Tendinopathy?. J Orthop Sports Phys Ther. 2018;30: 543-547. [Accessed July 2020].
Unable to locate study	Deroanne A, Deroanne D, Florkin M, et al. Impact of extracorporeal shock wave therapy in the treatment of chronic lateral epicondylitis. 2012. doi: 10.1097/AAP.0b013e31826a8366. [Accessed July 2020].
Unable to locate study	d'Hespeel CG. Current concepts: rehabilitation of patients with shoulder impingement and tight posterior capsule. J Orthop Sports Phys Ther. 2004;16. [Accessed July 2020].
Unable to locate study	Dixey MJ. Rehabilitation of shoulder impingement syndrome through exercise. Sideline View 1998;19. [Accessed July 2020].

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Unable to locate study	Dragoo JL, Strauss EJ, Wasterlain A, et al. Leukocyte-poor platelet-rich plasma AS a treatment for patellar tendinopathy: a double blind randomized controlled trial. 2019. [Accessed July 2020].
Unable to locate study	Gant R. Rehabilitation in the nonoperative treatment of grade 1 and 2 tibialis posterior tendon dysfunction. J Orthop Sports Phys Ther. 2009;39. [Accessed July 2020].
Unable to locate study	Gedik E, Bingol U. Effectiveness of autologous blood injection in the treatment of lateral epicondylitis: Short term results delay. 2011. [Accessed July 2020].
Unable to locate study	Gimarc D, Michelin P, Thelen D, et al. Platelet-rich plasma for treatment of moderate-to-severe midsubstance achilles tendinopathy: a pilot rct with conventional and novel ultrasound imaging correlation. Skelet. Radiol. 2019;48. doi:10.1007/s00256-018-3131-1. [Accessed July 2020].
Unable to locate study	Hasson M. Eccentric training may be as effective as surgery for severe patellar tendinopathy. Orthopedics Today 2006;26: 58. [Accessed July 2020].
Unable to locate study	Igrek S, Kuru Colak T. Comparison of the effectiveness of proprioceptive neuromuscular facilitation exercises and shoulder joint mobilization in patients with subacromial impingement syndrome. 2018. [Accessed July 2020].
Unable to locate study	ISRCTN22714311 (Smith R). A Pilot study to evaluate the effectiveness of eccentric exercise in the conservative management of Achilles Tendinopathy - a comparative trial. 2005. [Accessed July 2020].
Unable to locate study	ISRCTN78361279 (O Sullivan C). The effect of an eccentric exercise program on patients with shoulder pain and disability, which is caused by dysfunction of the rotator cuff. 2014. [Accessed July 2020].

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Exclusion reason	Full reference
Unable to locate study	Karayatiz S, Bal S, Bayram KB. The efficacy of the exercise therapy in patients diagnosed with lateral epicondylitis. 2011. [Accessed July 2020].
Unable to locate study	Klein A. Heavy-Load Eccentric Calf Muscle Training for the Treatment of Achilles Tendinosis. Physical Therapy 1999;79: 212. [Accessed July 2020].
Unable to locate study	Kreda A. Get a Leg Up. Tennis 2011;47: 60. [Accessed July 2020].
Unable to locate study	Krenner BJ, Fung JJF. Shoulder impingement syndrome: clinical overview and treatment approach utilizing Trigenics. JACA 2005;42: 16-24. [Accessed July 2020].
Unable to locate study	Langen-Pieters P, Weston P, Brantingham JW. A randomized, prospective pilot study comparing chiropractic care and ultrasound for the treatment of lateral epicondylitis. European Journal of Chiropractic 2003;50: 211-18. [Accessed July 2020].
Unable to locate study	Lee, SJ. The long-term effects of eccentric exercise vs. extracorporeal shockwave therapy in athletes aged 18-50 with patellar tendinopathy: A meta-analysis and systematic review. Dissertation Abstracts International: Section B: The Sciences and Engineering 2018;78. [Accessed July 2020].
Unable to locate study	MacDonald K, Day J. Effect of eccentric exercises at the knee with hip muscle strengthening to treat patellar tendinopathy in active duty military personnel: a randomized pilot. J Orthop Sports Phys Ther. 2019;31: 8-16. [Accessed July 2020].
Unable to locate study	Malliaras P. Proximal hamstring tendinopathy assessment and management. Sport Health 2014;32: 21-29. Available: https://cor-kinetic.com/wp-content/uploads/2018/07/malliaras-purdam.2014.pdf [Accessed July 2020].
Unable to locate study	McLauchlan G, Handoll HH. WITHDRAWN: Interventions for treating acute and chronic Achilles tendinitis. Cochrane Database Syst. Rev. (Online) 2011;232.

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Exclusion reason	Full reference
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Unable to locate study	Milne AD, Evans NA, Stanish WD. Detecting and managing jumper's knee: early intervention and adequate rest can prevent chronicity. J Musculoskelet Med2001;18: 261-267. [Accessed July 2020].
Unable to locate study	Niedwiedzki T, Kubicz-Chachurska M. Urazy stopy i ich leczenie Czesc II: Uszkodzenia sclegien i stawow (Treatment of foot injuries. Part II: tendons and articular lesions). Rehabilitacja Medyczna 2004;8: 9-13. [Accessed July 2020].
Unable to locate study	Nyqvist T, Sharifi D. Pikajuoksijoiden tyypillisimpien rasitusvammojen näyttöön perustuvat fysioterapiamenetelmät; integroitu systemaattinen kirjallisuuskatsaus. 2016. [Accessed July 2020].
Unable to locate study	O'Neill S. A biomechanical approach to Achilles tendinopathy management. 2017. [Accessed July 2020].
Unable to locate study	Ozmen A, Ataoglu S. Comparing of the efficacy and effectiveness of isokinetic exercise, laser, pseudoiontophoresis and iontophoresis treatments according to the stage in treatments of subacromial impingement syndrome. 2015. doi:10.5336/medsci.2015-45220. [Accessed July 2020].
Unable to locate study	PACTR201909524416162 (Owoeye I). Investigating the efficacy of some selected Physiotherapy Modalities in the Management of Achilles Tendinopathy and Associated Genetic Variance among Nigerian Footballers. 2019. Available: https://pactr.samrc.ac.za/TrialDisplay.aspx?TrialID=8173 [Accessed July 2020].
Unable to locate study	Pekyavas NO, Ergun N. Effects of different exercise and kinesiotaping application on pain, flexibility, strength and range of motion in patients with subacromial impingement syndrome. 2014. [Accessed July 2020].

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Exclusion reason	Full reference
Unable to locate study	Tascioglu F, Dalkiran I, Oner C. The efficacy of low-level laser in the treatment of subacromial impingement syndrome due to partial rupture of the supraspinatus tendon. Turkiye Fiziksel Tip ve Rehabilitasyon Dergisi 2003;49: 18-22. [Accessed July 2020].
Unable to locate study	Zamora-Navas P, Borrás Verdera A, Vargas MV, et al. Rehabilitation in the supraspinatus muscle tendon. Rehabilitacion 2001;35: 171-174. [Accessed July 2020].
Wrong Concept	Adib F, Johnson AJ, Hennrikus WL, et al. Iliopsoas tendonitis after hip arthroscopy: prevalence, risk factors and treatment algorithm. J Hip Preserv Surg 2018;5: 362-369. doi:10.1093/jhps/hny049. [Accessed July 2020].
Wrong Concept	Agresta CE, Krieg, K, Freehill MT. Risk Factors for Baseball-Related Arm Injuries: A Systematic Review. Orthop J Sports Med 2019;7: 2325967119825550. doi: 10.1177/2325967119825557. [Accessed July 2020].
Wrong Concept	Alp H. Effect of the friction massage iliotibial band syndrome [abstract]. Pain Pract 2016;16:1 173. doi: 10.1111/papr.12451. [Accessed July 2020].
Wrong Concept	Andersson SH, Bahr R, Olsen MJ, et al. Attitudes, beliefs, and behavior toward shoulder injury prevention in elite handball: Fertile ground for implementation. Scand J Med Sci Sports 2019;29: 1996-2009. doi:10.1111/sms.13522. [Accessed July 2020].
Wrong Concept	Andrews, JR. Diagnosis and treatment of chronic painful shoulder: Review of nonsurgical interventions. Arthroscopy 2005;21: 333-347. doi: 10.1016/j.arthro.2004.11.003. [Accessed July 2020].
Wrong Concept	Apeldoorn A, Kalter J, Knol D, et al. Rigid shoulder taping with physiotherapy in patients with subacromial pain syndrome: A randomized controlled trial. J Rehabil Med 2017;49: 347-353. doi:10.2340/16501977-2214. [Accessed July 2020].
Wrong Concept	Aronen JG, Garrick JG. Sports-induced inflammation in the lower extremities. Hosp Pract 1999;34: 51-67. doi:10.3810/hp.1999.02.130. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong Concept	Aujla R, Patel S, Jones A, et al. Predictors of functional outcome in non-operatively managed Achilles tendon ruptures. Foot Ankle Surg 2018;24: 336-341. doi:10.1016/j.fas.2017.03.007. [Accessed July 2020].
Wrong Concept	Author unknown. Copenhagen nv, Denmark Clinical Trials. Centerwatch. Available:Copenhagen NV, Denmark Clinical Research Trials | CenterWatch [Accessed July 2020].
Wrong Concept	Barayeva D, Edelstein Y, Stickevers SM. Ultrasound guided percutaneous tenotomy for refractory lateral epicondylitis [abstract]. PM R 2016;8:9S S220. doi:10.1016/j.pmrj.2016.07.219. [Accessed July 2020].
Wrong Concept	Beaudreuil J, Lasbleiz S, Richette P, et al. Assessment of dynamic humeral centering in shoulder pain with impingement syndrome: a randomised clinical trial. Ann Rheum Dis 2011;70: 1613-1618. doi:10.1136/ard.2010.147694. [Accessed July 2020].
Wrong Concept	Beribak A, Jewell V, Ukey F. The Effectiveness of Early Active Mobilization in Zone II Flexor Tendon Repair Rehabilitation: A Systematic Review [abstract]. Am. J. Occup. Ther. 2017;71: 240. doi:10.5014/ajot.2017.71S1-PO4024. [Accessed July 2020].
Wrong Concept	Blanchette MA, Normand MC. Augmented soft tissue mobilization vs natural history in the treatment of lateral epicondylitis: A pilot study. J Manipulative Physiol Ther 2011;34: 123-130. doi: 10.1016/j.jmpt.2010.12.001. [Accessed July 2020].
Wrong Concept	Brosseau L, Tugwell P, Wells GA, et al. Philadelphia Panel evidence-based clinical practice guidelines on selected rehabilitation interventions for shoulder pain. Phys Ther 2001;81: 1719-1730. [Accessed July 2020].
Wrong Concept	Cacchio A, Paoloni M, Barile A, et al. Effectiveness of radial shock-wave therapy for calcific tendinitis of the shoulder: single-blind, randomized clinical study. Phys Ther 2006;86: 672-682. doi:10.1093/ptj/86.5.672. [Accessed July 2020].
Wrong Concept	Camarinos J, Marinko L. Effectiveness of manual physical therapy for painful shoulder conditions: A systematic review. J Man Manip Ther 2009;17: 206-215. doi: 10.1179/106698109791352076. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong Concept	Cetin A, Dincer F, Kecik A, et al. Rehabiliation of flexor tendon injuries by use of a combined regimen of modified Kleinert and modified duran techniques. Am. J. Phys. Med. 2001;80: 721-728. doi: 10.1097/00002060-200110000-00003. [Accessed July 2020].
Wrong Concept	Chen PC, Wu KT, Chou WY, et al. Comparative effectiveness of different nonsurgical treatments for patellar tendinopathy: a systematic review and network meta-analysis. Arthroscopy 2019;35: 3117-3131. doi:10.1016/j.arthro.2019.06.017. [Accessed July 2020].
Wrong Concept	Chesterton LS, Martyn Lewis A, Sim J. Transcutaneous electrical nerve stimulation as adjunct to primary care management for tennis elbow: Pragmatic randomised controlled trial (TATE trial). BMJ (Online) 2013;347: f5160. doi:10.1136/bmj.f5160. [Accessed July 2020].
Wrong Concept	Christiansen DH, Frost P, Frich LH, et al. The Use of Physiotherapy among Patients with Subacromial Impingement Syndrome: Impact of Sex, Socio-Demographic and Clinical Factors. PloS one 2016;11: e0151077. doi:10.1371/journal.pone.0151077. [Accessed July 2020].
Wrong Concept	Clausen MB, Merrild MB, Witten A, et al. Conservative treatment for patients with subacromial impingement: Changes in clinical core outcomes and their relation to specific rehabilitation parameters. PeerJ 2018;6: e4400. doi: 10.7717/peerj.4400. [Accessed July 2020].
Wrong Concept	Coombes BK, Bisset L, Vicenzino B. Efficacy and safety of corticosteroid injections and other injections for management of tendinopathy: a systematic review of randomised controlled trials. Lancet 2010;376: 1751-67. doi:10.1016/S0140-6736(10)61160-9. [Accessed July 2020].
Wrong Concept	Coombes BK, Wiebusch M, Heales L, et al. Isometric exercise above but not below an individual's pain threshold influences pain perception in people with lateral Epicondylalgia. Clin. J. Pain 2016;32: 1069-1075. doi:10.1097/AJP.0000000000000365. [Accessed July 2020].

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Wrong Concept	Corrigan P, Pontiggia L, Silbernagel KG, et al. Barriers for remaining physical active in patients with midportion achilles tendinopathy [abstract]. J Orthop Res 2017;35:1. [Accessed July 2020].
Wrong Concept	Cox J, Varatharajan S, Côté P, et al. Effectiveness of Acupuncture Therapies to Manage Musculoskeletal Disorders of the Extremities: A Systematic Review. J Orthop Sports Phys Ther 2016;46: 409-429. doi:10.2519/jospt.2016.6270. [Accessed July 2020].
Wrong Concept	Cruciani M, Franchini M, Mengoli C, et al. Platelet-rich plasma for sports-related muscle, tendon and ligament injuries: an umbrella review. Blood Transfus 2019;17: 465-478. doi:10.2450/2019.0274-19. [Accessed July 2020].
Wrong Concept	Cuff A, Littlewood C. Subacromial impingement syndrome - What does this mean to and for the patient? A qualitative study. Musculoskelet Sci Pract 2018;33: 24-28. doi:10.1016/j.msksp.2017.10.008. [Accessed July 2020].
Wrong Concept	Cukelj F, Bandalovic A, Knezevic J, et al. Treatment of ruptured Achilles tendon: Operative or non-operative procedure?. Injury 2015;46: S137-S142. doi:10.1016/j.injury.2015.10.070. [Accessed July 2020].
Wrong Concept	Curtis, L. Nutritional research may be useful in treating tendon injuries. Nutrition 2016;32: 617-619. doi:10.1016/j.nut.2015.12.039. [Accessed July 2020].
Wrong Concept	Dan M, Phillips A, Johnston R, et al. Surgery for patellar tendinopathy (jumper's knee). Cochrane Database Syst Rev 2019;9: CD013034. doi:10.1002/14651858.CD013034.pub2. [Accessed July 2020].
Wrong Concept	Delagado Gil JA, Prado Robes E, Rodrigues de Souza D, et al. Effects of mobilization with movement on pain and range of motion in patients with unilateral shoulder impingement syndrome: A randomized controlled trial. J Manipulative Physiol Ther 2015;38: 245-52. doi:10.1016/j.jmpt.2014.12.008. [Accessed July 2020].
Wrong Concept	DePalma MJ, Johnson EW. Detecting and treating shoulder impingement syndrome: the role of scapulothoracic dyskinesis. Phys Sportsmed 2003;31:

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	25-32. doi:10.3810/psm.2003.07.431. [Accessed July 2020].
Wrong Concept	Ellenbecker TS, Davies GJ. The application of isokinetics in testing and rehabilitation of the shoulder complex. J Athl Train 2000;35: 338-350. [Accessed July 2020].
Wrong Concept	Ellenbecker TS, Nirschl R, Renstrom P. Current concepts in examination and treatment of elbow tendon injury. Sports health 2013;5: 186-194. doi:10.1177/1941738112464761. [Accessed July 2020].
Wrong Concept	Ellenbecker TS, Pieczynski TE, Davies GJ. Rehabilitation of the elbow following sports injury. Clin Sports Med 2010;29: 33. doi:10.1016/j.csm.2009.09.013. [Accessed July 2020].
Wrong Concept	Färnqvist K, Anuj AC, Morrissey D, et al. 12 Identification of prognostic factors for patient outcomes during exercise intervention for achilles tendinopathy: a systematic review and meta-analysis [abstract]. Br J Sports Med 2018;52:1 A5. doi:10.1136/bjsports-2018-099334.12. [Accessed July 2020].
Wrong Concept	Ficek K, Kamiński T, Wach E, et al. Application of Platelet Rich Plasma in Sports Medicine. J Hum Kinet 2011;30: 85-97. doi:10.2478/v10078-011-0076-z. [Accessed July 2020].
Wrong Concept	Fullem, BW. The Importance of Core Strengthening and Eccentric Exercises in the Treatment of Lower Extremity Running Injuries. Podiatry Management 2011;30: 115-118. [Accessed July 2020].
Wrong Concept	Furia J, Rompe J, Cacchio A. A single application of low-energy radial extracorporeal shock wave therapy is effective for the management of chronic patellar tendinopathy. Knee Surg. Sports Traumatol. Arthrosc. 2013;21: 346-350. doi:10.1007/s00167-012-2057-8. [Accessed July 2020].
Wrong Concept	Gabel GT. Management of medial epicondylitis in the throwing athlete. Oper Tech Sports Med 2001;9: 205-210. doi:10.1053/otsm.2001.26785. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong Concept	Gaunt T, Maffulli N. Soothing suffering swimmers: A systematic review of the epidemiology, diagnosis, treatment and rehabilitation of musculoskeletal injuries in competitive swimmers. Br Med Bull 2012;103: 45-88. doi: 10.1093/bmb/ldr039. [Accessed July 2020].
Wrong Concept	Goggins T, Williams S. Rehabilitation of the hand. Orthopaedics and Trauma 2019;33: 62-65. doi: 10.1016/j.mporth.2018.11.008. [Accessed July 2020].
Wrong Concept	Gokeler A, Lehmann M. Posterosuperior impingement of the shoulder [abstract]. Geneeskunde en Sport 2004;37: 159-164. [Accessed July 2020].
Wrong Concept	Göksu H,Tuncay F, Borman P. The comparative efficacy of kinesio taping and local injection therapy in patients with subacromial impingement syndrome. Acta Orthop Traumatol Turc 2016;50: 483-488. doi:10.1016/j.aott.2016.08.015. [Accessed July 2020].
Wrong Concept	Grau S, Maiwald C, Krauss I, et al. What are causes and treatment strategies for patellar-tendinopathy in female runners?. J Biomech 2008;41: 2042-2046. doi:10.1016/j.jbiomech.2008.03.005. [Accessed July 2020].
Wrong Concept	Gregory D, Sexton M. Exercise prescription for mid portion Achilles tendinopathy (M-At): A practice based survey of United Kingdom physiotherapists [abstract]. Physiotherapy 2017;103:1 e50-e51. doi: 10.1016/j.physio.2017.11.082. [Accessed July 2020].
Wrong Concept	Gremion G, Augros R, Gobelet CH, et al. Efficacite de la therapie par ondes de choc extra-corporelles dans les tendinites calcifiantes de l'epaule. / Effectiveness of extra corporal shock wave treatment in calcifying tendonitis of the shoulder. Schweizerische Zeitschrift für Sportmedizin & Sporttraumatologie 2000;48: 8-11. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong Concept	Guimarães JF, Salvini TF, Siqueira AL, et al. Immediate effects of mobilization with movement vs sham technique on range of motion, strength, and function in patients with shoulder impingement syndrome: Randomized clinical trial. J Manipulative Physiol Ther 2016;39: 605-615. doi:10.1016/j.jmpt.2016.08.001. [Accessed July 2020].
Wrong Concept	Gutiérrez-Espinoza H, Araya-Quintanilla F, Álvarez-Bueno C, et al. Reply to comment on "Does pectoralis minor stretching provide additional benefit over an exercise program in subacromial pain syndrome? A randomized controlled trial" in volume 44, December 2019. Musculoskelet Sci Pract 2020;46: 102127. doi: 10.1016/j.msksp.2020.102127. [Accessed July 2020].
Wrong Concept	Gutiérrez-Espinoza H, Araya-Quintanilla F, Gutiérrez-Monclus R, et al. Does pectoralis minor stretching provide additional benefit over an exercise program in participants with subacromial pain syndrome? A randomized controlled trial. Musculoskelet Sci Pract 2019;44: 102052. doi:10.1016/j.msksp.2019.102052. [Accessed July 2020].
Wrong Concept	Hart, L. Supervised exercise versus usual care for patellofemoral pain syndrome [abstract]. Clin J Sport Med 2010;20: 133. doi:10.1097/01.jsm.0000369405.77182.29. [Accessed July 2020].
Wrong Concept	Hastings J, Goldstein B. Paraplegia and the shoulder. Phys Med Rehabil Clin N Am 2004;15: 699-718. doi:10.1016/j.pmr.2003.12.005. [Accessed July 2020].
Wrong Concept	Hegedus EJ, Cook C, Brennan M, et al. Vascularity and tendon pathology in the rotator cuff: a review of literature and implications for rehabilitation and surgery. Br J Sports Med 2010;44: 838-847. doi:10.1136/bjsm.2008.053769. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong Concept	Hirschmüller A, Baur H, Grau S, et al. Influence of physiotherapy and insoles on isokinetic peak torque of the ankle and EMG of lower leg muscles in runners with unilateral achilles tendon complaints. Isokinetic. Exerc. Sci. 2002;10: 60-61. [Accessed July 2020].
Wrong Concept	Holden S, Lyng K, Graven-Nielsen T, et al. Isometric exercise and pain in patellar tendinopathy: A randomized crossover trial. J Sci Med Sport 2020;23: 208-214. doi:10.1016/j.jsams.2019.09.015. [Accessed July 2020].
Wrong Concept	Hölmich, P. Groin injuries in athletes--development of clinical entities, treatment, and prevention. Dan Med J 2015;62: B5184. [Accessed July 2020].
Wrong Concept	Huang HH, Qureshi AA, Biundo JJJ. Sports and other soft tissue injuries, tendinitis, bursitis, and occupation-related syndromes. Curr Opin Rheumatol 2000;12: 150-154. doi:10.1097/00002281-200003000-00009. [Accessed July 2020].
Wrong Concept	Hunter, G. Master class. The conservative management of Achilles tendinopathy. Phys Ther Sport 2000;1: 6-14. doi: 10.1054/ptsp.1999.0005. [Accessed July 2020].
Wrong Concept	Hwang O, Ha K. The effect of blood velocity change after Super Lizer on rotator cuff pain. J. Phys. Ther. Sci. 2012;24: 851-853. [Accessed July 2020].
Wrong Concept	Issurin VB. Vibrations and their applications in sport. A review. J Sports Med Phys Fitness 2005;45: 324-336. [Accessed July 2020].
Wrong Concept	Jancuska J, Matthews J, Miller T, et al. A Systematic Summary of Systematic Reviews on the Topic of the Rotator Cuff. Orthop J Sports Med 2018;6: 2325967118797890. doi: 10.1177/2325967118797891. [Accessed July 2020].
Wrong Concept	Jayanthi N, Esser S. Racket sports. Curr Sports Med Rep 2013;12: 329-336. doi: 10.1249/JSR.0b013e3182a4bad0. [Accessed July 2020].
Wrong Concept	Jennings MM, Liew V, Marine B. Updates in Tendinopathy Treatment Options. Clin Podiatr Med Surg 2019;36: 543-552. doi:10.1016/j.cpm.2019.06.002. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong Concept	Johannsen F, Jensen S, Wetke E. 10-year follow-up after standardised treatment for Achilles tendinopathy. BMJ Open Sport Exerc Med 2018;4: e000415. doi:10.1136/ bmjsem-2018-000415. [Accessed July 2020].
Wrong Concept	Karels CH, Polling W, BiermaZeinstra SMA, et al. Treatment of arm, neck, and/or shoulder complaints in physical therapy practice. Spine 2006;31: E584-E589. doi: 10.1097/01.brs.0000229229.54704.77. [Accessed July 2020].
Wrong Concept	Ketola S, Lehtinen J, Rousi T, et al. Which patients do not recover from shoulder impingement syndrome, either with operative treatment or with nonoperative treatment? Subgroup analysis involving 140 patients at 2 and 5 years in a randomized study. Acta Orthop 2015;86: 641-646. doi:10.3109/17453674.2015.1033309. [Accessed July 2020].
Wrong Concept	Kim S-Y, Weon JH, Jung D-Y, et al. Effect of the scapula-setting exercise on acromio-humeral distance and scapula muscle activity in patients with subacromial impingement syndrome. Phys Ther Sport 2019;37: 99-104. doi:10.1016/j.ptsp.2019.03.006. [Accessed July 2020].
Wrong Concept	Knobloch K, Schreibmueller L, Jagodzinski M. Erratum: Tendon and paratendon Achilles microcirculation in eccentric training and an Achilles wrap in insertional und mid-portion tendinopathy - A randomized trial. Br J Sports Med 2007;41: 184. doi: 10.1136/bjsm.2006.029504. [Accessed July 2020].
Wrong Concept	Krey D, Borchers J, McCamey K. Tendon needling for treatment of tendinopathy: a systematic review. Phys Sportsmed 2015;43: 80-86. doi:10.1080/00913847.2015.1004296. [Accessed July 2020].
Wrong Concept	Küçükşen S, Yilmaz H, Salli A, et al. Muscle energy technique versus corticosteroid injection for management of chronic lateral epicondylitis: Randomized controlled trial with 1-year follow-up. Arch Phys Med Rehabil 2013;94: 2068-2074. doi:10.1016/j.apmr.2013.05.022. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong Concept	Land H, Gordon S. Is rotator cuff strengthening necessary in a shoulder impingement exercise program? [abstract]. Phys Ther 2015;101:1 e817-e818. doi: 10.1016/j.physio.2015.03.3705. [Accessed July 2020].
Wrong Concept	Landis J, Keselman I, Murphy CN. Comparison of electromyographic (EMG) activity of selected forearm muscles during low grade resistance therapeutic exercises in individuals diagnosed with lateral epicondylitis. Work 2005;24: 85-91. [Accessed July 2020].
Wrong Concept	Lim W, Park SH, Kim B, et al. Relationship of cytokine levels and clinical effect on platelet-rich plasma-treated lateral epicondylitis. J Orthop Res 2018;36: 913-920. doi:10.1002/jor.23714. [Accessed July 2020].
Wrong Concept	Liu CJ, Yu KL, Bai JB, et al. Platelet-rich plasma injection for the treatment of chronic Achilles tendinopathy: A meta-analysis. Medicine 2019;98: e15278. doi:10.1097/MD.0000000000015278. [Accessed July 2020].
Wrong Concept	Luscombe KL, Sharma P, Maffulli N. Achilles tendinopathy. Trauma 2003;5: 215-225. doi:10.1191/1460408603ta285oa. [Accessed July 2020].
Wrong Concept	McGuigan FX, Aierstok MD. Disorders of the Achilles tendon and its insertion. Curr. opin. orthop. 2005;16: 65-71. doi: 10.1097/01.bco.0000154174.52455.51. [Accessed July 2020].
Wrong Concept	McLauchlan, GJ, Handoll HH. Interventions for treating acute and chronic Achilles tendinitis. Cochrane Database Syst Rev 2001;2: CD000232. doi:10.1002/14651858.CD000232. [Accessed July 2020].
Wrong Concept	Mitonneau G. Effectiveness of an intervention program for management of shoulder disorders in industrial workers: A workplace study. Ann. Phys. Rehabil. Med. 2015;58:1 e36-e37. doi: 10.1016/j.rehab.2015.07.093. [Accessed July 2020].
Wrong Concept	Park HB, Kam M, Gwark JY. Association of steroid injection with soft-tissue calcification in lateral epicondylitis. J Shoulder Elbow Surg 2019;28: 304-309. doi:10.1016/j.jse.2018.10.009. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong Concept	Rio E, Kidgell D, Purdam C, et al. Isometric exercise induces analgesia and reduces inhibition in patellar tendinopathy. Br J Sports Med 2015;49: 1277-1283. doi:10.1136/bjsports-2014-094386. [Accessed July 2020].
Wrong Concept	Romero-Morales C, Martín-Llantino PJ, Calvo-Lobo C, et al. Vibration increases multifidus cross-sectional area versus cryotherapy added to chronic non-insertional Achilles tendinopathy eccentric exercise [with consumer summary]. Phys Ther Sport 2020;42: 61-67. doi:10.1016/j.ptsp.2020.01.002. [Accessed July 2020].
Wrong Concept	Roy X, Le Clech L, Plessis JY, et al. Tendinopathy in therapeutic failure: Retrospective study of the treatment [abstract]. Ann. Phys. Rehabil. Med. 2012;55: e76-e76. doi: 10.1016/j.rehab.2012.07.188. [Accessed July 2020].
Wrong Concept	Rueda Garrido JC, Vas J, Lopez DR. Acupuncture treatment of shoulder impingement syndrome: A randomized controlled trial. Complement Ther Med 2016;25: 92-97. doi:10.1016/j.ctim.2016.01.003. [Accessed July 2020].
Wrong Concept	Sassmannshausen G, Mair SD. Musculotendinous injuries about the athletically active middle-aged knee. Sports Med Arthrosc Rev 2003;11: 107-111. doi: 10.1097/00132585-200311020-00004. [Accessed July 2020].
Wrong Concept	Slayton M, Amodei RC, Compton K, et al. Musculoskeletal clinical applications of intense therapy ultrasound (ITU): part 2. Initial results of clinical study for lateral epicondylitis [abstract]. J. Ther. Ultrasound 2017;5:1 8-9. doi:10.1186/s40349-016-0079-2. [Accessed July 2020].
Wrong Concept	Smythe A, White J, Littlewood C, et al. Physiotherapists deliver management broadly consistent with recommended practice in rotator cuff tendinopathy: An observational study. Musculoskelet Sci Pract 2020;47: 102132. doi:10.1016/j.msksp.2020.102132. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong Concept	Sobhani S, Zwerver J, van den Heuvel E, et al. Rocker shoes reduce Achilles tendon load in running and walking in patients with chronic Achilles tendinopathy. J Sci Med Sport 2015;18: 133-1388. doi:10.1016/j.jsams.2014.02.008. [Accessed July 2020].
Wrong Concept	Taylor J, Dunkerley S, Silver D, et al. Extracorporeal shockwave therapy (ESWT) for refractory Achilles tendinopathy: A prospective audit with 2-year follow up. Foot (Edinb) 2016;26: 23-29. doi:10.1016/j.foot.2015.08.007. [Accessed July 2020].
Wrong Concept	Taylor J, Dunkerley S, Silver D, et al. Extracorporeal shockwave therapy (ESWT) for refractory Achilles tendinopathy: A prospective audit with 2-year follow up. Foot 2016;26: 23-29. doi:10.1016/j.foot.2015.08.007. [Accessed July 2020].
Wrong Concept	Thein JM, Thein Brody, L. Aquatic-based rehabilitation and training for the shoulder. J Athl Train 2000;35: 382-389. [Accessed July 2020].
Wrong Concept	Trojian T, Stevenson JH, Agrawal N. What can we expect from nonoperative treatment options for shoulder pain?. J Fam Pract 2005;54: 216-223. [Accessed July 2020].
Wrong Concept	Vargas MA. The short-term and long-term effects of eccentric exercise on shoulder tendinopathy in 18-80 year olds compared to concentric exercise: a meta-analysis. 2015. Available:repository.library.fresnostate.edu/handle/10211.3/159961 [Accessed July 2020].
Wrong Concept	Vicenzino, B. Physiotherapy for tennis elbow. Evid Based Med 2007;12: 37-38. doi: 10.1136/ebm.12.2.37. [Accessed July 2020].
Wrong Concept	von der Heyde RL. Occupational therapy interventions for shoulder conditions: a systematic review. Am. J. Occup. Ther. 2011;65: 16-23. doi:10.5014/ajot.2011.09184. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong Concept	Wiener M, Mayer F. Auswirkungen von Physiotherapie auf die maximale Drehmomententwicklung und Schmerzempfindung bei Supraspinatustendinose. / Effects of Physiotherapy on Peak Torque and Pain in Patients with Tendinitis of the Supraspinatus Muscle. Deutsche Zeitschrift für Sportmedizin 2005;56: 383-387. [Accessed July 2020].
Wrong Concept	Wiesinger HP, Kösters A. Müller E, et al. Are patellar tendon properties altered in patients with chronic patellar tendinopathy? [abstract]. 23th Annual Congress of the European College of Sport Science 2018. [Accessed July 2020].
Wrong Concept	Wnuk A, Świtoń A, Juszczak A, et al. Assessment of the impact of individual therapy on upper limb function in patients diagnosed with painful shoulder syndrome. Folia Med Cracov 2017;57: 65-74. [Accessed July 2020].
Wrong Concept	Wu YC, Tsai WC, Tu YK, et al. Comparative effectiveness of nonoperative treatments for chronic calcific tendinitis of the shoulder: A systematic review and network meta-analysis of randomized controlled trials. Arch Phys Med Rehabil 2017;98: 1678-1692. doi:10.1016/j.apmr.2017.02.030. [Accessed July 2020].
Wrong Concept	Yildirim MA, Öneş K, Coşkun E. Comparison of the duration of ultrasound treatment in patients with subacromial impingement syndrome [abstract]. Turk J Phys Med Rehabil.2013;59:1-499 338. doi: 10.4274/tftr.24.59.1. [Accessed July 2020].
Wrong Concept	Yoon YC, Lee DH, Lee MY, et al. Polydeoxyribonucleotide Injection in the Treatment of Chronic Supraspinatus Tendinopathy: A Case-Controlled, Retrospective, Comparative Study With 6-Month Follow-Up. Arch Phys Med Rehabil 2017;98: 874-880. doi:10.1016/j.apmr.2016.10.020. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong Concept	Young MA, Cook JL, Purdam CR, et al. Erratum: Eccentric decline squat protocol offers superior results at 12 months compared with traditional eccentric protocol for patellar tendinopathy in volleyball players. Br J Sports Med 2005;39: 102-105. doi: 10.1136/bjsm.2003.010587corr1. [Accessed July 2020].
Wrong population	Abate M, Schiavone C, Salini V. Usefulness of rehabilitation in patients with rotator cuff calcific tendinopathy after ultrasound-guided percutaneous treatment. Med Princ Pract 2015;24: 23-29. doi:10.1159/000366422. [Accessed July 2020].
Wrong population	Abd-Elkader SM, Ahmed GM, Ahmed AR. Carpal tunnel syndrome: influence of a comprehensive exercise program on its prevalence in dentists. Indian J Physiother Occup Ther 2010;4: 44475. doi:10.5144/0256-4947.2019.07.03.1405. [Accessed July 2020].
Wrong population	Agnello L, Cataldo P, Letizia GA. Rehabilitation following injury of the rotator cuff. Acta Med Mediterr 2003;19: 43-47. [Accessed July 2020].
Wrong population	Ah Lee S, Kang JY, Duck Kim Y, et al. Effects of a scapula-oriented shoulder exercise programme on upper limb dysfunction in breast cancer survivors: a randomized controlled pilot trial. Clin Rehabil 2010;24: 600-13. doi:10.1177/0269215510362324. [Accessed July 2020].
Wrong population	Ahmad J, Repka M, Raikin SM. Treatment of myotendinous Achilles ruptures. Foot Ankle Int 2013;34: 1074-8. doi:0.1177/1071100713483115. [Accessed July 2020].
Wrong population	Akbaş E, Atay AO, Yüksel I. The effects of additional kinesio taping over exercise in the treatment of patellofemoral pain syndrome. Acta Orthop Traumatol Turc 2011;45: 335-341. doi:10.3944/AOTT.2011.2403. [Accessed July 2020].
Wrong population	Albright J, Allman R, Bonfiglio RP, et al. Philadelphia panel evidence-based clinical practice guidelines on selected rehabilitation interventions for shoulder pain. Phys Ther 2001;81: 1719-1730. doi: 10.1093/ptj/81.10.1719. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Almeida MO, Silva BNG, Andriolo RB, et al. Conservative interventions for treating exercise-related musculotendinous, ligamentous and osseous groin pain. Cochrane Database Syst Rev 2013. doi:10.1002/14651858.CD009565.pub2. [Accessed July 2020].
Wrong population	al-Qattan M. Conservative management of zone II partial flexor tendon lacerations greater than half the width of the tendon. J Hand Surg 2000;25: 1118-1121. doi:10.1053/jhsu.2000.18486. [Accessed July 2020].
Wrong population	Angermann P, Hovgaard D. Chronic Achilles tendinopathy in athletic individuals: results of nonsurgical treatment. Foot Ankle Int 1999;20: 304-306. doi:10.1177/107110079902000507. [Accessed July 2020].
Wrong population	Annesi JJ. Preliminary comparison of treatments of shoulder injuries using the FitLinxx computer feedback system and standard physical therapy. Psychol Rep 2001;88: 989-995. [Accessed July 2020].
Wrong population	Atya AM, Mansour WT. Laser versus nerve and tendon gliding exercise in treating carpal tunnel syndrome. Life Sci 2011;8: 413-420. [Accessed July 2020].
Wrong population	Aufwerber S, Heijne A, Edman G, et al. Does Early Functional Mobilization Affect Long-Term Outcomes After an Achilles Tendon Rupture? A Randomized Clinical Trial. Orthop J Sports Med 2020;8. doi: 10.1177/2325967120906522. [Accessed July 2020].
Wrong population	Aujla RS, Patel S, Jones A, et al. Non-operative functional treatment for acute Achilles tendon ruptures: The Leicester Achilles Management Protocol (LAMP). Injury 2019;50: 995-999. [Accessed July 2020].
Wrong population	Avancini-Dobrović V, Frlan-Vrgoc L, Stamenković D, et al. Radial extracorporeal shock wave therapy in the treatment of shoulder calcific tendinitis. Coll Antropol 2011;35 Suppl 2: 221-225. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Ayhan C, Unal E, Yakut Y. Core stabilisation reduces compensatory movement patterns in patients with injury to the arm: a randomized controlled trial. Clin Rehabil 2014;28: 36-47. doi:10.1177/0269215513492443. [Accessed July 2020].
Wrong population	Badalamente MA, Wang ED, et al. CORR® ORS Richard A. Brand Award: Clinical Trials of a New Treatment Method for Adhesive Capsulitis. Clin Orthop Relat Res 2016;474: 2327-2336. doi:10.1007/s11999-016-4862-8. [Accessed July 2020].
Wrong population	Bal S, Oz B, Gurgan A, et al. Anatomic and Functional Improvements Achieved by Rehabilitation in Zone II and Zone V Flexor Tendon Injuries. Am J Phys Med Rehabil 2011;90: 17-24. doi:10.1097/PHM.0b013e3181fc7a46. [Accessed July 2020].
Wrong population	Balci TO, Turk AC, Sahin F, et al. Efficacy of therapeutic ultrasound in treatment of adhesive capsulitis: A prospective double blind placebo-controlled randomized trial. J Back Musculoskelet Rehabil 2018;31: 955-961. doi:10.3233/BMR-150482. [Accessed July 2020].
Wrong population	Barabas A, Lloyd N. Orthotic device and exercise regime for flexor pollicis longus tendon repair in cases with possible Linburg-Comstock anomaly. Hand Ther 2013;18: 64-66. doi:10.1177/1758998313495636. [Accessed July 2020].
Wrong population	Barber FA, Sutker MJ. The iliotibial band syndrome: Diagnosis and surgical management. Techniques in Knee Surgery 2008;7: 102-106. doi: 10.1097/BTK.0b013e318160e9ad. [Accessed July 2020].
Wrong population	Barfod KW, Bencke J, Lauridsen HB, et al. Nonoperative Dynamic Treatment of Acute Achilles Tendon Rupture: The Influence of Early Weight-Bearing on Clinical Outcome. J Bone Joint Surg Am 2014;96: 1497-1503. doi:10.2106/JBJS.M.01273. [Accessed July 2020].
Wrong population	Barfod KW, et al. Non-operative Treatment of Acute Achilles Tendon Rupture: early Controlled Mobilization Compared With Immobilization. International Society for Hip Arthroscopy 2013;e211. Available: https://clinicaltrials.gov/ct2/show/NCT02015364 [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Barfod KW, Hansen MS, Hölmich P, et al. Efficacy of early controlled motion of the ankle compared with immobilisation in non-operative treatment of patients with an acute Achilles tendon rupture: an assessor-blinded, randomised controlled trial. Br J Sports Med 2020;54: 719. doi:10.1136/bjsports-2019-100709. [Accessed July 2020].
Wrong population	Barton CJ, Bonanno DR, Carr J, et al. Running retraining to treat lower limb injuries: a mixed-methods study of current evidence synthesised with expert opinion. Br J Sports Med 2016;50: 513-526. doi: 10.1136/bjsports-2015-095278. [Accessed July 2020].
Wrong population	Başkaya MA, Erçalik C, Karataş Kir Ö, et al. The efficacy of mirror therapy in patients with adhesive capsulitis: A randomized, prospective, controlled study. J Back Musculoskelet Rehabil 2018;31: 1177-1182. doi:10.3233/BMR-171050. [Accessed July 2020].
Wrong population	Basson A, Olivier B, Ellis R, et al. The Effectiveness of Neural Mobilization for Neuromusculoskeletal Conditions: A Systematic Review and Meta-analysis. J Orthop Sports Phys Ther 2017;47: 593-615. doi: 10.2519/jospt.2017.7117. [Accessed July 2020].
Wrong population	Beaudreuil J, Lasbleiz S, Aout M, et al. Effect of dynamic humeral centring (DHC) treatment on painful active elevation of the arm in subacromial impingement syndrome. Secondary analysis of data from an RCT. Br J Sports Med 2015;49: 343-346. doi:10.1136/bjsports-2012-091996. [Accessed July 2020].
Wrong population	Bell RH, Wiley WB, Noble JS, et al. Repair of distal biceps brachii tendon ruptures. J Shoulder Elb Surg 2000;9: 223-226. [Accessed July 2020].
Wrong population	Biernat R, Trzaskoma Z, Trzaskoma L, et al. Rehabilitation Protocol for Patellar Tendinopathy Applied among 16- to 19-Year Old Volleyball Players. J Strength Cond Res 2014;28: 43-52. doi:10.1519/JSC.0b013e31829797b4. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong population	Biernat R, Trzaskoma Z, Trzaskoma L, et al. Rehabilitation protocol for patellar tendinopathy applied among 16-to 19-year old volleyball players. J Strength Cond Res 2014;28: 43-52. doi:10.1519/JSC.0b013e31829797b4. [Accessed July 2020].
Wrong population	Bingöl U, Altan L, Yurtkuran M, et al. Low-power laser treatment for shoulder pain. Photomed Laser Surg 2005;23: 459-464. doi:10.1089/pho.2005.23.459. [Accessed July 2020].
Wrong population	Blanchard V, Barr S, Cerisola FL. The effectiveness of corticosteroid injections compared with physiotherapeutic interventions for adhesive capsulitis: A systematic review. Physiotherapy (London) 2010;96: 95-107. doi:10.1016/j.physio.2009.09.003. [Accessed July 2020].
Wrong population	Bodendorfer BM, McCormick BP, Wang DX, et al. Treatment of Pectoralis Major Tendon Tears: A Systematic Review and Meta-analysis of Operative and Nonoperative Treatment. Orthop J Sports Med 2020;8: 2325970000000000. doi:10.1177/2325967119900813. [Accessed July 2020].
Wrong population	Bortoli A, Fujii E, Queiroz M, et al. Conservative treatment of femoroacetabular impingement. Arthroscopy 2013; 12(29). doi: 10.1016/j.arthro.2013.09.061
Wrong population	Brantingham JW, Cassa TK, Bonnefin D, et al. Manipulative therapy for shoulder pain and disorders: expansion of a systematic review. J Manipulative Physiol Ther 2011;34: 314-346. doi:10.1016/j.jmpt.2011.04.002. [Accessed July 2020].
Wrong population	Brantingham JW, Globe G, Pollard H, et al. Manipulative therapy for lower extremity conditions: expansion of literature review. J Manipulative Physiol Ther 2009;32: 53-71. doi:10.1016/j.jmpt.2008.09.013. [Accessed July 2020].
Wrong population	Brantingham JW, Globe GA, Jensen ML, et al. A feasibility study comparing two chiropractic protocols in the treatment of patellofemoral pain syndrome. J Manipulative Physiol Ther 2009;32: 536-548. doi:10.1016/j.jmpt.2009.08.005. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Brorsson A, Olsson N, Nilsson-Helander K, et al. Recovery of calf muscle endurance 3 months after an Achilles tendon rupture. Scand J Med Sci Sports 2016;26: 844-853. doi:10.1111/sms.12533. [Accessed July 2020].
Wrong population	Brosseau L, Casimiro L, Milne S, et al. Deep transverse friction massage for treating tendinitis. Cochrane Database Syst Rev 2002;4: CD003528. doi:10.1002/14651858.CD003528. [Accessed July 2020].
Wrong population	Carlton L, Maccio JR, Maccio JG, et al. The application of Mechanical Diagnosis and Therapy to the ankle-foot complex: a case series. J Man Manip Ther 2018;26: 181-188. doi: 10.1080/10669817.2018.1456028. [Accessed July 2020].
Wrong population	Centeno C, Fausel Z, Stemper I, et al. A Randomized Controlled Trial of the Treatment of Rotator Cuff Tears with Bone Marrow Concentrate and Platelet Products Compared to Exercise Therapy: A Midterm Analysis. Stem Cells Int 2020;2020. doi: 10.1155/2020/5962354. [Accessed July 2020].
Wrong population	Chillemi C, Marinelli M, De Cupis V. Rupture of the distal biceps brachii tendon: conservative treatment versus anatomic reinsertion--clinical and radiological evaluation after 2 years. Arch Orthop Trauma Surg 2007;127: 705-708. doi:10.1007/s00402-007-0326-7. [Accessed July 2020].
Wrong population	Chiodo CP, Wilson MG. Current Concepts Review: Acute Ruptures of the Achilles Tendon. Foot Ankle Int 2006;27: 305-313. doi:10.1177/107110070602700415. [Accessed July 2020].
Wrong population	Christensen BH, Andersen KS, Rasmussen S, et al. Enhanced function and quality of life following 5 months of exercise therapy for patients with irreparable rotator cuff tears- an intervention study. BMC Musculoskelet Disord 2016;17: 252. doi:10.1186/s12891-016-1116-6. [Accessed July 2020].
Wrong population	Clark S, Mirish M, Ezaki E. Aquatic Therapy Early Intervention. Rehab Manag 2011;24: 41913. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Cools AM, Borms D, Cottens S, et al. Rehabilitation Exercises for Athletes With Biceps Disorders and SLAP Lesions: A Continuum of Exercises With Increasing Loads on the Biceps. Am J Sports Med 2014;42: 1315-1322. doi:10.1177/0363546514526692. [Accessed July 2020].
Wrong population	Cooper DE, Conway JE. Distal semitendinosus ruptures in elite-level athletes: low success rates of nonoperative treatment. Am J Sports Med 2010;38: 1174-1178. doi:10.1177/0363546509361016. [Accessed July 2020].
Wrong population	Cortes A, Quinlan NJ, Nazal MR, et al. A value-based care analysis of magnetic resonance imaging in patients with suspected rotator cuff tendinopathy and the implicated role of conservative management. J Shoulder Elbow Surg 2019;28: 2153-2160. doi: 10.1016/j.jse.2019.04.003. [Accessed July 2020].
Wrong population	Cox J, Varatharajan S, Cote P, et al. Effectiveness of acupuncture therapies to manage musculoskeletal disorders of the extremities: a systematic review [with consumer summary]. J Orthop Sports Phys Ther 2016;46: 409-429. doi:10.2519/jospt.2016.6270. [Accessed July 2020].
Wrong population	Cox J, Varatharajan S, Côté P, et al. Effectiveness of Acupuncture Therapies to Manage Musculoskeletal Disorders of the Extremities: A Systematic Review. J Orthop Sports Phys Ther 2016;46: 409-429. doi:10.2519/jospt.2016.6270. [Accessed July 2020].
Wrong population	Cruz MF, Jordan SS, Bolgla LA. Achilles tendon rupture. J Orthop Sports Phys Ther 2013;43. doi:10.2519/jospt.2013.0403. [Accessed July 2020].
Wrong population	De la Fuente C, Cruz-Montencinos C, De la Fuente C, et al. Early Short-Term Recovery of Single-Leg Heel Rise and ATRS After Achilles Tenorrhaphy: Cluster Analysis. Asian Journal of Sports Med. 2018;9: e67661. doi:10.5812/asjsm.67661. [Accessed July 2020].
Wrong population	Deng S, Sun Z, Zhang C, et al. Surgical treatment versus conservative management for acute Achilles tendon rupture: A systematic review and meta-analysis of randomized controlled trials. J Foot Ankle Surg 2017;56: 1236-43. doi:10.1053/j.jfas.2017.05.036. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Dharm-Datta S, et al. The effects of low-intensity blood flow restricted exercise on the clinical outcomes of young active adults following a 3-week in-patient rehabilitation programme. 2017. doi: 10.1186/ISRCTN63585315. Available: https://www.isrctn.com/ISRCTN63585315?q=63585315&filters=&sort=&offset=1&totalResults=1&page=1&pageSize=10&searchType=basic-search [Accessed July 2020].
Wrong population	Duymaz T, Sindel D. Comparison of radial extracorporeal shock wave therapy and traditional physiotherapy in rotator cuff calcific tendinitis treatment. Arch Rheumatol 2019;34: 281-287. doi:10.5606/ArchRheumatol.2019.7081. [Accessed July 2020].
Wrong population	Dziedzic K, Stevenson K, Thomas E, et al. Development and implementation of a physiotherapy intervention for use in a pragmatic randomized controlled trial in primary care for shoulder pain. Musculoskeletal care 2009;7: 67-77. doi:10.1002/msc.151. [Accessed July 2020].
Wrong population	Ecker TM, Bremer AK, Krause FG, et al. Prospective use of a standardized nonoperative early weightbearing protocol for Achilles tendon rupture: 17 years of experience. Am J Sports Med 2016;44: 1004-10. doi:10.1177/0363546515623501. [Accessed July 2020].
Wrong population	Eissens MH, Schut SM, van der Sluis CK. Early active wrist mobilization in extensor tendon injuries in zones 5, 6, or 7. J Hand Ther 2007;20: 89-91. doi:10.1197/j.jht.2006.11.003. [Accessed July 2020].
Wrong population	Ellanti P, Davarinos N, Burke TE, et al. Long-term functional outcome of bilateral spontaneous and simultaneous Achilles tendon ruptures. Foot Ankle Spec 2012;5: 318-320. [Accessed July 2020].
Wrong population	Enblom A, Wicher M, Nordell T. Health-related quality of life and musculoskeletal function in patients with musculoskeletal disorders: after compared to before short-term group-based aqua-exercises. Eur J Physiother 2016;18: 218-225. doi:10.1080/21679169.2016.1181208. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong population	Erickson BJ, Mascarenhas R, Saltzman BM, et al. Operative vs nonoperative repair for Achilles tendon ruptures. Orthop J Sports Med 2015;4: 2325967115579180. doi:10.1177/2325967115579188. [Accessed July 2020].
Wrong population	Fahlstroem M, Bjoernstig U, Lorentzon R. Acute Achilles tendon rupture in badminton players. Am J Sports Med 1998;26: 467-470. doi:10.1177/03635465980260032201. [Accessed July 2020].
Wrong population	FernandezCuadros ME, CasiqueBocanegra LO, AlbaladejoFlorin MJ, et al. Bilateral Levofloxacin-Induced Achilles Tendon Rupture: An Uncommon Case Report and Review of the Literature. Clin Med Insights Arthritis Musculoskelet Disord 2019;12. doi: 10.1177/1179544119835222. [Accessed July 2020].
Wrong population	Ferreira AL, Dos Santos C, Matias R. A kinematic biofeedback-assisted scapular-focused intervention reduces pain, and improves functioning and scapular dynamic control in patients with shoulder dysfunction. Gait Posture 2016;49: 277. doi: 10.1016/j.gaitpost.2016.07.331. [Accessed July 2020].
Wrong population	Ferrer GA, Miller RM, Zlotnicki JP, et al. Exercise therapy for treatment of supraspinatus tears does not alter glenohumeral kinematics during internal/external rotation with the arm at the side. Knee Surg Sports Traumatol Arthrosc 2018;26: 267-274. doi: 10.1007/s00167-017-4695-3. [Accessed July 2020].
Wrong population	Feuerstein M, Marshall L, Shaw WS, et al. Multicomponent intervention for work-related upper extremity disorders. J Occup Rehabil 2000;10: 71-83. [Accessed July 2020].
Wrong population	Flik KR, Bush-Joseph C, Bach BR. Complete rupture of large tendons: risk factors, signs, and definitive treatment. Phys Sportsmed 2005;33: 19-28. doi:10.3810/psm.2005.08.166. [Accessed July 2020].
Wrong population	Fournier-Farley C, Lamontagne M, Gendron P, et al. Determinants of return to play after the nonoperative management of hamstring injuries in athletes: A systematic review. Am J Sports Med 2016;44: 2166-72. doi:10.1177/0363546515617472. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong population	Fredericson M, Wolf C. Iliotibial band syndrome in runners: innovations in treatment. Sports Med 2005;35: 451-459. doi:10.2165/00007256-200535050-00006. [Accessed July 2020].
Wrong population	Gialanella B, Comini L, Gaiani M, et al. Conservative treatment of rotator cuff tear in older patients: a role for the cycloergometer? A randomized study. Eur J Phys Rehabil Med 2018;54: 900-910. doi: 10.23736/S1973-9087.18.05038-4. [Accessed July 2020].
Wrong population	Gilbert A, Hauptmannova I, Jaggi A. The use of assistive technology in shoulder exercise rehabilitation-a usability study. Physiotherapy 2017;103:1 E29. doi: 10.1016/j.physio.2017.11.189. [Accessed July 2020].
Wrong population	Giombini A, Dragoni S, Di Cesare A, et al. Asymptomatic A chilles, patellar, and quadriceps tendinopathy: A longitudinal clinical and ultrasonographic study in elite fencers. Scand J Med Sci Sports 2013;23: 311-316. doi:10.1111/j.1600-0838.2011.01400.x. [Accessed July 2020].
Wrong population	Glaser R, Bhatt JB, Chavez A, et al. Management of Lateral Epicondylalgia Targeting Scapular Muscle Power Deficits: A Case seriesz. [abstract]. J Hand Ther 2016;29:2 e5-e6. doi:10.1016/j.jht.2016.02.014. [Accessed July 2020].
Wrong population	Green S, Buchbinder R, Hetrick SE. Physiotherapy interventions for shoulder pain. Cochrane Database Syst Rev 2003;2: CD004258-CD004258. doi:10.1002/14651858.CD004258. [Accessed July 2020].
Wrong population	Greenstein JS, Bishop BN, Edward JS, et al. The effects of a closed-chain, eccentric training program on hamstring injuries of a professional football cheerleading team. J Manipulative Physiol Ther 2011;34: 195-200. doi:10.1016/j.jmpt.2011.02.004. [Accessed July 2020].
Wrong population	Grigg N, Wearing S, Smeathers J. How much is enough? The effect of exercise repetition on the force frequency characteristics of eccentric exercise used for tendinopathy rehabilitation. J Sci Med Sport 2012;15:1 S96. doi: 10.1016/j.jsams.2012.11.233. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong population	Grigg NL, Wearing SC, Smeathers JE. Eccentric calf muscle exercise produces a greater acute reduction in Achilles tendon thickness than concentric exercise. Br J Sports Med 2009;43: 280-283. [Accessed July 2020].
Wrong population	Guzman J, Haldeman S, Carroll LJ, et al. Clinical practice implications of The Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders: from concepts and findings to recommendations. Spine 2008;33:S199-S213. J Manipulative Physiol Ther 2009;32: 227. doi: 10.1097/BRS.0b013e3181644641 [Accessed July 2020].
Wrong population	Haapasalo H, Peltoniemi U, Laine HJ, et al. Treatment of acute Achilles tendon rupture with a standardised protocol. Arch Orthop Trauma Surg 2018;138: 1089-1096. doi:10.1007/s00402-018-2940-y. [Accessed July 2020].
Wrong population	Hagen KB, Dagfinrud H, Moe RH, et al. Exercise therapy for bone and muscle health: an overview of systematic reviews. BMC Med 2012;10: 167. doi:10.1186/1741-7015-10-167. [Accessed July 2020].
Wrong population	Harris JD, Griesser MJ, Best TM, et al. Treatment of proximal hamstring ruptures - A systematic review. J Sports Med Phys Fitness 2011;32: 490-5. doi:10.1055/s-0031-1273753. [Accessed July 2020].
Wrong population	Heers G, Anders S, Werther M, et al. Efficacy of home exercises for symptomatic rotator cuff tears in correlation to the size of the defect. Sportverletz Sportschaden 2005;19: 22-27. doi:10.1055/s-2004-813883. [Accessed July 2020].
Wrong population	Heerspink FOL, van Raay JJAM, Koorevaar RCT, et al. Comparing surgical repair with conservative treatment for degenerative rotator cuff tears: a randomized controlled trial. J Shoulder Elbow Surg 2015;24: 1274-1281. doi:10.1016/j.jse.2015.05.040. [Accessed July 2020].
Wrong population	Heikkinen J, Lantto I, Flinkkila T, et al. Soleus atrophy is common after the nonsurgical treatment of acute Achilles

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Exclusion reason	Full reference
	tendon ruptures. Am J Sports Med 2017;45: 1395-404. doi:10.1177/0363546517694610. [Accessed July 2020].
Wrong population	Heikkinen J, Lantto I, Flinkkila T, et al. Soleus Atrophy Is Common After the Nonsurgical Treatment of Acute Achilles Tendon Ruptures: A Randomized Clinical Trial Comparing Surgical and Nonsurgical Functional Treatments. Am J Sports Med 2017;45: 1395-1404. doi:10.1177/0363546517694610. [Accessed July 2020].
Wrong population	Herrera E, Stubblefield MD. Rotator cuff tendonitis in lymphedema: a retrospective case series. Arch Phys Med Rehabil 2004;85: 1939-1942. doi:10.1016/j.apmr.2004.06.065. [Accessed July 2020].
Wrong population	Ho CY, Sole G, Munn J. The effectiveness of manual therapy in the management of musculoskeletal disorders of the shoulder: A systematic review. Man Ther 2009;14: 463-474. doi:10.1016/j.math.2009.03.008. [Accessed July 2020].
Wrong population	Holm C, Kjaer M, Eliasson P. Achilles tendon rupture -- treatment and complications: A systematic review. Scand J Med Sci Sports 2015;25: e1-e10. doi:10.1111/sms.12209. [Accessed July 2020].
Wrong population	Hoosain M, de Klerk S, Burger M. Workplace-Based Rehabilitation of Upper Limb Conditions: A Systematic Review. J Occup Rehabil 2019;29: 175-193. doi:10.1007/s10926-018-9777-7. [Accessed July 2020].
Wrong population	Hsu D, Chang KV. Biceps Tendon Rupture of the Lower Limb. StatPearls 2020. [Accessed July 2020].
Wrong population	Hufner TM, Brandes DB, Thermann H, et al. Long-Term Results After Functional Nonoperative Treatment of Achilles Tendon Rupture. Foot Ankle Int 2006;27: 167-171. doi:10.1177/107110070602700302. [Accessed July 2020].
Wrong population	Huisstede BMA, Koes BW, Gebremariam L, et al. Current evidence for effectiveness of interventions to treat rotator cuff tears. Man Ther 2011;16: 217-230. doi:10.1016/j.math.2010.10.012. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Hutchison AM, Topliss C, Beard D, et al. The treatment of a rupture of the Achilles tendon using a dedicated management programme. Bone Joint J 2015;97-B: 510-515. doi:10.1302/0301-620X.97B4.35314. [Accessed July 2020].
Wrong population	Ingvar J, Tagil M, Eneroth M. Nonoperative treatment of Achilles tendon rupture: 196 consecutive patients with a 7% re-rupture rate. Acta Orthop 2005;76: 597-601. doi:10.1080/17453670510041619. [Accessed July 2020].
Wrong population	ISRCTN30604244. Physiotherapy in management of mechanical shoulder pain. 2016. doi: 10.1186/ISRCTN30604244. Available: https://www.isrctn.com/ISRCTN30604244?q=30604244&filters=&sort=&offset=1&totalResults=1&page=1&pageSize=10&searchType=basic-search [Accessed July 2020].
Wrong population	JacksonG, Sinclair VF, McLaughlin C, et al. Outcomes of functional weight-bearing rehabilitation of Achilles tendon ruptures. Orthopedics 2013;36. doi:10.3928/01477447-20130724-23. [Accessed July 2020].
Wrong population	Jiménez-García D, López-Dolado E, López-Zarzuela MC. Treatment of calcifying tendinitis of the shoulder: iontophoresis with acetic acid or shortwave?. Rehabilitacion 2008;42: 239-245. [Accessed July 2020].
Wrong population	King EA, Lien JR, et al. Flexor Tendon Pulley Injuries in Rock Climbers. Hand Clin 2017;33: 141-148. doi: 10.1016/j.hcl.2016.08.006. [Accessed July 2020].
Wrong population	Krischak G, Friemert B, Reichel H, et al. Comparison of physiotherapy and home-based exercises in the conservative treatment of rotator cuff tears. J Shoulder Elbow Surg 2013;22: 1173-1179. doi:10.1016/j.jse.2013.01.008. [Accessed July 2020].
Wrong population	Kukkonen J, Joukainen A, Lehtinen J, et al. Treatment of nontraumatic rotator cuff tears: A randomized controlled trial with two years of clinical and imaging follow-up. J Bone Joint Surg Am 2015;97: 1729-1737. doi:10.2106/JBJS.N.01051. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Kul A, Ugur M. Comparison of the Efficacy of Conventional Physical Therapy Modalities and Kinesio Taping Treatments in Shoulder Impingement Syndrome. Eurasian J Med 2019;51: 139-144. doi:10.5152/eurasianjmed.2018.17421. [Accessed July 2020].
Wrong population	Kul A, Ugur M. Comparison of the Efficacy of Conventional Physical Therapy Modalities and Kinesio Taping Treatments in Shoulder Impingement Syndrome. Eurasian J Med 2019;51: 139-144. doi:10.5152/eurasianjmed.2018.17421. [Accessed July 2020].
Wrong population	Lantto I, Heikkinen J, Flinkkila T, et al. A Prospective Randomized Trial Comparing Surgical and Nonsurgical Treatments of Acute Achilles Tendon Ruptures. Am J Sports Med 2016;44: 2406-2414. doi:10.1177/0363546516651060. [Accessed July 2020].
Wrong population	Leblebici B, Adam M, Yapgu S, et al. Comparing the effects of open versus closed kinetic chain scapulohumeral stability exercises in rotator cuff problems. Turkiye Fiziksel Tip ve Rehabilitasyon Dergisi 2007;53: 134-137. [Accessed July 2020].
Wrong population	Lisinski P, Huber J, Wilkosz P, et al. Supervised versus uncontrolled rehabilitation of patients after rotator cuff repair-clinical and neurophysiological comparative study. Int J Artif Organs 2012;35: 45-54. doi:10.5301/ijao.5000037. [Accessed July 2020].
Wrong population	Longo UG, Risi Ambrogioni L, Berton A, et al. Physical therapy and precision rehabilitation in shoulder rotator cuff disease. Int Orthop 2020. doi:10.1007/s00264-020-04511-2. [Accessed July 2020].
Wrong population	Maher SF, Gioannini A, Kowslowski S, et al. Isolated exercises versus standard treatment for the shoulder in an industrial setting. Orthop Phys Ther Pract 2011;23: 154-60. [Accessed July 2020].
Wrong population	Marinko LN, Chacko JM, Dalton D, et al. The effectiveness of therapeutic exercise for painful shoulder conditions: a meta-analysis. J Shoulder Elbow Surg 2011;20: 1351-1359. doi:10.1016/j.jse.2011.05.013. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Mehta D, MacDermid J, Sadi J. Feasibility of an at home, online, yoga-based and standard exercise intervention for rotator cuff injuries. MOJ Yoga Physical Ther 2017;2: 8-14. doi:10.15406/mojypt.2017.02.00010. [Accessed July 2020].
Wrong population	Möller M, Lind K, Movin T, et al. Calf muscle function after Achilles tendon rupture. A prospective, randomised study comparing surgical and non-surgical treatment. Scand J Med Sci Sports 2002;12: 42614. doi:10.1034/j.1600-0838.2002.120103.x. [Accessed July 2020].
Wrong population	Moosmayer S, Lund G, Seljom U, et al. Comparison between surgery and physiotherapy in the treatment of small and medium-sized tears of the rotator cuff: A randomised controlled study of 103 patients with one-year follow-up. J Bone Joint Surg Br 2010;92: 83-91. doi:10.1302/0301-620X.92B1.22609. [Accessed July 2020].
Wrong population	Moosmayer S, Lund G, Seljom US, et al. Tendon Repair Compared with Physiotherapy in the Treatment of Rotator Cuff Tears. J Bone Joint Surg Am 2014;96: 1504-1514. doi:10.2106/JBJS.M.01393. [Accessed July 2020].
Wrong population	Nandra RS, Matharu GS, Porter KM. Acute Achilles tendon rupture. Trauma 2012;14: 67-81. doi: 10.1177/1460408611415909. [Accessed July 2020].
Wrong population	Neiduski RL, Powell RK. Flexor tendon rehabilitation in the 21st century: A systematic review. J Hand Ther 2018;32: 165-174. doi:10.1016/j.jht.2018.06.001. [Accessed July 2020].
Wrong population	Nilsson-Helander K, Grävare Silbernagel K, Thomeé R, et al. Acute Achilles Tendon Rupture: A Randomized, Controlled Study Comparing Surgical and Nonsurgical Treatments Using Validated Outcome Measures. Am J Sports Med 2010;38: 2186-2193. doi:10.1177/0363546510376052. [Accessed July 2020].
Wrong population	Nilsson-Helander K, Silbernagel KG, Thomeé R, et al. Acut Achilles Tendon Rupture: a Randomised, Controlled Study Comparing Surgical and Non-Surgical Treatments using Validated Outcome Measures. SportEX Medicine

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
	2011;38: 2186-2193. doi:10.1177/0363546510376052. [Accessed July 2020].
Wrong population	Obst SJ, Barrett RD, Newsham-West R. Immediate effect of exercise on achilles tendon properties: systematic review. Med Sci Sports Exerc 2013;45: 1534-1544. doi:10.1249/MSS.0b013e318289d821. [Accessed July 2020].
Wrong population	Olsson N, Silbernagel KG, Eriksson BI, et al. Stable surgical repair with accelerated rehabilitation versus nonsurgical treatment for acute Achilles tendon ruptures: a randomized controlled study. Am J Sports Med 2013;41: 2867-2876. [Accessed July 2020].
Wrong population	Parthasarathy P, Loshigian M, et al. Achilles Tendon Ruptures: Is Surgical Repair More Effective Than Conservative Care?. Podiatry Today 2020;33: 1. [Accessed July 2020].
Wrong population	Patel, P. The Effectiveness of Extracorporeal Shockwave Therapy Compared to Therapeutic Exercise on Pain and Grip Strength in Adults with Lateral Epicondyle Tendinopathies: A Meta-Analysis. California State University, Fresno 2018;79. Available: https://www.proquest.com/openview/85480a08cc89e1620dad7d79d6b150f7/1?pq-origsite=gscholar&cbl=18750&diss=y [Accessed July 2020].
Wrong population	Pekyavas NO, Ergun N. Comparison of virtual reality exergaming and home exercise programs in patients with subacromial impingement syndrome and scapular dyskinesis: Short term effect. Acta Orthop Traumatol Turc 2017;51: 238-242. doi:10.1016/j.aott.2017.03.008. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Porter D, Barrill E, Oneacre K, et al. The effects of duration and frequency of Achilles tendon stretching on dorsiflexion and outcome in painful heel syndrome: a randomized, blinded, control study. Foot Ankle Int 2002;23: 619-624. doi:10.1177/107110070202300706. [Accessed July 2020].
Wrong population	Pudja D, Forko A, Gregov C. Eccentric exercise in treatment of tendinopathy. 7TH INTERNATIONAL SCIENTIFIC CONFERENCE ON KINESIOLOGY 2014;620. [Accessed July 2020].
Wrong population	Rees JD, Lichtwark GA, Wolman RL, et al. The mechanism for efficacy of eccentric loading in Achilles tendon injury; an in vivo study in humans. Rheumatology 2008;47: 1493-1497. [Accessed July 2020].
Wrong population	Ryösä M, Laimi K, Äärimaa V, et al. Surgery or conservative treatment for rotator cuff tear: a meta-analysis [with consumer summary]. Disabil Rehabil 2017;39: 1357-1363. doi: 10.1080/09638288.2016.1198431. [Accessed July 2020].
Wrong population	Seo JB, Yoon SH, Lee JY, et al. What Is the Most Effective Eccentric Stretching Position in Lateral Elbow Tendinopathy?. Clin Orthop Surg 2018;10: 47-54. doi:10.4055/cios.2018.10.1.47. [Accessed July 2020].
Wrong population	Serpa DC, Cappozzo A, Camomilla V,.et al. Effect of eccentric training on biomechanical properties of the Achilles tendon. J Sci Med Sport 2015; 19: E96-97.
Wrong population	Silveira Gomes AR, Campos TF, Beckenkamp PR, et al. Effects of Isokinetic Eccentric Training on the Human Achilles Tendon. J Exerc Physiol 2016;19: 46-54. [Accessed July 2020].
Wrong population	Smith MM, Franettovich C, Sonia S, et al. A comparison of rigid tape and exercise, elastic tape and exercise and exercise alone on pain and lower limb function in individuals with exercise related leg pain: a randomised controlled trial. BMC Musculoskelet Disord 2014;15: 328. doi:10.1186/1471-2474-15-328. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Soroceanu A, Sidhwa F, Aarabi S, et al. Surgical versus nonsurgical treatment of acute achilles tendon rupture: a meta-analysis of randomized trials. J Bone Joint Surg Am 2012;23: 2136-2143. doi:10.2106/JBJS.K.00917. [Accessed July 2020].
Wrong population	Soroceanu A, Sidhwa F, Aarabi S, et al. Surgical versus nonsurgical treatment of acute Achilles tendon rupture: a meta-analysis of randomized trials. J Bone Jt Surg 2012;94: 2136-2143. doi:10.2106/JBJS.K.00917. [Accessed July 2020].
Wrong population	Tate AR, Mcclure PW, Young IA, et al. Comprehensive impairment-based exercise and manual therapy intervention for patients with subacromial impingement syndrome: a case series. J Orthop Sports Phys Ther 2010;40: 474-493. doi:10.2519/jospt.2010.3223. [Accessed July 2020].
Wrong population	Taylor NF, Dodd KJ, Shields N, et al. Therapeutic exercise in physiotherapy practice is beneficial: a summary of systematic reviews 2002-2005. Aust J Physiother 2007;53: 42552. doi:10.1016/s0004-9514(07)70057-0. [Accessed July 2020].
Wrong population	Tefner IK, Kovacs C, Gaal R, et al. The effect of balneotherapy on chronic shoulder pain. A randomized, controlled, single-blind follow-up trial. A pilot study. Clin Rheumatol 2015;34. doi:10.1007/s10067-013-2456-3. [Accessed July 2020].
Wrong population	Thomas M, Grünert J, Standtke S, et al. Rope pulley isokinetic system in shoulder rehabilitation--initial results. Z Orthop Ihre Grenzgeb 2001;139: 80-86. doi:10.1055/s-2001-11875. [Accessed July 2020].
Wrong population	Thygesen MM, Jordt I, Kristensen MS, et al. High-Intensity Resistance Training Does Not Produce Immediate Ultrasonographic Changes in Muscle Tendons. Orthop J Sports Med 2019;7. doi:10.1177/2325967118821604. [Accessed July 2020].
Wrong population	Twaddle BC, Poon P. Early Motion for Achilles Tendon Ruptures: Is Surgery Important? A Randomized, Prospective Study. Am J Sports Med 2007;35: 2033-8. doi:10.1177/0363546507307503. Epub 2007 Sep 20. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong population	Tyler TF, Nicholas SJ, Mullaney, et al. Correction of posterior shoulder tightness is associated with symptom resolution in patients with internal impingement. Am J Sports Med 2010;38: 114-119. doi:10.1177/0363546509346050. [Accessed July 2020].
Wrong population	Wall EJ. Osgood-Schiatter disease: Practical treatment for a self-limiting condition. Phys Sportsmed 1998;26: 29-34. doi: 10.1080/00913847.1998.11440345. [Accessed July 2020].
Wrong population	Wang SS, Trudelle-Jackson EJ. Comparison of customized versus standard exercises in rehabilitation of shoulder disorders. Clin Rehabil 2006;20: 675-85. doi:10.1191/0269215506cre991oa. [Accessed July 2020].
Wrong population	Weber M, Niemann M, Lanz R, et al. Nonoperative treatment of acute rupture of the Achilles tendon: results of a new protocol and comparison with operative treatment. Am J Sports Med 2003;31: 685-691. doi:10.1177/03635465030310050901. [Accessed July 2020].
Wrong population	Wilkins R, Bisson LJ. Operative versus nonoperative management of acute Achilles tendon ruptures: a quantitative systematic review of randomized controlled trials. Am J Sports Med 2012;40: 2154-2160. doi:10.1177/0363546512453293. [Accessed July 2020].
Wrong population	Willits K, Amendola A, Bryant D, et al. Operative versus nonoperative treatment of acute Achilles tendon ruptures: a multicenter randomized trial using accelerated functional rehabilitation. J Bone Jt Surg 2010;92: 2767-2775. doi:10.2106/JBJS.I.01401. [Accessed July 2020].
Wrong population	Woitzik E, Jacobs C, Wong JJ, et al. The effectiveness of exercise on recovery and clinical outcomes of soft tissue injuries of the leg, ankle, and foot: a systematic review by the Ontario Protocol for Traffic Injury Management (OPTIMa) Collaboration. Man Ther 2015;20: 633-645. doi:10.1016/j.math.2015.03.012. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong population	Wright AA, Hegedus EJ, Tarara DT, et al. Exercise prescription for overhead athletes with shoulder pathology: a systematic review with best evidence synthesis. Br J Sports Med 2018;52: 231-237. doi:10.1136/bjsports-2016-096915. [Accessed July 2020].
Wrong population	Yin NH, Chen WS, Wu YT, et al. Increased patellar tendon microcirculation and reduction of tendon stiffness following knee extension eccentric exercises. J Orthop Sports Phys Ther 2014;44: 304-312. doi:10.2519/jospt.2014.4872. [Accessed July 2020].
Wrong population	Zadeh, MH. Exercise Based-Pain Relief Program: Is there any Effect of Repeated Bout of Eccentric Exercise for Relieving Musculoskeletal Pain?. 2015. doi: 10.5278/vbn.phd.med.00036. Available: https://vbn.aau.dk/en/publications/exercise-based-pain-relief-program-is-there-any-effect-of-repeate [Accessed July 2020].
Wrong population	Zellers JA, Christensen M, Lunding Kjær I, et al. Defining Components of Early Functional Rehabilitation for Acute Achilles Tendon Rupture: A Systematic Review. Orthopaedic journal of Sports Med. 2019;7: 2325970000000000. doi:10.1177/2325967119884071. [Accessed July 2020].
Wrong population	Zhou K, Song L, Zhang P, et al. Surgical Versus Non-Surgical Methods for Acute Achilles Tendon Rupture: A Meta-Analysis of Randomized Controlled Trials. J Foot Ankle Surg 2018;57: 1191-1199. doi:10.1053/j.jfas.2018.05.007. [Accessed July 2020].
Wrong rank on HDI index	Abrisham SM, Kermani-Alghoraishi M, Ghahramani, R, et al. Additive effects of low-level laser therapy with exercise on subacromial syndrome: a randomised, double-blind, controlled trial. Clin Rheumatol 2011;30. doi:10.1007/s10067-011-1757-7. [Accessed July 2020].
Wrong rank on HDI index	Acosta TB, Rodríguez EQ, Pérez YL, et al. Physical treatment reoutfitter in the painful shoulder. Revista Iberoamericana de Fisioterapia y Kinesiologia 2009;12: 12-19. [Accessed July 2020].
Wrong rank on HDI index	Ahmad A, Bandpei M, Gilani, SA, et al. Effect of low level laser therapy on partial tear of supraspinatus tendon. J Pak Med Assoc 2018;68: 281-283. [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong rank on HDI index	Ajitha CT. Comparing the Efficacy of Open Chain Exercise Versus Closed Chain Exercise in Reducing Pain and Improving the Functional Status in Patients with Rotator Cuff Tendinopathy [dissertation thesis]. 2018. Available: https://regroup-production.s3.amazonaws.com/documents/ReviewReference/186385732/511%20Ajitha%202018.pdf?AWSAccessKeyId=AKIAJBZQODCMKJA4H7DA&Expires=1622469396&Signature=RgAvUOFcuHfFplw7YXsX7zJfjlQ%3D [Accessed July 2020].
Wrong rank on HDI index	Akhilesh MP, Babu VK, Kumar SN, et al. Effect of eccentric exercise programme on pain and grip strength for subjects with medial epicondylitis. Int. J. Physiother. 2014;1: 17-27. [Accessed July 2020].
Wrong rank on HDI index	Ammar R, Abdel T. Pulsed electromagnetic field versus microcurrent electrical nerve stimulation in patients with lateral epicondylopathy. Int J Ther Rehabil 2016;23: 519-523. doi:10.12968/ijtr.2016.23.11.519. [Accessed July 2020].
Wrong rank on HDI index	Amro A, Diener I, Bdair WO, et al. The effects of Mulligan mobilisation with movement and taping techniques on pain, grip strength, and function in patients with lateral epicondylitis. Hong Kong Physiother J 2010;28: 19-23. doi:10.1016/j.hkpj.2010.11.004. [Accessed July 2020].
Wrong rank on HDI index	Anitha A, Prachi G. Effectiveness of eccentric strengthening of wrist extensors along with conventional therapy in patients with lateral epicondylitis. Res J Pharm Technol 2018;11: 5340-5344. doi:10.5958/0974-360X.2018.00972.1. [Accessed July 2020].
Wrong rank on HDI index	Aquino Nava, GT. Effect of two therapeutic modalities on chronic hip pain [RBR-37gw2x]. Registro Brasilerio de Ensaios Clínicos 2019. Available: https://ensaiosclinicos.gov.br/rg/RBR-37gw2x/ [Accessed July 2020].
Wrong rank on HDI index	BabaeiGhazani A, Shahrami B, Fallah E, et al. Continuous shortwave diathermy with exercise reduces pain and improves function in Lateral Epicondylitis more than sham diathermy: A randomized controlled trial. J Bodyw Mov Ther 2020;24: 69-76. doi: 10.1016/j.jbmt.2019.05.025. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Babaei-Mobarakeh M, Letafatkar A, Barati AH, et al. Effects of eight-week "gyroscopic device" mediated resistance training exercise on participants with impingement syndrome or tennis elbow. J Bodyw Mov Ther 2018;22: 1013-1021. doi:10.1016/j.jbmt.2017.12.002. [Accessed July 2020].
Wrong rank on HDI index	Barbosa RI, Goes R, Mazzer N, et al. The influence of joint mobilization on tendinopathy of the biceps brachii and supraspinatus muscles. Braz J Phys Ther 2008;12: 298-303. [Accessed July 2020].
Wrong rank on HDI index	Becerril BP, Negrete-Corona J, Chávez-Hinojosa E. [Functional results of type A botulinum toxin versus oral anti-inflammatory agents in the rehabilitation of painful shoulder syndrome caused by rotator cuff lesion]. Acta Ortop Mex 2014;28: 265-272. [Accessed July 2020].
Wrong rank on HDI index	Belhaj K, Meftah S, Elhyaoui H, et al. Contribution of isokinetic in tendinopathy of the rotator cuff: Experience of physical medicine and rehabilitation, casablanca. Ann Phys Rehabil Med 2016;59:1 e156-e157. doi: 10.1016/j.rehab.2016.07.348. Available: https://doi.org/10.1016/j.rehab.2016.07.348 [Accessed July 2020].
Wrong rank on HDI index	Bheeshma B, Manoj Deepak M, Thangaraju P, et al. Prospective study of the evaluation of autologous blood transfusion in the treatment of lateral epicondylitis. Res J Pharm Biol Chem Sci 2015;6: 971-974. [Accessed July 2020].
Wrong rank on HDI index	Boeck RL, Döhnert MB, Pavão TS. Open kinetic chain versus closed kinetic chain in advanced rehabilitation rotator cuff. Fisioterapia em Movimento 2012;25: 291-299. [Accessed July 2020].
Wrong rank on HDI index	Camargo PR, Avila MA, Alburquerque-Sendín F, et al. Eccentric training for shoulder abductors improves pain, function and isokinetic performance in subjects with shoulder impingement syndrome -a case series. Braz J Phys Ther 2012;16: 74-83. doi: 10.1590/s1413-35552012000100013. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Camargo PR, Avila MA, Alburquerque-Sendín F, et al. Eccentric training for shoulder abductors improves pain, function and isokinetic performance in subjects with shoulder impingement syndrome: a case series. Braz J Phys Ther 2012;16: 74-83. doi:10.1590/s1413-35552012000100013. [Accessed July 2020].
Wrong rank on HDI index	Camargo PR, Haik MN, Ludewig PM, et al. Effects of strengthening and stretching exercises applied during working hours on pain and physical impairment in workers with subacromial impingement syndrome. Physiother Theory Pract 2009;25: 463-475. doi:10.3109/09593980802662145. [Accessed July 2020].
Wrong rank on HDI index	Camargo PR, Alburquerque-Sendín F, Avila MA, et al. Effects of Stretching and Strengthening Exercises, With and Without Manual Therapy, on Scapular Kinematics, Function, and Pain in Individuals With Shoulder Impingement: A Randomized Controlled Trial. J Orthop Sports Phys Ther 2015;45: 984-997. doi:10.2519/jospt.2015.5939. [Accessed July 2020].
Wrong rank on HDI index	Cho YT, Hsu WY, Lin LF, et al. Kinesio taping reduces elbow pain during resisted wrist extension in patients with chronic lateral epicondylitis: A randomized, double-blinded, cross-over study. BMC Musculoskelet Disord 2018;19. doi: 10.1186/s12891-018-2118-3. [Accessed July 2020].
Wrong rank on HDI index	Collins M. A comparison of two exercise protocols in the management of chronic Achilles tendinopathy [PACTR201904468554670]. Pan African Clinical Trials Registry 2019. Available: https://pactr.samrc.ac.za/TrialDisplay.aspx?TrialID=6034 [Accessed July 2020].
Wrong rank on HDI index	Cunha RA, Dias AN, Santos MB, et al. Comparative study of two protocols of eccentric exercise on knee pain and function in athletes with Patellar tendinopathy: randomized controlled study. Revista Brasileira de Medicina do Esporte 2012;18: 167-170. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Dabholkar AS, Kalbande VM, Yardi S. Neural Tissue Mobilisation Using ULTT2b and Radial Head Mobilisation v/s Exercise Programme in Lateral Epicondylitis. Indian J Physiother Occup Ther 2013;7: 247-252. doi:10.5958/j.0973-5674.7.4.157. [Accessed July 2020].
Wrong rank on HDI index	Daitx RB. Effect of elastic tape on shoulder tendinitis [RBR-65qh7j]. Registro Brasilerio de Ensaios Clínicos 2019. Available: https://ensaiosclinicos.gov.br/rg/RBR-65qh7j [Accessed July 2020].
Wrong rank on HDI index	DasSarma S, Mallick A, Bhattacharyya M. New regimen for eccentric calf muscle training in insertional achilles tendinopathy: a pilot study. Effect of stretching and strengthening exercise in the management of Lateral Epicondylitis 2010;44: i22-i23. doi: 10.1136/bjsm.2010.078725.73. [Accessed July 2020].
Wrong rank on HDI index	Desai PP, Varadharajulu G, Kanase S, et al. Effect of therapeutic intervention and hand muscle training on pain and quality of hand function in subjects with chronic tennis elbow. Indian J Public Health Res Dev 2019;10: 61-66. doi: 10.5958/0976-5506.2019.01537.7. [Accessed July 2020].
Wrong rank on HDI index	Djordjevic OC, Vukicevic D, Katunac L, et al. Mobilization with movement and kinesiotaping compared with a supervised exercise program for painful shoulder: results of a clinical trial. J Manipulative Physiol Ther 2012;35: 454-463. doi:10.1016/j.jmpt.2012.07.006. [Accessed July 2020].
Wrong rank on HDI index	Dong W, Goost H, Lin XB, et al. Treatments for shoulder impingement syndrome: a PRISMA systematic review and network meta-analysis. Medicine 2015;94. doi:10.1097/MD.0000000000000510. [Accessed July 2020].
Wrong rank on HDI index	Fathy AA. Iontophoresis Versus Cyriax-Type exercises in Chronic Tennis Elbow among industrial workers. Electron physician 2015;7: 1277-1283. doi:10.14661/1277. [Accessed July 2020].
Wrong rank on HDI index	Foroozan H. Shock wave therapy for treatment of chronic achilles tendinopathy (IRCT2016051727907N1). Iranian Registry of Clinical Trials 2017. Available: https://en.irct.ir/trial/22768 [Accessed July 2020].

Table 1 Excluded Studies Scoping Review

Exclusion reason	Full reference
Wrong rank on HDI index	Franco ESB, Puga MES, Imoto AM, et al. What do cochrane systematic reviews say about conservative and surgical therapeutic interventions for treating rotator cuff disease? Synthesis of evidence. Sao Paulo Med J 2019;137: 543-549. doi: 10.1590/1516-3180.2019.0275160919. [Accessed July 2020].
Wrong rank on HDI index	Galace de Freitas D, Marcondes FB, Monteiro RL, et al. Pulsed electromagnetic field and exercises in patients with shoulder impingement syndrome: a randomized, double-blind, placebo-controlled clinical trial. Arch Phys Med Rehabil 2014;95: 345-352. doi:10.1016/j.apmr.2013.09.022. [Accessed July 2020].
Wrong rank on HDI index	Gara E, Haxhiu B, Ibrahimaj A, et al. The effectiveness of exercise therapy for treatment of medial epicondylitis: A randomized controlled trial. Pain Pract. 2016; 16:52. doi: 10.1111/papr.12451. [Accessed July 2020].
Wrong rank on HDI index	Ghosh Dasm P. Comparative Analysis of Cyriax Approach Versus Mobilization with Movement Approach in the Treatment of Patients with Lateral Epicondylitis. Indian J Physiother Occup Ther 2012;6: 96-102. [Accessed July 2020].
Wrong rank on HDI index	Gomes CAFP, Dibai-Filho A, Moreira WA, et al. Effect of Adding Interferential Current in an Exercise and Manual Therapy Program for Patients With Unilateral Shoulder Impingement Syndrome: A Randomized Clinical Trial. J Manipulative Physiol Ther 2018;41: 218-226. doi:10.1016/j.jmpt.2017.09.009. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Gomes CAFP, Dibai-Filho A, Politti F, et al. Combined Use of Diadynamic Currents and Manual Therapy on Myofascial Trigger Points in Patients With Shoulder Impingement Syndrome: A Randomized Controlled Trial. J Manipulative Physiol Ther 2018;41: 475-482. doi:10.1016/j.jmpt.2017.10.017. [Accessed July 2020].
Wrong rank on HDI index	Gutiérrez-Espinoza H, Araya-Quintanilla F, Zavala-González J, et al. Rationale and methods of a randomized clinical trial to compare specific exercise programs versus home exercises in patients with subacromial impingement syndrome. Medicine 2019;98: e16139. doi:10.1097/MD.0000000000016139. [Accessed July 2020].
Wrong rank on HDI index	Haider R, Bashir MS, Adeel M, et al. Comparison of conservative exercise therapy with and without Maitland Thoracic Manipulative therapy in patients with subacromial pain: Clinical trial. J Pak Med Assoc 2018;68: 381-387. [Accessed July 2020].
Wrong rank on HDI index	Haik MN, Alburquerque-Sendin F, Camargo PR. Short-term effects of thoracic spine manipulation on shoulder impingement syndrome: A randomized controlled trial. Arch Phys Med Rehabil 2017;98: 1594-605. doi:10.1016/j.apmr.2017.02.003. [Accessed July 2020].
Wrong rank on HDI index	Harneet KM, Khatri S. Efficacy of Active Release Technique in Tennis Elbow - A Randomized Control Trial. Indian J Physiother Occup Ther 2012;6: 126-129. [Accessed July 2020].
Wrong rank on HDI index	Haxhiu B, Murtezani A, Gara E,.et al. The efficacy of heavy load exercise for the treatment of chronic achilles tendinosis: a randomized controlled trial. Pain Pract. 2016;16: 55.doi:10.1111/papr.12451. Available: [Accessed July 2020].
Wrong rank on HDI index	Hotta GH, Queiroz POP, de Lemos TW, et al. Immediate effect of scapula-focused exercises performed with kinematic biofeedback on scapular kinematics in individuals with subacromial pain syndrome. Clin Biomech 2018;58: 7-13. doi:10.1016/j.clinbiomech.2018.07.004. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Hotta GH, Santos AL, McQuade KJ, et al. Scapular-focused exercise treatment protocol for shoulder impingement symptoms: Three-dimensional scapular kinematics analysis. Clin Biomech 2018;51: 76-81. doi:10.1016/j.clinbiomech.2017.12.005. [Accessed July 2020].
Wrong rank on HDI index	Jain AS, Anandh S, Pawar A. Effectiveness of Proprioceptive Neuromuscular Facilitation as an Adjunct to Eccentric Exercises in Subacromial Impingement. Indian J Physiother Occup Ther 2017;11: 141-146. doi:10.5958/0973-5674.2017.00051.X. [Accessed July 2020].
Wrong rank on HDI index	Jaiswal A, Kacchap ND, Tanwar YS, et al. Rupture of the triceps tendon - A case series. Chin J Traumatol 2016;19: 235-238. doi: 10.1016/j.cjtee.2016.06.006. [Accessed July 2020].
Wrong rank on HDI index	Jesus JF. High dose of therapeutic Ultrasound in the treatment of patellar Tendinopathy [RBR-658n6w]. Registro Brasilerio de Ensaios Clínicos 2018. Available: https://ensaiosclinicos.gov.br/rg/RBR-658n6w/ [Accessed July 2020].
Wrong rank on HDI index	Jindal KL, Moitra M. Efficacy of conventional treatment and eccentric exercise with and without deep transverse friction massage in supraspinatus tendinitis patients: a randomized clinical trail. Indian J Physiother Occup Ther 2015;9: 249-253. [Accessed July 2020].
Wrong rank on HDI index	Kamatchi K, Vasadwala FE, Rajalaxmi V, et al. A comparison of the effectiveness of standard shrug exercise and modified shrug exercise in patients with functional shoulder impingement syndrome. Biomedicine 2018;38: 342-346. [Accessed July 2020].
Wrong rank on HDI index	Kanniappan V, Sathosh AM. To Compare the Effect of Eccentric Exercises and Isometric Exercises for Achilles Tendinitis in Skaters. J Lifestyle Med 2020;10: 49-54. doi:10.15280/jlm.2020.10.1.49. [Accessed July 2020].
Wrong rank on HDI index	Khairy Y, Nasr M, Ali F, et al. Role of platelet rich plasma in treatment of rotator cuff tendinopathy and partial thickness tear: follow Up by ultrasound. Ann Rheum Dis 2019;78:1. doi:10.1136/annrheumdis-2019-eular.4218. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Kochar M, Dogra A. Effectiveness of a specific physiotherapy regimen on patients with tennis elbow: clinical study. Physiotherapy 2002;88: 333-41. doi: 10.1016/S0031-9406(05)60746-8. [Accessed July 2020].
Wrong rank on HDI index	Liu XG, Cheng L, Song JM. Effects of low-level laser therapy and eccentric exercises in the treatment of patellar tendinopathy. International Journal of Photoenergy 2014;2014: 1-6. doi:10.1155/2014/785386. [Accessed July 2020].
Wrong rank on HDI index	Lombardi I, Magri ÂG, Fleury AM, et al. Progressive resistance training in patients with shoulder impingement syndrome: a randomized controlled trial. Arthritis and Rheum 2008;59: 615-622. doi:10.1002/art.23576. [Accessed July 2020].
Wrong rank on HDI index	Malty AM, Jebril M, AbuTariah H, et al. The Effect of Paraffin Wax and Exercise vs. Exercise Treatment on Keyboard User's Hands Pain and Strength. Indian J Physiother Occup Ther 2014;8: 170-175. doi:10.5958/j.0973-5674.8.1.033. [Accessed July 2020].
Wrong rank on HDI index	Mansur NSB, Baumfeld T, Villalon F, et al. Shockwave Therapy Associated With Eccentric Strengthening for Achilles Insertional Tendinopathy: A Prospective Study. Foot Ankle Spec 2019;12: 540-545. doi:10.1177/1938640019826673. [Accessed July 2020].
Wrong rank on HDI index	Mansur NSB, Faloppa F, Belotti JC, et al. Clinical Trial to Evaluate the Adjuvant Effect of Shock Wave Therapy in the Insertional Achilles Tendinopathy [NCT02757664]. BMJ Open 2017;7: e013332. doi:10.1136/bmjopen-2016- 013332. Available: http://dx.doi.org/10.1136/ bmjopen-2016-013332 [Accessed July 2020].
Wrong rank on HDI index	Marcolino AM, das Neves Lais MS, Oliveira BG, et al. Multimodal approach to rehabilitation of the patients with lateral epicondylosis: a case series. Springerplus 2016;5: 1718-1724. doi:10.1186/s40064-016-3375-y. [Accessed July 2020].
Wrong rank on HDI index	Martimbianco ALC, Ferreira RES, Latorraca COC, et al. Photobiomodulation with low-level laser therapy for treating Achilles tendinopathy: a systematic review and meta-analysis. Clin Rehabil 2020;269216000000000. doi:10.1177/0269215520912820. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Mehdi Kasbparast JR, Kohandel M, Zarei PN. A comparison between conservative treatment and plyometric exercise in the rehabilitation of patients with patellar tendinopathy (jumper's knee)[abstract]. Br J Sports Med 2008;42: 525. Available: https://regroup-production.s3.amazonaws.com/documents/ReviewReference/195904157/%2310105%20-%20MehdiKasbparast%202008.pdf?AWSAccessKeyId=AKIAJBZQODCMKJA4H7DA&Expires=1622196787&Signature=UlCa2yN1CHugilKa7wIX4nVHn6M%3D [Accessed July 2020].
Wrong rank on HDI index	Mendonça LDM, Bittencourt NFN, Alves LEM, et al. Interventions used for Rehabilitation and Prevention of Patellar Tendinopathy in athletes: a survey of Brazilian Sports Physical Therapists. Braz J Phys Ther 2020;24: 46-53. doi:10.1016/j.bjpt.2018.12.001. [Accessed July 2020].
Wrong rank on HDI index	Morgan S, Janse Van Vuuren EC, Coetzee FF. Patellar Tendinopathy: an International E-Delphi Perspective. S Afr J Res Sport Ph 2018;40: 115-128. [Accessed July 2020].
Wrong rank on HDI index	Morgan S, Janse Van Vuuren EC, Coetzee FF. Patellar Tendinopathy: a Rehabilitation Intervention in Elite Rugby Union Players. S. Afr. J. Res. Sport Phys. Educ. Recreat.2018;40: 129-142. [Accessed July 2020].
Wrong rank on HDI index	Morgan S, Van Vuuren ECJ, Coetzee FF. Causative factors and rehabilitation of patellar tendinopathy: A systematic review. S Afr J Physiother 2016;72. doi:10.4102/sajp.v72i1.338. [Accessed July 2020].
Wrong rank on HDI index	Murtezani A, Pharm ZI, Vllasolli TO, et al. Exercise and therapeutic ultrasound compared with corticosteroid injection for chronic lateral epicondylitis: a randomized controlled trial. Ortop Traumatol Rehabil 2015;17: 351-357. doi:10.5604/15093492.1173377. [Accessed July 2020].
Wrong rank on HDI index	Nagrale AV, Herd CR, Ganvir S, et al. Cyriax physiotherapy versus phonophoresis with supervised exercise in subjects with lateral epicondylalgia: a randomized clinical trial. J Man Manip Ther 2009;17: 171-178. doi:10.1179/jmt.2009.17.3.171. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Nakra N, Quddus N, Khan SA, et al. Efficacy of proprioceptive neuromuscular facilitation on shoulder function in secondary shoulder impingement. Int J Ther Rehabil 2013;20: 450-458. doi:10.12968/ijtr.2013.20.9.450. [Accessed July 2020].
Wrong rank on HDI index	Nejati P, Ghahremaninia A, Naderi F, et al. Treatment of subacromial impingement syndrome: platelet-rich plasma or exercise therapy? A randomized controlled trial. Orthop J Sports Med 2017;5: 2325970000000000. doi:10.1177/2325967117702366. [Accessed July 2020].
Wrong rank on HDI index	Noorabadi N, Letafatkar A, Shojaedin S, et al. Comparative effectiveness of six weeks of eccentric exercise with or without taping technique on grip strength, extension strength of the wrist extensors and middle finger in female athletes with tennis elbow. Journal of Zanjan University of Medical Sciences and Health Services 2016;24: 16-27. Available: https://zums.ac.ir//journal/browse.php?a_id=3764&sid=1&slc_lang=en [Accessed July 2020].
Wrong rank on HDI index	Nuruzzaman KM, Mozaffar AS, Rahman KM, et al. Effect of stretching and strengthening exercise in the management of Lateral Epicondylitis. 2017. doi: 10.1111/1756-185X.13178. [Accessed July 2020].
Wrong rank on HDI index	Oliveira RR. The Effect of Exercise and Elastic taping on Knee Tendonitis [RBR-77g3mf]. Registro Brasilerio de Ensaios Clínicos 2017. Available: https://ensaiosclinicos.gov.br/rg/RBR-77g3mf [Accessed July 2020].
Wrong rank on HDI index	Otadi K, Hadian MR, Olyaei G, et al. The beneficial effects of adding low level laser to ultrasound and exercise in Iranian women with shoulder tendonitis: a randomized clinical trial. 2012;25. doi:10.3233/BMR-2012-0305. [Accessed July 2020].
Wrong rank on HDI index	Otadi K. Effects of combined physical therapy protocols on shoulder tendonitis [IRCT138712101719N1]. 2009. Available: https://en.irct.ir/trial/1205 [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Patel B, Bamrotia P, Kharod V, et al. Effects of Scapular Stabilization Exercises and Taping in Improving Shoulder Pain & Disability Index in Patients with Subacromial Impingement Syndrome due to Scapular Dyskinesis. Indian J Physiother Occup Ther 2013;7: 191-195. [Accessed July 2020].
Wrong rank on HDI index	Phadke V, Makhija M, Singh H. The use of evidence-based practices for the management of shoulder impingement syndrome among Indian physical therapists: a cross-sectional survey. Braz J Phys Ther 2015;19: 473-481. doi:10.1590/bjpt-rbf.2014.0115. [Accessed July 2020].
Wrong rank on HDI index	Pinitkwamdee S, Laohajaroensombat S, Orapin J, et al. Effectiveness of Extracorporeal Shockwave Therapy in the Treatment of Chronic Insertional Achilles Tendinopathy. Foot Ankle Int 2020;41: 403-410. doi: 10.1177/1071100719898461. [Accessed July 2020].
Wrong rank on HDI index	Raeissadat SA, Rayegani SM, Hassanabadi H, et al. Is platelet-rich plasma superior to whole blood in the management of chronic tennis elbow: one year randomized clinical trial. BMC Sports Sci Med Rehabil 2014;6. doi:10.1186/2052-1847-6-12. [Accessed July 2020].
Wrong rank on HDI index	Raeissadat SA, Sedighipour L, Rayegani SM, et al. Effect of platelet-rich plasma (PRP) versus autologous whole blood on pain and function improvement in tennis elbow: A randomized clinical trial. Pain Res Treat 2014;2014. doi:10.1155/2014/191525. [Accessed July 2020].
Wrong rank on HDI index	Ramírez-Ortiz J, Mendoza-Eufracio J, García-Viveros MR, et al. Cost-effectiveness of local steroid combined with therapeutic exercise in subacromial impingement syndrome. Rev Med Inst Mex Seguro Soc 2017;55: 608-614. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Rohit S. Shoulder function and scapular positioning pattern in patients with shoulder impingement syndrome before and after strengthening & flexibility exercises. Indian J Physiother Occup Ther 2010;4: 137-142. [Accessed July 2020].
Wrong rank on HDI index	Ronzio OA, da Silva Coldibeli E, Soares Fernandes MDR, et al. Effects of percutaneous microelectrolysis (MEP®) on pain, Rom and morning stiffness in patients with achilles tendinopathy. Eur J Physiother 2017;19:1 62-63. doi:10.1080/21679169.2017.1381321. [Accessed July 2020].
Wrong rank on HDI index	Sarkar B, Das PG, Equebal A, et al. Efficacy of low-energy extracorporeal shockwave therapy and a supervised clinical exercise protocol for the treatment of chronic lateral epicondylitis: A randomised controlled study. Hong Kong Physiother J 2013;31: 19-24. doi:10.1016/j.hkpj.2012.12.003. [Accessed July 2020].
Wrong rank on HDI index	Satpute KH, Bhandari P, Hall T. Efficacy of Hand Behind Back Mobilization With Movement for Acute Shoulder Pain and Movement Impairment: A Randomized Controlled Trial. J Manipulative Physiol Ther 2015;38: 324-334. doi:10.1016/j.jmpt.2015.04.003. [Accessed July 2020].
Wrong rank on HDI index	Schwabe K, Villiers RD, Collins M, et al. Achilles tendon blood flow changes in response to acute exercise. Int. SportMed J. 2007;8: 33. [Accessed July 2020].
Wrong rank on HDI index	Silva RMV, Souza Costa L, Silva Coldibel E, et al. Effects of Microelectrólisis Percutaneous® on pain and functionality in patients with calcaneal tendinopathy. Man. Ther., Posturology Rehabil. J.2014;12: 185-190. doi:10.17784/mtprehabjournal.2014.12.188. [Accessed July 2020].
Wrong rank on HDI index	Silva RS. Effects of an Intervention involving exercises for the entire lower limb in athletes with knee pain caused by Patellar Tendinopathy [RBR-74nhx9]. Registro Brasilerio de Ensaios Clínicos 2019. Available: https://ensaiosclinicos.gov.br/rg/RBR-74nhx9 [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Su X, Li Z, Liu Z, et al. Effects of high-and low-energy radial shock waves therapy combined with physiotherapy in the treatment of rotator cuff tendinopathy: a retrospective study. Disabil Rehabil 2018;40: 2488-2494. doi:10.1080/09638288.2017.1336650. [Accessed July 2020].
Wrong rank on HDI index	Suganya S. A Comparative study to Prove the Effectiveness of Tyler Twist Exercise with Diamond Taping to Improve Wrist Extensor Muscle Strength and Decrease Pain in Lateral Epicondylitis [dissertation thesis]. 2016. Available: https://regroup-production.s3.amazonaws.com/documents/ReviewReference/186385706/%23485%20-%20Suganya%202016.pdf?AWSAccessKeyId=AKIAJBZQODCMKJA4H7DA&Expires=1622469927&Signature=5u7r30Bsc1phqa5VCQZPUPiZd%2FM%3D [Accessed July 2020].
Wrong rank on HDI index	Suganya T. A Study to Compare the Effectiveness of Plyometrics Versus Strengthening Exercise in Patients with Achilles Tendinitis [dissertation thesis]. 2015. Available: https://regroup-production.s3.amazonaws.com/documents/ReviewReference/186385722/%23501%20-%20Suganya%202015.pdf?AWSAccessKeyId=AKIAJBZQODCMKJA4H7DA&Expires=1622469718&Signature=%2FI%2BM7QpryN6cX7UzOzl1O4%2FumAs%3D [Accessed July 2020].
Wrong rank on HDI index	Tharani G, Rajalaxmi V, Yuvarani G, et al. Effectiveness of eccentric exercises on selfie elbow. Indian J Public Health Res Dev 2020;11: 683-687. doi: 10.37506/v11/i1/2020/ijphrd/193903. [Accessed July 2020].
Wrong rank on HDI index	Tiwari M. Effectiveness of Flex Bar Eccentric Exercises Versus Progressive Resistance Exercises of Wrist on Pain, Pain Free Grip Strength and Functional Activities in Sub Acute Tennis Elbow. Indian J Physiother Occup Ther 2018;12: 28-32. doi:10.5958/0973-5674.2018.00051.5. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Vahdatpour B, Forouzan H, Momeni F, et al. Effectiveness of extracorporeal shockwave therapy for chronic Achilles tendinopathy: a randomized clinical trial. J Res Med Sci. 2018;23: 1-6. doi:10.4103/jrms.JRMS_413_16. Available: https://www.jmsjournal.net/text.asp?2018/23/1/37/231326 [Accessed July 2020].
Wrong rank on HDI index	Viswas R, Ramachandran R, Korde A, et al. Comparison of effectiveness of supervised exercise program and Cyriax physiotherapy in patients with tennis elbow (lateral epicondylitis): a randomized clinical trial. Sci. World J. 2012;2012. doi:10.1100/2012/939645. Available: https://pubmed.ncbi.nlm.nih.gov/22629225/ [Accessed July 2020].
Wrong rank on HDI index	Wang Y, Han C, Hao J, et al. Efficacy of platelet-rich plasma injections for treating Achilles tendonitis : Systematic review of high-quality randomized controlled trials. Orthopade 2019;48: 784-791. doi:10.1007/s00132-019-03711-y. [Accessed July 2020].
Wrong rank on HDI index	Waseem M, Nuhmani S, Ram CS, et al. Lateral epicondylitis: A review of the literature. J Back Musculoskelet Rehabil 2012;25: 131-42. [Accessed July 2020].
Wrong rank on HDI index	Wei M, Liu Y, Li Z, et al. Comparison of Clinical Efficacy Among Endoscopy-Assisted Radio-Frequency Ablation, Extracorporeal Shockwaves, and Eccentric Exercises in Treatment of Insertional Achilles Tendinosis. J Am Podiatr Med Assoc 2017;107: 11-16. doi:10.7547/14-146. [Accessed July 2020].
Wrong rank on HDI index	Zhang BM, Zhong LW, Xu SW, et al. Acupuncture for chronic Achilles tendnopathy: a randomized controlled study. Chin J Integr Med 2013;19: 900-904. doi:10.1007/s11655-012-1218-4. [Accessed July 2020].
Wrong rank on HDI index	Zhang YJ, Xu SZ, Gu PC, et al. Is Platelet-rich Plasma Injection Effective for Chronic Achilles Tendinopathy? A Meta-analysis. Clin Orthop Relat Res 2018;476: 1633-1641. doi:10.1007/s11999.0000000000000258. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong rank on HDI index	Zhao R, Liu K, Li P. (Clinical observation of moxibustion plus exercise prescription for patella tendinopathy of athlete) [Chinese - simplified characters]. Zhongguo Zhen Jiu2016;36: 927-930. [Accessed July 2020].
Wrong study design	Abat F, Alfredson H, Cucchiarini M, et al. Current trends in tendinopathy: consensus of the ESSKA basic science committee. Part I: biology, biomechanics, anatomy and an exercise-based approach. J Exp Orthop 2017;4: 18. doi:10.1186/s40634-017-0092-6. [Accessed July 2020].
Wrong study design	Abate M, Salini V. Mid-portion Achilles tendinopathy in runners with metabolic disorders. Eur J Orthop Surg Traumatol] 2019;29: 697-703. doi: 10.1007/s00590-018-2336-2. [Accessed July 2020].
Wrong study design	Acharya N, Chan R, Crisp T, et al. Achilles tendinopathy part 2 - Management of Achilles tendinopathy. Sportex Medicine 2010;46. Available: https://www.sportex.net/sportex-medicine-z-23.html?ref=Home_main#.XwbZI0dKg2w [Accessed July 2020].
Wrong study design	Ackermann PW, Phisitkul P, Pearce CJ. Treatment of Achilles tendinopathy: State of the art. J ISAKOS 2018;3: 367-376. doi:http://dx.doi.org/10.1136/jisakos-2018-000202. [Accessed July 2020].
Wrong study design	Ackermann PW, Renström P. Tendinopathy in sport. Sports health 2012;4: 193-201. doi:10.1177/1941738112440957. [Accessed July 2020].
Wrong study design	Adolfsson L. Is surgery for the subacromial pain syndrome ever indicated?. Acta Orthop 2015;86: 639-640. doi: 10.3109/17453674.2015.1099597. [Accessed July 2020].
Wrong study design	Ahmad Z, Siddiqui N, Malik SS, et al. Lateral epicondylitis: A review of pathology and management. Bone Joint J 2013;95: 1158-1164. doi: 10.1302/0301-620X.95B9.29285. [Accessed July 2020].
Wrong study design	Ahmed I, Williams M, Murray J. Investigation and management of an isolated complete distal avulsion of semitendinosus. BMJ Case Rep 2018;2018: e1-e4. doi: 10.1136/bcr-2017-222239. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Aitken-Meehan K, Osborne HR. Trochanteric pain in a 43 year old female. New Zealand Journal of Sports Med. 2010;37: 46-47. [Accessed July 2020].
Wrong study design	Albisetti W, Ometti M, Pascale V, et al. Clinical evaluation and treatment of posterior impingement in dancers. Am J Phys Med Rehabil 2009;88: 349-354. doi:10.1097/PHM.0b013e31817fa31d. [Accessed July 2020].
Wrong study design	Alfredson H, Cook J. A treatment algorithm for managing Achilles tendinopathy: new treatment options. Br J Sports Med 2007;41: 211-216. doi:10.1136/bjsm.2007.035543. [Accessed July 2020].
Wrong study design	Alfredson H, Lorentzon R. Chronic Achilles tendinosis. Crit Rev Phys Rehabil Med 2000;12: 103-117. [Accessed July 2020].
Wrong study design	Alfredson H, Lorentzon R. Chronic Achilles tendinosis: recommendations for treatment and prevention. Sports Med 2000;29: 135-146. doi:10.2165/00007256-200029020-00005. [Accessed July 2020].
Wrong study design	Alfredson H. Can specific treatment prevent progressive tendon degeneration?. Br J Sports Med 2011;45: 334. [Accessed July 2020].
Wrong study design	Alfredson H. Clinical commentary of the evolution of the treatment for chronic painful mid-portion Achilles tendinopathy. Braz J Phys Ther 2015;19: 429-432. doi:10.1590/bjpt-rbf.2014.0117. [Accessed July 2020].
Wrong study design	Alfredson H. Conservative management of achilles tendinopathy: New ideas. Foot Ankle Clin 2005;10: 321-329. doi: 10.1016/j.fcl.2005.01.002. [Accessed July 2020].
Wrong study design	Allison GT, Purdam C. Eccentric loading for Achilles tendinopathy--strengthening or stretching?. Br J Sports Med 2009;43: 276-279. doi:10.1136/bjsm.2008.053546. [Accessed July 2020].
Wrong study design	Almekinders LC, Temple JD. Etiology, diagnosis, and treatment of tendonitis: an analysis of the literature. Med Sci Sports Exerc 1998;30: 1183-1190. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Altintas B, Greiner S. [Lateral epicondylitis: conservative - operative]. Orthopade 2016;45: 870-877. doi:10.1007/s00132-016-3327-9. [Accessed July 2020].
Wrong study design	Alzahrani MM, Aldebeyan S, Abduljabbar F, et al. Hamstring injuries in athletes: Diagnosis and treatment. JBJS Rev 2015;3: e5. doi: 10.2106/JBJS.RVW.N.00108. [Accessed July 2020].
Wrong study design	Ammer K. Manual therapy in the region of the foot. A narrative review. Manuelle Medizin 2008;46: 205-12. [Accessed July 2020].
Wrong study design	Anderson MA, Miles CM. Left lower leg lag after a layup [abstract]. Clin J Sport Med 2018;28:2 e24-e25. doi: 10.1097/JSM.0000000000000592. [Accessed July 2020].
Wrong study design	Anderson SJ. Sports injuries. Curr Probl Pediatr Adolesc Health Care 2005;35: 110-164. doi: 10.1016/j.cppeds.2004.12.009. [Accessed July 2020].
Wrong study design	Andres BM, Murrell GA. Treatment of tendinopathy: what works, what does not, and what is on the horizon. Clin Orthop Relat Res 2008;466: 1539-1554. doi:10.1007/s11999-008-0260-1. [Accessed July 2020].
Wrong study design	Andres BM, Murrell GAC. Treatment of tendinopathy: what works, what does not, and what is on the horizon. Clin Orthop Relat Res 2008;466: 1539-1554. doi:10.1007/s11999-008-0260-1. [Accessed July 2020].
Wrong study design	Anloague PA, Strack DS. Considerations in the Diagnosis and Accelerated Return to Sport of a Professional Basketball Player With a Triceps Surae Injury: A Case Report. J Orthop Sports Phys Ther 2018;48: 388-397. doi:10.2519/jospt.2018.7192. [Accessed July 2020].
Wrong study design	Apostolos S. Treatment of tendinopathy: Low-level laser, plyometric exercise or a combination of both?. Biol. Exerc. 2014;10: 05-11. doi:doi.org/10.4127/jbe.2014.0069. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Arias-Buría JL, Cleland JA, El Bachiri YR, et al. Ultrasound-Guided Percutaneous Electrical Nerve Stimulation of the Radial Nerve for a Patient With Lateral Elbow Pain: A Case Report With a 2-Year Follow-up. J Orthop Sports Phys Ther 2019;49: 347-354. doi:10.2519/jospt.2019.8570. [Accessed July 2020].
Wrong study design	Arnold MJ, Moody AL. Common Running Injuries: Evaluation and Management. Am Fam Physician 2018;97: 510-516. [Accessed July 2020].
Wrong study design	Aronen J. Serving up some help to treat tennis elbow. Handball 2013;63: 60-61. [Accessed July 2020].
Wrong study design	Ashton S. Painful rehabilitation exercises for rotator cuff tendinopathy: a systematic narrative review of pain monitoring parameters and associated outcomes. 2018. doi: 10.1016/j.jsams.2018.09.181. [Accessed July 2020].
Wrong study design	Assendelft W, Green S, Buchbinder R, et al. Tennis elbow. BMJ (Clinical research ed.) 2003;327: 329. doi: 10.1136/bmj.327.7410.329. [Accessed July 2020].
Wrong study design	Assendelft W, Green S, Buchbinder R. Extracts from concise clinical evidence: Tennis elbow. British medical journal 2003;327: 329-330. [Accessed July 2020].
Wrong study design	Ault JL. Subacromial Impingement Syndrome. J Man Manip Ther 1999;7: 56-63. doi: 10.1179/106698199790811726. [Accessed July 2020].
Wrong study design	Austermuehle PD. Common knee injuries in primary care. Nurse Pract 2001;26: 26-47. doi:10.1097/00006205-200110000-00005. [Accessed July 2020].
Wrong study design	Author unknown. Help for your hands. Harvard women's health watch 2016;23: 4-5. [Accessed July 2020].
Wrong study design	Author unknown. 1st on the web Combination treatment with PRP improves chronic tendinopathy pain. Orthopedics Today 2012;32: 14. [Accessed July 2020].
Wrong study design	Author unknown. Achilles Tendinopathy Injuries in Runners. Co-Kinetic Journal 2018;48. [Accessed July 2020].
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Exclusion reason	Full reference
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Wrong study design	Author unknown. Heel pain and Achilles tendonitis - aftercare. National Library of Medicine. [Accessed July 2020].
Wrong study design	Author unknown. Management of chronic Achilles tendinopathy. Drug Ther Bull 2012;50: 93-96. doi:10.1136/dtb.2012.08.0124. [Accessed July 2020].
Wrong study design	Author unknown. Painful Shoulder: Exercise Can Reduce Pain and Improve Mobility and Function. J Orthop Sports Phys Ther 2020;50: 142. doi:10.2519/jospt.2020.0501. [Accessed July 2020].
Wrong study design	Author unknown. Shoulder pain? Here's what you can do to treat it and prevent it. Harvard women's Health Watch 2015;22: 5. Available: https://www.health.harvard.edu/pain/shoulder-pain-heres-what-you-can-do-to-treat-it-and-prevent-it#:~:text=Treating%20shoulder%20pain&text=Apply%20ice%20packs%20every%20few,if%20your%20doctor%20recommends%20them. [Accessed July 2020].
Wrong study design	Author unknown. Study: Resistance as Effective as Eccentric Training for Achilles Tendinopathy. PT in Motion 2015;7: 51. [Accessed July 2020].
Wrong study design	Author unknown. The Role of Eccentric Exercise in Treating Tendinosis. AMAA Journal 2008;21: 8-10. [Accessed July 2020].
Wrong study design	Author unknown. Understanding Tendon Injury. Running & FitNews 2005;23: 1. [Accessed July 2020].
Wrong study design	Author unknown. What to do about rotator cuff tendinitis. The best way to treat the most common cause of should pain is with simple home therapies. Harvard women's health watch 2007;14: 4-5. [Accessed July 2020].
Wrong study design	Author unknown. What's in store. Phys. Ther. Sport. 1999;11-15. [Accessed July 2020].
Wrong study design	Baar K. Stress Relaxation and Targeted Nutrition to Treat Patellar Tendinopathy. Int. J. Sport. Nutr. Exerc. Metab. 2019;29: 453–457. doi:10.1123/ijsnem.2018-0231. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Babić-Naglić D. [Tendinopathy]. Reumatizam 2013;60: 55-59. [Accessed July 2020].
Wrong study design	Badia A, Stennett C. Sports-related Injuries of the Elbow. J Hand Ther 2006;19: 206-227. doi: 10.1197/j.jht.2006.02.006. [Accessed July 2020].
Wrong study design	Baeza EV, Alonso JJR, Fuentes AT. Diagnosis and treatment of epicondylitis in primary care. FMC 2008;15: 314-321. doi:10.1016/S1134-2072%2808%2970822-3. [Accessed July 2020].
Wrong study design	Bagayoko ND, Brockmeier SF. Current controversies in the management of lateral epicondylitis. Curr Orthop Pract 2012;23: 480-485. doi: 10.1097/BCO.0b013e31825aa6e3. [Accessed July 2020].
Wrong study design	Bain GI, Johnson LJ, Turner PC. Treatment of partial distal biceps tendon tears. Sports Med Arthrosc Rev 2008;16: 154-161. doi:10.1097/JSA.0b013e318183eb60. [Accessed July 2020].
Wrong study design	Bains BS, Porter K. Lower limb tendinopathy in athletes. Trauma 2006;8: 213-224. doi: 10.1177/1460408606078110. [Accessed July 2020].
Wrong study design	Baker RT, Van Riper M, Nasypany AM, et al. Evaluation and Treatment of Apparent Reactive Tendinopathy of the Biceps Brachii. Int J Athl Ther Train 2014;19: 14-21. [Accessed July 2020].
Wrong study design	Balado Iglesias E, Rodríguez-Fuentes G. Physiotherapy treatment for chronic Achilles tendinopathy. A bibliographic review. Fisioterapia 2012;34: 257-266. doi:10.1016/j.ft.2012.03.009. [Accessed July 2020].
Wrong study design	Bales J, Bales K. Swimming overuse injuries associated with triathlon training. Sports Med Arthrosc Rev 2012;20: 196-199. doi:10.1097/JSA.0b013e318261093b. [Accessed July 2020].
Wrong study design	Ball D, Herrington L. Training and overload: adaptation and failure in the musculoskeletal system. J Bodyw Mov Ther. 1998;2: 161-167. [Accessed July 2020].
Wrong study design	Barr KP, et al. Review of Upper and Lower Extremity Musculoskeletal Pain Problems. Phys Med Rehabil Clin N

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Exclusion reason	Full reference
	Am 2007;18: 747-760. doi: 10.1016/j.pmr.2007.07.009. [Accessed July 2020].
Wrong study design	Barr KP, Harrast MA. Evidence-based treatment of hip and pelvic injuries in runners. Phys Med Rehabil Clin N Am 2005;16: 779-799. doi:10.1016/j.pmr.2005.02.001. [Accessed July 2020].
Wrong study design	Barr KP. Rotator cuff disease. Phys Med Rehabil Clin N Am 2004;15: 475-91. doi:10.1016/j.pmr.2004.03.002. [Accessed July 2020].
Wrong study design	Barthélémy Y, Kaux JF, Ferret JM. Isohinetic and high performance sport: application sport traumatology. Mov. Sports Sci. 2014;85: 77-91. [Accessed July 2020].
Wrong study design	Baumbach SF, Braunstein M, Mack MG, et al. [Insertional Achilles tendinopathy : Differentiated diagnostics and therapy]. Unfallchirurg 2017;120: 1044-1053. doi:10.1007/s00113-017-0415-1. [Accessed July 2020].
Wrong study design	Beazley JC, Lawrence TM, Drew SJ, et al. Distal Biceps and Triceps Injuries. Open Orthop J 2017;11: 1364-1372. doi:10.2174/1874325001711011364. [Accessed July 2020].
Wrong study design	Beirer M, Imhoff AB, Braun S. Impingement syndromes of the shoulder. Orthopade 2017;46: 373-386. doi: 10.1007/s00132-017-3402-x. [Accessed July 2020].
Wrong study design	Beitzel K, Reuter S, Imhoff AB, et al. Die Sportlerschulter: Der 5-Punkte-Check zum Therapieerfolg. / Athlete's Shoulder: 5 Keys for Successful Treatment. Dtsch Z Sportmed 2016;67: 103-110. doi:10.5960/dzsm.2016.226. [Accessed July 2020].
Wrong study design	Benjamin B. Essential principles. Shoulder series #1: infraspinatus tendinitis. Massage & Bodywork 2004;19: 100-109. [Accessed July 2020].
Wrong study design	Benjamin B. Essential principles. Shoulder series #2: supraspinatus tendinitis. Massage & Bodywork 2004;19: 104-110. [Accessed July 2020].
Wrong study design	Benjamin B. Essential principles. Shoulder series #3: subscapularis tendinitis. Massage & Bodywork 2004;19: 98-106. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Benjamin BE. Essential principles. Some essential principles of orthopedic massage and their application to patella tendon injury. Massage & Bodywork 2004;19: 98-109. [Accessed July 2020].
Wrong study design	Benjamin BE. Essential skills. ACHILLES TENDON INJURIES. Massage & Bodywork 2011;26: 96-101. [Accessed July 2020].
Wrong study design	Benjamin BE. Essential skills. FIBULARIS MUSCLE AND TENDON INJURIES. Massage & Bodywork 2010;25: 90-95. [Accessed July 2020].
Wrong study design	Benjamin M. Tendons are dynamic structures that respond to changes in exercise levels. Scand J Med Sci Sports 2002;12: 63-64. [Accessed July 2020].
Wrong study design	Bernstein J, Wolf JM. Autologous blood and platelet-rich plasma injections for enthesopathy of the extensor carpi radialis brevis origin. J Hand Surg 2013;38: 992-994. doi: 10.1016/j.jhsa.2013.01.001. [Accessed July 2020].
Wrong study design	Bharr JB, Glaser R, Chavez A, et al. Middle and Lower Trapezius Strengthening for the Management of Lateral Epicondylalgia: A Case Report. J Orthop Sports Phys Ther 2013;43: 841-847. doi:10.2519/jospt.2013.4659. [Accessed July 2020].
Wrong study design	Bhatt JB, Glaser R, Chavez A, et al. Middle and Lower Trapezius Strengthening for the Management of Lateral Epicondylalgia: A Case Report. J Orthop Sports Phys Ther 2013;43: 841-847. doi:10.2519/jospt.2013.4659. [Accessed July 2020].
Wrong study design	Binkley H, Schroyer T. Aquatic therapy in the treatment of upper extremity injuries. Athl Ther Today 2002;7: 49-54. doi:10.1123/att.7.1.49. [Accessed July 2020].
Wrong study design	Bisset L, Coombes B, Vicenzino B, et al. Tennis elbow. Clinical evidence 2011;2011. [Accessed July 2020].
Wrong study design	Bisset L, Hing W, Vicenzino B. The efficacy of mobilisations with movement treatment on musculoskeletal pain: A systematic review and meta-analysis. 2011. doi: 10.1016/j.physio.2011.04.002. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Bjordal JM. Review conclusion for low-level laser therapy in shoulder impingement syndrome appears to be sensitive to alternative interpretations of trial results. J Rehabil Med 2010;42: 700-2. [Accessed July 2020].
Wrong study design	Blanch P. Conservative management of shoulder pain in swimming. Phys Ther Sport 2004;5: 109-124. doi: 10.1016/j.ptsp.2004.05.002. [Accessed July 2020].
Wrong study design	Bleichert S, Renaud G, MacDermid J, et al. Rehabilitation of symptomatic atraumatic degenerative rotator cuff tears: A clinical commentary on assessment and management. J Hand Ther 2017;30: 125-135. doi:10.1016/j.jht.2017.05.006. [Accessed July 2020].
Wrong study design	Bodill C, Concannon M. Treatments for posterior tibial tendon dysfunction. Pract. Nurs. 2012;23: 389-394. [Accessed July 2020].
Wrong study design	Bogaerts S. Is There a Mechanistic Reason for the Response or Non-response to Isometric Exercise in Tendinopathy?. ClinicalTrials.gov 2019. [Accessed July 2020].
Wrong study design	Bohmer AS, Staff PH, Ivar Brox J. Supervised exercises in relation to rotator cuff disease (impingement syndrome stages II and III): a treatment regimen and its rationale. Physiother Theory Pract 1998;14: 93-105. [Accessed July 2020].
Wrong study design	Bohnsack, M, Borner C, Ruhmann O, et al. Patellofemoral pain syndrome. Orthopade 2005;34: 668-676. doi: 10.1007/s00132-005-0818-5. [Accessed July 2020].
Wrong study design	Boisaubert B, Brousse C, Zaoui A, et al. [Nonsurgical treatment of tennis elbow]. Ann Med Phys (Lille) 2004;47: 346-355. [Accessed July 2020].
Wrong study design	Botnmark I. Middle and lower trapezius strengthening for the management of lateral epicondylalgia: a case report. N Z J Physiother 2015;43: 32. doi:10.15619/NZJP/43.1.06. [Accessed July 2020].

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Wrong study design	Bouvard M, Dorochenko P, Lanusse P, et al. Therapeutic strategy for pubalgia in athletes: Review of the literature and proposed rehabilitation protocol. J. de Traumatol. du Sport 2004;21: 146-163. [Accessed July 2020].
Wrong study design	Brennan D, Allen TW, Sanders K. What is the efficacy of eccentric exercises for the treatment of patellar tendonitis?. BMJ Evid Based Med 2017;20: E6-E7. [Accessed July 2020].
Wrong study design	Breuker G, Boucher B, Kroon P, et al. On "Supervised exercises compared with radial extracorporeal shock-wave therapy". Phys Ther 2011;91: 826-827. doi:10.2522/ptj.2011.91.5.826.1. [Accessed July 2020].
Wrong study design	Briones-Areán Y, Soto-González M. Effectiveness of physiotherapy in shoulder impingement syndrome. Fisioterapia 2014;36: 187-196. doi:10.1016/j.ft.2013.07.004. [Accessed July 2020].
Wrong study design	Brockenbrough G, Owens C, Weatherall JM. Study backs conservative care, accelerated rehabilitation for achilles tendon rupture. Orthopedics Today 2011;31: 26-27. [Accessed July 2020].
Wrong study design	Brody LT. Effective therapeutic exercise prescription: the right exercise at the right dose. J Hand Ther 2012;25: 220-232. doi:10.1016/j.jht.2011.09.009. [Accessed July 2020].
Wrong study design	Brox JI. Shoulder pain. Best Pract Res Clin Rheumatol 2003;17: 33-56. doi: 10.1016/S1521-6942%2802%2900101-8. [Accessed July 2020].
Wrong study design	Brumitt J, Cuddeford T. Current Concepts of Muscle and Tendon Adaptation to Strength and Conditioning. Int J Sports Phys Ther 2015;10: 748-759. [Accessed July 2020].
Wrong study design	Bryan WJ, Labossiere D, Coleman E, et al. Baseball shoulder and elbow injury rehabilitation of varsity, high school, intercollegiate, and professional baseball players. Sports Med Arthrosc Rev 2001;9: 154-164. [Accessed July 2020].
Wrong study design	Buchanan BK, Varacallo M. Tennis Elbow (Lateral Epicondylitis). StatPearls 2019. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Buchbinder R, Green S, Struijs P. Tennis elbow. Am Fam Physician 2007;75: 701-702. [Accessed July 2020].
Wrong study design	Buchbinder R, Green SE & Struijs P. Tennis elbow. BMJ clinical evidence 2008;2008. [Accessed July 2020].
Wrong study design	Buchbinder R, Richards BL. Is lateral epicondylitis a new indication for botulinum toxin?. CMAJ 2010;182: 749-750. doi: 10.1503/cmaj.100358. [Accessed July 2020].
Wrong study design	Bumbaširevic M, Lešic A, Bumbaširevic V. Anterior knee pain. Orthopaedics and Trauma 2010;24: 53-62. doi: 10.1016/j.mporth.2009.06.005. [Accessed July 2020].
Wrong study design	Butterwick DJ, Mohtadi NG, Meeuwisse WH, et al. Rupture of latissimus dorsi in an athlete. Clin J Sport Med 2003;13: 189-191. [Accessed July 2020].
Wrong study design	Bylund WE, Weber K. Semimembranosus tendinopathy: one cause of chronic posteromedial knee pain. Sports Health 2010;2: 380-384. doi:10.1177/1941738109357302. [Accessed July 2020].
Wrong study design	Byrd JWT. Femoroacetabular impingement in athletes: current concepts. Am J Sports Med 2014;42: 737-751. doi:10.1177/0363546513499136. [Accessed July 2020].
Wrong study design	Byrd JWT. Snapping hip. Oper Tech Sport Med 2005;13: 46-54. doi: 10.1053/j.otsm.2004.09.003. [Accessed July 2020].
Wrong study design	Cacolice PA, Scibek JS, Martin RL. Diathermy: A literature review of current research and practices. Orthop Phys Ther Pract 2013;25: 155-61. [Accessed July 2020].
Wrong study design	Cain EL, Dugas JR, Wolf RS, et al. Elbow injuries in throwing athletes: A current concepts review. Am J Sports Med 2003;31: 621-635. doi: 10.1177/03635465030310042601. [Accessed July 2020].
Wrong study design	Camargo PR, Alburquerque-Sendín F, Tania FS. Eccentric training as a new approach for rotator cuff tendinopathy: Review and perspectives. World J Orthop 2014;5: 634. doi:10.5312/wjo.v5.i5.634. [Accessed July 2020].
Wrong study design	Canbora, K Ozyurek S, Gumussuyu G, et al. Triceps tendon avulsion and associated injuries of the elbow. BMJ

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Exclusion reason	Full reference
	Case Rep 2013. doi: 10.1136/bcr-2013-009460. [Accessed July 2020].
Wrong study design	Cantin D, Marks R. Corticosteroid injections and the treatment of Achilles tendonitis: a narrative review. Res Sports Med 2003;11: 79-97. doi: 10.1080/0308355. [Accessed July 2020].
Wrong study design	Carcia CR, Martin RL, Houck J, et al. Achilles pain, stiffness, and muscle power deficits: achilles tendinitis. J Orthop Sports Phys Ther 2010;40: 1. doi:10.2519/jospt.2010.0305. [Accessed July 2020].
Wrong study design	Carcia CR, Martin RL, Houck J, et al. CLINICAL GUIDELINES. Achilles Pain, Stiffness, and Muscle Power Deficits: Achilles Tendinitis. J Orthop Sports Phys Ther 2010;40: A1-A26. doi:10.2519/jospt.2010.0305. [Accessed July 2020].
Wrong study design	Cardoso TB, Pizzari T, Kinsella R, et al. Current trends in tendinopathy management. Best Pract Res Clin Rheumatol 2019. doi:10.1016/j.berh.2019.02.001. [Accessed July 2020].
Wrong study design	Carek SM, Carek PJ. Consider these exercises for chronic musculoskeletal conditions. J Fam Pract 2018;67: 534-543. [Accessed July 2020].
Wrong study design	Carmont MR, Highland AM, Blundell CM, et al. Simultaneous bilateral Achilles tendon ruptures associated with statin medication despite regular rock climbing exercise. Phys. Ther. Sport. 2009;10: 150-152. doi:10.1016/j.ptsp.2009.01.003. [Accessed July 2020].
Wrong study design	Carr A. Combined treatment with corticosteroid injection plus exercise and manual therapy was similar to exercise and manual therapy alone for shoulder pain at 12 weeks: Commentary. J Bone Joint Surg 2011;93: 971. doi: 10.2106/JBJS.9310ebo496. [Accessed July 2020].
Wrong study design	Casonato O, Musarra F, Frosi G, et al. The role of therapeutic exercise in the conflicting and unstable shoulder. Physical Therapy Reviews 2003;8: 69-84. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Castelein B, Cagnie B, Cools A. Scapular muscle dysfunction associated with subacromial pain syndrome. J Hand Ther 2017;30: 136-146. doi:10.1016/j.jht.2017.03.006. [Accessed July 2020].
Wrong study design	Catalano LW, Barron OA, Glickel SZ, et al. Etiology, Evaluation, and Management Options for the Stiff Digit. Am Acad Orthop Surg 2019;27: e676-e684. doi:10.5435/JAAOS-D-18-00310. [Accessed July 2020].
Wrong study design	Chad A, Thomas M. Achilles tendon disorders. BMJ 2013;346. doi: 10.1136/bmj.f1262. [Accessed July 2020].
Wrong study design	Chang HJ, Burke AE, Glass RM. Achilles tendinopathy. JAMA 2010;303: 188. doi:10.1001/jama.303.2.188. [Accessed July 2020].
Wrong study design	Chazan IM. Achilles tendinitis part I: Anatomy, histology, classification, etiology, and pathomechanics. J Man Manip Ther 1998;6: 63-69. doi: 10.1179/jmt.1998.6.2.63. [Accessed July 2020].
Wrong study design	Cheimonidou AZ, Stasinopoulos D, Papathanasiou G, et al. THE EFFECTIVENESS OF SCAPULO-FOCUSED KINESIOTHERAPY TREATMENT IN PATIENTS WITH SHOULDER IMPINGEMENT SYNDROME AND ROTATOR CUFF TENDINOPATHY: A SYSTEMATIC REVIEW. [Accessed July 2020].
Wrong study design	Chen B, Mok D, Lee WC, et al. High-intensity stepwise conditioning programme for improved exercise responses and agility performance of a badminton player with knee pain. Phys Ther Sport 2015;16: 80-5. doi:10.1016/j.ptsp.2014.06.005. [Accessed July 2020].
Wrong study design	Chessin M. Achilles Tendinosis Stopping the Progression to Disability. J Dance Med Sci 2012;16: 109-115. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Chiavaras MM, Jacobson JA, Carlos R, et al. IMpact of Platelet Rich Plasma OVer Alternative Therapies in Patients with Lateral Epicondylitis (IMPROVE): Protocol for a Multicenter Randomized Controlled Study: A Multicenter, Randomized Trial Comparing Autologous Platelet-Rich Plasma, Autologous Whole Blood, Dry Needle Tendon Fenestration, and Physical Therapy Exercises Alone on Pain and Quality of Life in Patients with Lateral Epicondylitis. Acad Radiol 2014;21: 1144-1155. doi:10.1016/j.acra.2014.05.003. [Accessed July 2020].
Wrong study design	Childress MA, Beutler A. Management of chronic tendon injuries. Am Fam Physician 2013;87: 486-490. [Accessed July 2020].
Wrong study design	Chimenti RL, Cychosz CC, Hall MM, et al. Current Concepts Review Update: Insertional Achilles Tendinopathy. Foot Ankle Int 2017;38: 1160-1169. doi:10.1177/1071100717723127. [Accessed July 2020].
Wrong study design	Chmielewski TL, Myer GD, Kauffman D, et al. Plyometric exercise in the rehabilitation of athletes: physiological responses and clinical application. J Orthop Sports Phys Ther 2006;36: 308-319. [Accessed July 2020].
Wrong study design	Christensen KD. Achilles tendon rehab procedures. Am chiropr 2004;26: 50-1. [Accessed July 2020].
Wrong study design	Christenson RE. Effectiveness of specific soft tissue mobilizations for the management of Achilles tendinosis: Single case study Experimental design. Man Ther 2007;12: 63-71. doi:10.1016/j.math.2006.02.012. [Accessed July 2020].
Wrong study design	Christian RA, Rossy WH, Sherman OH. Patellar Tendinopathy. Bull Hosp Joint Dis 2014;72: 217-224. [Accessed July 2020].
Wrong study design	Christian RA, Rossy WH, Sherman OH. Patellar tendinopathy: recent developments toward treatment. Bull NUY Hosp Jt Dis 2014;72: 217. [Accessed July 2020].
Wrong study design	Christoforetti JJ, Carroll RM. The thrower's shoulder. Curr Opin Orthop 2005;16: 246-251. doi: 10.1097/01.bco.0000169386.23493.17. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Chu SK, Rho ME. Hamstring Injuries in the Athlete: Diagnosis, Treatment, and Return to Play. Curr Sports Med Rep 2016;15: 184-190. doi:10.1249/JSR.0000000000000264. [Accessed July 2020].
Wrong study design	Chui KK, Yen SC, Wormley ME, et al. Shoulder manual therapy for aging and older adults - Part 1: Subacromial impingement syndrome. Top Geriatr Rehabil 2015;31: 217-224. doi:10.1097/TGR.0000000000000068. [Accessed July 2020].
Wrong study design	Chung SCY. An overview and approach to shoulder pain. Hong Kong Pract. 2019;41: 50-56. [Accessed July 2020].
Wrong study design	Churgay CA. Diagnosis and treatment of biceps tendinitis and tendinosis. Am Fam Physician 2009;80: 470-476. [Accessed July 2020].
Wrong study design	Cicak N, Klobucari H, Maric, D. Overuse injuries of the shoulder. 2001. [Accessed July 2020].
Wrong study design	Clausen MB, Bandholm T, Rathleff SM, et al. The Strengthening Exercises in Shoulder Impingement trial (The SExSI-trial) investigating the effectiveness of a simple add-on shoulder strengthening exercise programme in patients with long-lasting subacromial impingement syndrome: Study protocol for a pragmatic, assessor blinded, parallel-group, randomised, controlled trial. Trials 2018;19: 154. doi:10.1186/s13063-018-2509-7. [Accessed July 2020].
Wrong study design	Clayton P. Tendinopathy Loading Programmes. SportEX Medicine 2015;28-32. [Accessed July 2020].
Wrong study design	Cohen RB, Williams GR. Impingement syndrome and rotator cuff disease as repetitive motion disorders. Clin Orthop Relat Res 1998. [Accessed July 2020].
Wrong study design	Conaghan PG. Steroid injection and regular shoulder-specific exercises reduce the need for surgery in subacromial impingement syndrome. BMJ Evid Based Med 2013;18. doi:10.1136/ebmed-2012-100692. [Accessed July 2020].
Wrong study design	Cook J. Eccentric exercise and shock-wave therapy benefit patients with chronic Achilles tendinopathy. Aust J Physiother 2007;53: 131. doi: 10.1016/S0004-9514(07)70048-X. [Accessed July 2020].

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Wrong study design	Cook J. In search of the tendon holy grail: Predictable clinical outcomes. Br J Sports Med 2009;43: 235. doi: 10.1136/bjsm.2009.058578. [Accessed July 2020].
Wrong study design	Cook JL, Karlsson J, Khan KM. A clinical perspective to tendinopathy. Br J Sports Med 2007;41: 187. doi:10.1136/bjsm.2007.035964. [Accessed July 2020].
Wrong study design	Cook JL, Khan KM, Maffulli N, et al. Overuse tendinosis, not tendinitis: Part 2: Applying the new approach to patellar tendinopathy. Phys Sportsmed 2000;28: 31-46. [Accessed July 2020].
Wrong study design	Cook JL, Khan KM, Maffulli N, et al. Overuse tendinosis, not tendinitis. Part 2: applying the new approach to patellar tendinopathy. / La tenosite de fatigue a ne pas confondre avec la tendinite. 2eme partie: application de la nouvelle approche a la tendinopathie rotulienne. Phys Sportsmed 2000;28: 31-46. doi: 10.1080/00913847.2000.11439512. [Accessed July 2020].
Wrong study design	Cook JL, Khan KM, Purdam C. Achilles tendinopathy. Man Ther 2002;7: 121-130. doi:10.1054/math.2002.0458. [Accessed July 2020].
Wrong study design	Cook JL, Khan KM, Purdam CR. Conservative treatment of patellar tendinopathy. Phys. Ther. Sport. 2001;2: 54-65. [Accessed July 2020].
Wrong study design	Cook JL, Khan KM. What is the most appropriate treatment for patellar tendinopathy?. Br J Sports Med 2001;35: 291-294. doi:10.1136/bjsm.35.5.291. [Accessed July 2020].
Wrong study design	Cook JL, Khan KM. What is the most appropriate treatment for patellar tendinopathy?. Br J Sports Med 2001;35: 291-294. [Accessed July 2020].
Wrong study design	Cook JL, Purdam CR. The challenge of managing tendinopathy in competing athletes. Br J Sports Med 2014;48: 506-509. [Accessed July 2020].
Wrong study design	Cook JL, Stasinopoulos D, Brismée JM. Insertional and mid-substance Achilles tendinopathies: eccentric training is not for everyone - updated evidence of non-surgical management. J Man Manip Ther 2018;26: 119-122. doi:10.1080/10669817.2018.1470302. [Accessed July 2020].

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Wrong study design	Cook JL. Rehabilitation of tendinopathy: where to from here?. Br J Sports Med 2013;47. doi:10.1136/bjsports-2013-092459.19. [Accessed July 2020].
Wrong study design	Cools AM, Declercq G, Cagnie B, et al. Internal impingement in the tennis player: rehabilitation guidelines. Br J Sports Med 2008;42: 165-171. doi:10.1136/bjsm.2007.036830. [Accessed July 2020].
Wrong study design	Cools AM, Maenhout AG, Vanderstukken F, et al. The challenge of the sporting shoulder: From injury prevention through sport-specific rehabilitation toward return to play. Ann Phys Rehabil Med 2020;[IN PRESS]. doi: 10.1016/j.rehab.2020.03.009. [Accessed July 2020].
Wrong study design	Coombes BK, Bisset L, Vicenzino B. Management of Lateral Elbow Tendinopathy: One Size Does Not Fit All. J Orthop Sports Phys Ther 2015;45: 938-949. doi:10.2519/jospt.2015.5841. [Accessed July 2020].
Wrong study design	Cosca DD, Navazio F. Common problems in endurance athletes. Am Fam Physician 2007;76: 237-244. [Accessed July 2020].
Wrong study design	Cote MP. Editorial Commentary: Network Geometry of Nonoperative Management of Patellar Tendinopathy-Can the Shape of the Evidence Inform Practice?. Arthroscopy 2019;35: 3132-3134. doi:10.1016/j.arthro.2019.09.016. [Accessed July 2020].
Wrong study design	Couppé C, Svensson RB, Silbernagel KG, et al. Eccentric or concentric exercises for the treatment of tendinopathies?. J Orthop Sports Phys Ther 2015;45: 853-863. doi:10.2519/jospt.2015.5910. [Accessed July 2020].
Wrong study design	Couppé C, Svensson RB, Silbernagel KG, et al. Eccentric or Concentric Exercises for the Treatment of Tendinopathies?. J Orthop Sports Phys Ther 2015;45: 853-863. doi:10.2519/jospt.2015.5910. [Accessed July 2020].
Wrong study design	Courville XF, Coe MP, Hecht PJ. Current concepts review: noninsertional Achilles tendinopathy. Foot Ankle Int 2009;30: 1132-1142. doi:10.3113/FAI.2009.1132. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Coviello JP, Kakar RS, Reynolds TJ. Short-Term Effects of Instrument-Assisted Soft Tissue Mobilization on Pain Free Range of Motion in a Weightlifter with Subacromial Pain Syndrome. Int. J. Sports Phys. Ther. 2017;12: 144-154. [Accessed July 2020].
Wrong study design	Cowell JF, Cronin J, Brughelli M. Eccentric Muscle Actions and How the Strength and Conditioning Specialist Might Use Them for a Variety of Purposes. Strength Cond J 2012;34: 33-48. doi:10.1519/SSC.0b013e318253f578 Article. [Accessed July 2020].
Wrong study design	Crossley KM, Callaghan MJ, Van Linschoten R. Patellofemoral pain. BMJ (Online) 2015;50: 247-250. doi: 10.1136/bmj.h3939. [Accessed July 2020].
Wrong study design	Crouch Bryan. The Role of Therapeutic Neuroscience Education in the Treatment of Foot/Heel Pain in a Recreational Runner: A Case Report. J Orthop Sports Phys Ther. 2017;29: 204-207. [Accessed July 2020].
Wrong study design	Crowther M. Elbow pain in pediatrics. Curr Rev Musculoskelet Med 2009;2: 83-87. doi: 10.1007/s12178-009-9049-4. [Accessed July 2020].
Wrong study design	Cullum CK, Tran PHT & Dossing S. Running and causes of running-related injuries. Ugeskrift for laeger 2017;179. [Accessed July 2020].
Wrong study design	Curtis AS, Deshmukh R. Throwing Injuries: Diagnosis and Treatment. Arthroscopy 2003;19: 80-85. doi: 10.1016/j.arthro.2003.09.030. [Accessed July 2020].
Wrong study design	Cushman D, Rho ME. Conservative treatment of subacute proximal hamstring tendinopathy using eccentric exercises performed with a treadmill: a case report. J Orthop Sports Phys Ther 2015;45: 557-562. doi:10.2519/jospt.2015.5762. [Accessed July 2020].
Wrong study design	Cushman D, Rho ME. Conservative Treatment of Subacute Proximal Hamstring Tendinopathy Using Eccentric Exercises Performed With a Treadmill: A Case Report. J Orthop Sports Phys Ther 2015;45: 557-562. doi:10.2519/jospt.2015.5762. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Cutts S, Gangoo S, Modi N, et al. Tennis elbow: A clinical review article. J. Orthop. 2020;17: 203-207. doi: 10.1016/j.jor.2019.08.005. [Accessed July 2020].
Wrong study design	Dale RB, Caswell C. Functional rehabilitation for 'jumper's knee'. Athl Ther Today 2007;12: 7-10. doi: 10.1123/att.12.5.7. [Accessed July 2020].
Wrong study design	Damjan Dimnjaković, Ivan Bojanić, Tomislav Smoljanović, et al. Eccentric exercises in the treatment of overuse injuries of the musculoskeletal system. Lijec Vjesn 2012;134. [Accessed July 2020].
Wrong study design	Darrow M, Mevorak B. Case study: MR treatment for calcific tendinitis. Complement Health Pract Rev 2004;9: 129-137. doi: 10.1177/1076167503259775. [Accessed July 2020].
Wrong study design	Davenport TE, Kulig K, Matharu Y, et al. The EdUReP model for nonsurgical management of tendinopathy. Phys Ther 2005;85: 1093-1103. doi: 10.1093/ptj/85.10.1093. [Accessed July 2020].
Wrong study design	Davies GJ & Durall C. 'Typical' rotator cuff impingement syndrome: it's not always typical. PT: Magazine of Physical Therapy 2000;8: 58-72. [Accessed July 2020].
Wrong study design	Day JM, Dale RB, Kennedy E. Home Exercises Versus On-Site Rehabilitation in the Management of Lateral Elbow Tendinopathy: A Critically Appraised Topic. J Sport Rehabil 2018;27: 99-102. doi:10.1123/jsr.2016-0132. [Accessed July 2020].
Wrong study design	Day JM, Lucado AM, Uhl TL. A Comprehensive Rehabilitation Program for Treating Lateral Elbow Tendinopathy. Int J Sports Phys Ther 2019;14: 818-834. doi:10.26603/ijspt20190818. [Accessed July 2020].
Wrong study design	de Souza MC, Jorge RT, Jones A, et al. Progressive resistance training in patients with shoulder impingement syndrome: literature review. Reumatismo 2009;61. doi:10.4081/reumatismo.2009.84. [Accessed July 2020].
Wrong study design	de Souza RV, Araújo VL. The effect of eccentric training on tissue repair in individuals with Achilles tendinopathy: a literature review. Man. Ther., Posturology Rehabil. J.2017;14: 0. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Depalma MJ, Perkins RH. Patellar Tendinosis: Acute Patellar Tendon Rupture and Jumper's Knee. The Physician and sportsmedicine 2004;32: 41-45. doi:10.3810/psm.2004.05.310. [Accessed July 2020].
Wrong study design	Dervey E, Marshall S, Rouse S. Eccentric exercise therapy in the treatment of subacromial impingement syndrome: A critical review. Int J Ther Rehabil.2014;21: 338-44. doi:DOI: 10.12968/ijtr.2014.21.7.338. [Accessed July 2020].
Wrong study design	DeSantis L, Hasson SM. Use of mobilization with movement in the treatment of a patient with subacromial impingement: a case report. J Man Manip Ther 2006;14: 77-87. doi: 10.1179/106698106790820764. [Accessed July 2020].
Wrong study design	Descatha A, Dale AM, Silverstein BA, et al. Lateral epicondylitis: New evidence for work relatedness. Joint Bone Spine 2015;82: 5-7. doi: 10.1016/j.jbspin.2014.10.013. [Accessed July 2020].
Wrong study design	deVries G. Surgical and Nonsurgical Treatment of Achilles Tendon Rupture: The Favorable Effect of Early Functional Rehabilitation. Clin J Sport Med 2014;24: 159-160. doi:10.1097/JSM.0000000000000090. [Accessed July 2020].
Wrong study design	Dhillon KS. Subacromial impingement syndrome of the shoulder: A musculoskeletal disorder or a medical myth?. Malays Orthop J 2019;13: 44378. doi: 10.5704/MOJ.1911.001. [Accessed July 2020].
Wrong study design	Díaz González I. Actualización de la eficacia de los ejercicios excéntricos e isométricos en las tendinopatías de miembro inferior [dissertation thesis]. 2017. Available: http://hdl.handle.net/2183/20550 [Accessed July 2020].
Wrong study design	Diaz R, Stoll AH, Rho ME, et al. Preserving the Shoulder Function of an Elite Paratriathlete. American journal of physical medicine & rehabilitation 2018;97: e69-e72. doi: 10.1097/PHM.0000000000000870. [Accessed July 2020].
Wrong study design	Diehl P, Gollwitzer H, Schauwecker J, et al. Conservative treatment of chronic tendinopathies. Orthopade 2014;43: 183-193. doi:10.1007/s00132-013-2249-z. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Diercks R, Bron C, Dorrestijn O, et al. Guideline for diagnosis and treatment of subacromial pain syndrome. Acta Orthop 2014;85: 314-322. doi:10.3109/17453674.2014.920991. [Accessed July 2020].
Wrong study design	Dilger CP, Chimenti RL. Nonsurgical Treatment Options for Insertional Achilles Tendinopathy. Foot Ankle Clin 2019;24: 505-513. doi:10.1016/j.fcl.2019.04.004. [Accessed July 2020].
Wrong study design	Dilworgh PP, Baker E, Lapenskie S. Is Acupuncture or Ultrasound Therapy More Efficacious for Impingement Syndrome?. Clin J Sport Med 2006;16: 376-378. doi:10.1097/00042752-200607000-00021. [Accessed July 2020].
Wrong study design	DiMarcantonio T. Strength exercises improve function for Stage II posterior tibial tendon dysfunction. Orthopedics Today 2007;27: 85-86. [Accessed July 2020].
Wrong study design	Dimitrios S, et al. Lateral elbow tendinopathy: Evidence of physiotherapy management. World J Orthop 2016;7: 463. doi:10.5312/wjo.v7.i8.463. [Accessed July 2020].
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Wrong study design	Dimitrios S. Exercise for Patellar Tendinopathy. Austin Sports Med 2016;1: 1010. [Accessed July 2020].
Wrong study design	Dimitrios S. Exercise for tendinopathy. World J Methodol 2015;5: 51-54. doi:10.5662/wjm.v5.i2.51. [Accessed July 2020].
Wrong study design	Dimitrios S. Tendinopathy: The role of stretching. Australas Med J 2017;10: 63-65. doi: 10.21767/AMJ.2017.2840. [Accessed July 2020].
Wrong study design	Dimitrios S. The Effectiveness of Isometric Contractions Combined with Eccentric – Concentric Training and Simple LumboPelvic Control Exercises on Pain and Disability in Chronic Patellar Tendinopathy: A Case Report. Phys Ther Sport 2017;28: 1144. doi:10.1016/j.ptsp.2017.08.013. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Donaldson CT, Dreese JC. Hamstring and quadriceps injuries. Curr. opin. orthop. 2006;17: 145-148. [Accessed July 2020].
Wrong study design	Donaldson PR. Surgical versus nonsurgical treatment of acute Achilles tendon rupture: Commentary. Clin J Sport Med 2012;22: 169-170. doi: 10.1097/JSM.0b013e31824c2b2c. [Accessed July 2020].
Wrong study design	Dos Santos Franco YR, Miyamoto GC, Franco KFM, et al. Exercise therapy in the treatment of tendinopathies of the lower limbs: a protocol of a systematic review. Systematic Reviews 2019;8. doi:10.1186/s13643-019-1058-9. [Accessed July 2020].
Wrong study design	Doyle AT, Lauber C, Sabine K. The effects of low-level laser therapy on pain associated with tendinopathy: a critically appraised topic. J Sport Rehabil 2016;25: 83-90. [Accessed July 2020].
Wrong study design	Dreher B. Release 2.0. Runner's World 2010;45: 50. Available: https://www.runnersworld.com/ [Accessed July 2020].
Wrong study design	Dreher B. Trouble Spots. Runner's World 2009;44: 45-46. Available: https://www.runnersworld.com/ [Accessed July 2020].
Wrong study design	Drew M. Persistent pain in the groin region. Sport Health 2012;30: 50-55. [Accessed July 2020].
Wrong study design	Duerden JD, Keeling JJ. Disorders of the Achilles tendon. Curr Orthop Pract 2008;19: 253-259. [Accessed July 2020].
Wrong study design	Duthon VB, Borloz S, Ziltener JL. Treatment options for patellar tendinopathy. Revue medicale suisse 2012;8: 1486-1489. [Accessed July 2020].
Wrong study design	Easton CL. A mallet injury case study with recommendations for practice. British J Hand Ther 2008;13: 21-26. doi:10.1177/175899830801300103. [Accessed July 2020].
Wrong study design	Edelstein J. Rehabilitating psoas tendonitis: a case report. HSS J 2009;5: 78-82. doi:10.1007/s11420-008-9097-0. [Accessed July 2020].

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Wrong study design	Edmonds EW, Dengerink DD. Common conditions in the overhead athlete. Am Fam Physician 2014;89: 537-541. [Accessed July 2020].
Wrong study design	Edwards P, Ebert J, Joss B, et al. Exercise rehabilitation in the non-operative management of rotator cuff tears: a review of the literature. Int J Sports Phys Ther 2016;11: 279-301. [Accessed July 2020].
Wrong study design	Eerkes K. Volleyball injuries. Curr Sports Med Rep 2012;11: 251-256. doi: 10.1249/JSR.0b013e3182699037. [Accessed July 2020].
Wrong study design	Egger AC, Berkowitz MJ. Achilles tendon injuries. Curr Rev Musculoskelet Med 2017;10: 72-80. doi: 10.1007/s12178-017-9386-7. [Accessed July 2020].
Wrong study design	Ellen MI, Lin C. Common Injuries of the Weekend Athlete. Med Clin North Am 2020;104: 313-325. doi: 10.1016/j.mcna.2019.10.010. [Accessed July 2020].
Wrong study design	Ellenbecker TS, Cools A. Rehabilitation of shoulder impingement syndrome and rotator cuff injuries: an evidence-based review. Br J Sports Med 2010;44: 319-27. doi:10.1136/bjsm.2009.058875. [Accessed July 2020].
Wrong study design	Engelhardt M, Reuter I, Neumann G. Acute and overuse injuries of runners. Sports Orthop. Traumatol. 2003;19: 73-77. doi: 10.1078/0949-328X-00125. [Accessed July 2020].
Wrong study design	Eraslan L, Baltaci G, Yuce D, et al. Effect of kinesio taping in addition to physiotherapy on grip strength in lateral epicondylitis: Randomized controlled trial [abstract]. Fiz. Rehabil.2015;26: S48-S49. Available: https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01770879/full [Accessed July 2020].
Wrong study design	Eriksson E. Eccentric training of painful supraspinatus tendinosis. Knee Surg Sports Traumatol Arthrosc 2006;14: 1. [Accessed July 2020].
Wrong study design	Escriche-Escuder A, Casaña J, Cuesta-Vargas A. Progression criteria in loading exercise programmes in lower limb tendinopathy: a protocol for a systematic review and meta-analysis. BMJ Open 2019;9: e032940. doi:10.1136/ bmjopen-2019-032940. Available:

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Wrong study design	Factor D, Dale B. Current Concepts of Rotator Cuff Tendinopathy. Int J Sports Phys Ther 2014;9: 274-288. [Accessed July 2020].
Wrong study design	Fallon K. Overuse injuries in the athlete. Aust J Gen Pract 2020;49: 7-11. doi:10.31128/AJGP-07-19-5016. [Accessed July 2020].
Wrong study design	Faltus J. Optimal Therapeutic Management of Chronic Shoulder Dysfunction. Athl Ther Today 2010;15: 4-7. doi: 10.1123/att.15.6.4. [Accessed July 2020].
Wrong study design	Farmer JM, Martin DF. Managing bursitis and tendinitis of the knee: with well-planned treatment, most patients return to activity. J Musculoskelet Med 2002;19: 460-468. Available: https://go.gale.com/ps/anonymous?id=GALE%7CA94764886&sid=googleScholar&v=2.1&it=r&linkaccess=abs&issn=08992517&p=AONE&sw=w [Accessed July 2020].
Wrong study design	Faro F, Wolf JM. Lateral epicondylitis: review and current concepts. J Hand Surg Am 2007;32: 1271-1279. doi:10.1016/j.jhsa.2007.07.019. [Accessed July 2020].
Wrong study design	Fearon A, Grimaldi A, Vicenzino B, et al. Outcome measures used in the evaluation of gluteal tendinopathy: a scoping review protocol. School of Health and Rehabilitation Sciences Publications 2019. Available: https://espace.library.uq.edu.au/view/UQ:1bc7ae7 [Accessed July 2020].
Wrong study design	Fedorczyk JM. Elbow tendinopathies: clinical presentation and therapist's management of tennis elbow. Rehabilitation of the hand and upper extremity 2011;6: 1098-108. [Accessed July 2020].
Wrong study design	Fedorczyk JM. Tendinopathies of the Elbow, Wrist, and Hand: Histopathology and Clinical Considerations. J Hand Ther 2012;25: 191-201. doi:10.1016/j.jht.2011.12.001. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Fernández-Carnero J, Fernández-de-las-Peñas C, Cleland JA. Mulligan's mobilization with movement and muscle trigger point dry needling for the management of chronic lateral epicondylalgia: A case report. J. Musculoskelet. Pain 2009;17: 409-415. doi: 10.3109/10582450903284802. [Accessed July 2020].
Wrong study design	Ferry AT, Lee GH, Murphy R, et al. A long-head of biceps tendon rupture in a fast pitch softball player: A case report. J Shoulder Elbow Surg 2009;18: e14-e17. doi: 10.1016/j.jse.2008.04.006. [Accessed July 2020].
Wrong study design	Fetters KA. Fix Hip Pain for Good. Runner's World 2020;55: 44-53. [Accessed July 2020].
Wrong study design	Field LD, Savoie FH. Common elbow injuries in sport. Sports Med 1998;26: 193-205. [Accessed July 2020].
Wrong study design	Figueroa D, Figueroa F, Calvo R. Patellar Tendinopathy: Diagnosis and Treatment. J Am Acad Orthop Surg 2016;24: e184-e192. doi:10.5435/JAAOS-D-15-00703. [Accessed July 2020].
Wrong study design	Fincher AL. Managing Patellar Tendinosis (Jumper's Knee). Athl Ther Today 2001;6: 34-35. [Accessed July 2020].
Wrong study design	Finestone HM, Rabinovitch DL. Tennis elbow no more: Practical eccentric and concentric exercises to heal the pain. Can Fam Physician 2008;54: 1115-1116. [Accessed July 2020].
Wrong study design	Fitzgerald GK. Considerations for evaluation and treatment of overuse tendon injuries. Athl Ther Today 2000;5: 14-64. [Accessed July 2020].
Wrong study design	Fleming JA, Seitz AL, Ebaugh DD. Exercise protocol for the treatment of rotator cuff impingement syndrome. J. Athl. Train. (National Athletic Trainers' Association) 2010;45: 483-485. doi:10.4085/1062-6050-45.5.483. [Accessed July 2020].
Wrong study design	Flint D, Pugh S, Callaghan M. Bet 2: Eccentric exercise in the treatment of achilles tendinopathy. Emerg Med J 2009;26: 815-818. doi:10.1136/emj.2009.082883. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Flint D, Pugh S, Callaghan M. Towards evidence based emergency medicine: best BETs from the Manchester Royal Infirmary. Bet 2: eccentric exercise in the treatment of achilles tendinopathy. Emerg Med J 2009;26: 815-818. doi:10.1136/emj.2009.082883. [Accessed July 2020].
Wrong study design	Floyd RT, Behrhorst KR, Walters SD. Innovative tools for shoulder rehabilitation. Athl Ther Today 1999;4: 47-51. doi: 10.1123/att.4.4.47. [Accessed July 2020].
Wrong study design	Fontaine M. Shoulder Impingement: The Keys to Dealing With Swimmer's Shoulder. ACA News (American Chiropractic Association) 2014;10: 20-21. [Accessed July 2020].
Wrong study design	Foster NE. Similar clinical outcomes but more healthcare use in shoulder impingement patients following corticosteroid injection compared with physical therapy. Evid Based Med 2015;20: 67. doi: 10.1136/ebmed-2015-110171. [Accessed July 2020].
Wrong study design	Foster NE. Trial suggests that adding single-point acupuncture to a package of physiotherapy is better for shoulder pain patients than adding mock TENS to the same physiotherapy package of care. Commentary. Focus Altern Complement Ther 2008;13: 276-277. doi:10.1111/j.2042-7166.2008.tb01767.x. [Accessed July 2020].
Wrong study design	Fournier M. Pediatric Lower Extremity Sports Injuries. Podiatry Management 2013;32: 91-98. [Accessed July 2020].
Wrong study design	Franchi MV, Maffiuletti NA. Distinct modalities of eccentric exercise: different recipes, not the same dish. J Appl Physiol 2019;127: 881-883. doi:10.1152/japplphysiol.00093.2019. [Accessed July 2020].
Wrong study design	Francis P, Thornley I, Jones A, et al. Pain and Function in the Runner a Ten (din) uous Link. Medicina 2020;56. doi:10.3390/medicina56010021. [Accessed July 2020].
Wrong study design	Fredberg U, Bolvig L. Jumper's knee. Scand J Med Sci Sports 1999;9: 66-73. doi:10.1111/j.1600-0838.1999.tb00211.x. [Accessed July 2020].

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Wrong study design	Fredericson M, Moore W, Guillet M, et al. High hamstring tendinopathy in runners: meeting the challenges of diagnosis, treatment, and rehabilitation. Phys Sportsmed 2005;33: 32-43. doi:10.3810/psm.2005.05.89. [Accessed July 2020].
Wrong study design	Frizziero A, Bonsangue V, Trevisan, M, et al. Foot tendinopathies in rheumatic diseases: Etiopathogenesis, clinical manifestations and therapeutic options. Clinical rheumatology 2013;32: 547-555. doi: 10.1007/s10067-012-2158-2. [Accessed July 2020].
Wrong study design	Frizziero A, Vittadini F, Fusco A, et al. Eccentric exercise in lower limb tendinopathies: still a long way to go. J Sports Med Phys Fitness 2016;56: 1431-1432. [Accessed July 2020].
Wrong study design	Frizziero A, Vittadini F, Fusco A, et al. Efficacy of eccentric exercise in lower limb tendinopathies in athletes. J Sports Med Phys Fitness 2016;56: 1352-1358. [Accessed July 2020].
Wrong study design	Fullem BW. Overuse lower extremity injuries in sports. Clin Podiatr Med Surg 2015;32: 239-251. doi:10.1016/j.cpm.2014.11.006. [Accessed July 2020].
Wrong study design	Fysentzou C. Rehabilitation after a grade III latissimus dorsi tear of a soccer player: A case report. J Back Musculoskelet Rehabil 2016;29: 905-916. doi:10.3233/BMR-160699. [Accessed July 2020].
Wrong study design	Gaida JE, Cook J. Treatment options for patellar tendinopathy: critical review. Curr Sports Med Rep 2011;10: 255-270. doi:10.1249/JSR.0b013e31822d4016. [Accessed July 2020].
Wrong study design	Gamble, P. Use of load and strength training modalities for management and rehabilitation of tendinopathy. New Zealand Journal of Sports Med. 2016;43: 17-23. [Accessed July 2020].
Wrong study design	Gangatharam S, Le Blanc M. Early Controlled Passive Motion Regime for Zone II Extensor Tendon Injury-A Case Report. Tech Hand Up Extrem Surg 2011;15: 72-74. doi:10.1097/BTH.0b013e3181ebe693. [Accessed July 2020].

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Wrong study design	Gangatharam S. Anconeus syndrome: A potential cause for lateral elbow pain and its therapeutic management-A case report. J Hand Ther 2019;34: 131-134. doi: 10.1016/j.jht.2019.04.002. [Accessed July 2020].
Wrong study design	Ganley TJ, Gaugles RL, Moroz LA. Consultation with the specialist: Patellofemoral conditions in childhood. Pediatr Rev 2006;27: 264-270. doi: 10.1542/pir.27-7-264. [Accessed July 2020].
Wrong study design	Garau G, Rittweger J, Mallarias P, et al. Traumatic patellar tendinopathy. Disabil Rehabil 2008;30: 1616-1620. doi: 10.1080/09638280701786096. [Accessed July 2020].
Wrong study design	Gard S. Efficacy of physical therapy for the treatment of tendinopathies: review of the literature. Kinesitherapie Revue 2007;7: 36-40. doi:10.1016/S1779-0123(07)70442-4. [Accessed July 2020].
Wrong study design	Garg A, MacDonald C. Re: The addition of cervical unilateral posterior-anterior mobilisation in the treatment of patients with shoulder impingement syndrome: A randomized clinical trial. Cook C, Learman K, Houghton S, Showalter C, O'Halloran B. Man Ther 2014;19(1):1824. Man Ther 2015;20: e9-10. doi:10.1016/j.math.2015.01.012. [Accessed July 2020].
Wrong study design	Garrick JG. Return to sport after patellar tendinosis through eccentric or concentric quadriceps training. Clin J Sport Med 2007;17: 82-83. [Accessed July 2020].
Wrong study design	Garving C, Jakob S, Bauer I, et al. Impingement Syndrome of the Shoulder. Dtsch Arztebl Int 2017;114: 765-776. doi:10.3238/arztebl.2017.0765. [Accessed July 2020].
Wrong study design	Gaulke R, Krettek C. [Tendinopathies of the foot and ankle : Evidence for the origin, diagnostics and therapy]. Unfallchirurg 2017;120: 205-213. doi:10.1007/s00113-016-0301-2. [Accessed July 2020].
Wrong study design	Geisler PR, Kelly ED. Groin Pains. Training & Conditioning 2008;18: 30-35. Available: https://training-conditioning.com/article/groin-pains/ [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Genevay S, Faundez A. Great trochanteric pain syndrome. Rev Med Suisse 2011;7: 583-586. [Accessed July 2020].
Wrong study design	Gerdesmeyer L, Mittermayr R, Fuerst M, et al. Current evidence of extracorporeal shock wave therapy in chronic Achilles tendinopathy. Int J Surg 2015;24: 154-159. doi:10.1016/j.ijsu.2015.07.718. [Accessed July 2020].
Wrong study design	Gerhardt C, Doyscher R, Boschert H-P, et al. The gymnastics shoulder. Der Orthopade 2014;43: 230-235. doi:10.1007/s00132-013-2145-6. [Accessed July 2020].
Wrong study design	Giombini A, Innocenzi L, Di Cesare A, et al. Partial rupture of the distal biceps brachii tendon in elite waterpolo goalkeeper: a case report of conservative treatment. J Sports Med Phys Fitness 2007;47: 79-83. [Accessed July 2020].
Wrong study design	Glaser T, Poddar S, Tweed B, et al. Clinical inquiries. What's the best way to treat Achilles tendinopathy?. J Fam Pract 2008;57: 261-263. [Accessed July 2020].
Wrong study design	Glaser T, Poddar S, Tweed B. What's the best way to treat Achilles tendonopathy?. Journal of Fam Pract 2008;57: 261-263. [Accessed July 2020].
Wrong study design	GoeseleKoppenburg A. Injury and overuse of the Achilles tendon in sports. Fuss und Sprunggelenk 2006;4: 158-165. doi: 10.1007/s10302-006-0236-y. [Accessed July 2020].
Wrong study design	Gokeler A, Lehmann M, Mathijs O, Kentsch A. Tennis: rehabilitation, training, and tips. Sports Med Arthrosc Rev 2001;9: 105-113. [Accessed July 2020].
Wrong study design	Goldin M, Malanga GA. Tendinopathy: a review of the pathophysiology and evidence for treatment. Phys Sportsmed 2013;41: 36-49. doi:10.3810/psm.2013.09.2019. [Accessed July 2020].
Wrong study design	Goldman RB, Lentz TA. The use of eccentric overloading exercise for the treatment of patellar tendinosis in an Olympic-style weightlifter: a case report. J Orthop Sports Phys Ther. 2010;22: 76-82. [Accessed July 2020].
Wrong study design	Golshani K, Cinque ME, O'Halloran P, et al. Upper extremity weightlifting injuries: Diagnosis and

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Exclusion reason	Full reference
	management. J Orthop 2018;15: 24-27. doi:10.1016/j.jor.2017.11.005. [Accessed July 2020].
Wrong study design	Goom TS, Malliaras P, Reiman MP, et al. Proximal hamstring tendinopathy: Clinical aspects of assessment and management. J Orthop Sports Phys 2016;46: 483-93. doi: 10.2519/jospt.2016.5986. [Accessed July 2020].
Wrong study design	Gould A. What type of exercise works for treating Achilles tendinopathy and why?-Isotonic exercises. Available:What type of exercise works for treating Achilles tendinopathy and why? - Isotonic exercises | TMA (treatmyachilles.com) [Accessed 27 Jun 2020].
Wrong study design	Gozubuyuk B, Moen MH, Akman M, et al. Successful return to play following adductor longus proximal tendon rupture in professional soccer without re-injury at 12 months: A case report. J Back Musculoskelet Rehabil 2018;31: 583-587. doi:10.3233/BMR-170857. [Accessed July 2020].
Wrong study design	Grambauer A, Patotschka I. Neuromuscular rehabilitation of shoulder injuries in athletes participating in throwing sports. Sports Orthop Traumatol 2002;18: 251-256. doi: 10.1078/0949-328X-00183. [Accessed July 2020].
Wrong study design	Green BN, Dunn AS, Pearce SM, et al. Conservative management of uncomplicated mechanical neck pain in a military aviator. J Can Chiropr Assoc 2010;54: 92-99. [Accessed July 2020].
Wrong study design	Greenberg DL, et al. Evaluation and treatment of shoulder pain. Med Clin N Am 2014;98: 487-504. doi:10.1016/j.mcna.2014.01.016. [Accessed July 2020].
Wrong study design	Greene BL. Physical therapist management of fluoroquinolone-induced Achilles tendinopathy. Phys Ther 2002;82: 1224-1231. [Accessed July 2020].
Wrong study design	Greiwe RM, Ahmad CS. Management of the throwing shoulder: Cuff, labrum and internal impingement. Orthop Clin North Am 2010;41: 309-323. doi: 10.1016/j.ocl.2010.03.001. [Accessed July 2020].
Wrong study design	Grimaldi A, Fearon A. Gluteal tendinopathy: Integrating pathomechanics and clinical features in its management. J Orthop Sports Phys 2015;45: 910-22. doi:10.2519/jospt.2015.5829. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Grimaldi A, Mellor R, Hodges P, et al. Gluteal tendinopathy: a review of mechanisms, assessment and management. Sports Med 2015;45: 1107-1119. doi:10.1007/s40279-015-0336-5. [Accessed July 2020].
Wrong study design	Grimaldi A, Woodley S, Scott A, et al. Lateral hip pain: Patholanatomy, diagnosis and evidence informed management of gluteal tendinopathy. Man Ther 2016;25: e19-e21. doi: 10.1016/j.math.2016.05.016. [Accessed July 2020].
Wrong study design	Grimaldi A. Conservative management of lateral hip pain: the future holds promise. Br J Sports Med 2017;51: 72-73. doi: 10.1136/bjsports-2016-096600. [Accessed July 2020].
Wrong study design	Grumet RC, Rubin BD. Injection Therapies in the Management of Shoulder Injuries. Oper Tech Sports Med 2012;20: 114-123. doi: 10.1053/j.otsm.2012.03.017. [Accessed July 2020].
Wrong study design	Hageman A. Physical Therapy Intervention for a Patient with Bilateral Achilles Tendinopathy Following Periods of Immobilization: a Case Report. 2011. Available: https://sophia.stkate.edu/dpt_papers/5/ [Accessed 6 Jul 2020].
Wrong study design	Hammer W. Soft tissue. A painful exercise for tendinosis: let's experiment. Dynamic Chiropractic 2004;22: 28-45. [Accessed July 2020].
Wrong study design	Hammer W. Soft tissue. The latest scoop on tendon disorders and treatment. Dynamic Chiropractic 2006;24: 20-39. [Accessed July 2020].
Wrong study design	Hanson RW. Tendinopathy update. Athl Ther Today 2009;14: 10-12. [Accessed July 2020].
Wrong study design	Harmon KJ, Reeder MT, Udermann BE, et al. Isolated rupture of the plantaris tendon in a high school track athlete. Clin J Sport Med 2006;16: 361-363. doi: 10.1097/00042752-200607000-00015. [Accessed July 2020].
Wrong study design	Harrast MA, Paynter KS, Barr KP. Shoulder rehabilitation, part I. Phys Med Rehabil Clin N Am 2004;15. doi: 10.1016/S1047-9651(04)00002-6. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Harrast MA, Paynter KS, Barr KP. Shoulder rehabilitation, part II. Phys Med Rehabil Clin N Am 2004;15. doi: 10.1016/j.pmr.2004.05.002. [Accessed July 2020].
Wrong study design	Harris PC, Atkinson D, Moorehead JD. Bilateral Partial rupture of Triceps Tendon: Case Report and quantitative Assessment of Recovery. Am J Sports Med 2004;32: 787-792. doi:10.1177/0363546503258903. [Accessed July 2020].
Wrong study design	Harrison AK, Flatow EL. Arthroscopic decompression with acromioplasty and structured exercise was no more effective and was more expensive than exercise alone. J Bone Joint Surg Am 2010;92: 1999. doi:10.2106/JBJS.9210.ebo934. [Accessed July 2020].
Wrong study design	Hart L. Shock-wave treatment was more effective than eccentric training for chronic insertional achilles tendinopathy. Clin J Sport Med 2009;19: 152-153. doi:10.1097/01.jsm.0000347357.41069.27. [Accessed July 2020].
Wrong study design	Hart L. Short- and long-term improvement in lateral epicondylitis. Clin J Sport Med 2007;17: 513-514. doi: 10.1097/JSM.0b013e31815bddd0. [Accessed July 2020].
Wrong study design	Hart L. Short- and Long-Term Improvement in Lateral Epicondylitis. (Abstract). Clin J Sport Med 2007;17: 513-514. doi:10.1097/JSM.0b013e31815bddd0. [Accessed July 2020].
Wrong study design	Hart LE. Corticosteroid injections, physiotherapy, or a wait-and-see policy for lateral epicondylitis? (Review). Clin J Sport Med 2002;12: 403-404. doi:10.1097/00042752-200211000-00014. [Accessed July 2020].
Wrong study design	Hartley DR, McMahon JJ. The Role of Strength Training for Lower Extremity Tendinopathy. Strength Cond J 2018;40: 85-95. doi:10.1519/SSC.0000000000000376. [Accessed July 2020].
Wrong study design	Haslerud S, Magnussen LH, Joensen J, et al. The efficacy of low level laser therapy as an adjunct therapy in shoulder tendinopathy: A systematic review and meta-analysis [abstract]. Physiotherapy 2015;101:1 545. doi: 10.1016/j.physio.2015.03.3357. [Accessed July 2020].

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Wrong study design	Hassett EK, Kulig K, Colletti PM. Xanthomatous Tendinosis. J Orthop Sports Phys 2012;42: 379. doi:10.2519/jospt.2012.0406. [Accessed July 2020].
Wrong study design	Haverstock J, Athwal GS, Grewal R. Distal Biceps Injuries. Hand Clin 2015;31: 631-640. doi: 10.1016/j.hcl.2015.06.009. [Accessed July 2020].
Wrong study design	Hawson ST. Physical Therapy and Rehabilitation of the Foot and Ankle in the Athlete. Clin Podiatr Med Surg 2011;28: 189-201. doi: 10.1016/j.cpm.2010.09.005. [Accessed July 2020].
Wrong study design	Hayter CL, Adler RS. Injuries of the elbow and the current treatment of tendon disease. Am J Roentgenol 2012;199: 546-557. doi: 10.2214/AJR.11.8325. [Accessed July 2020].
Wrong study design	Heales LJ, Lastella M, Coombes BK, et al. Stretching the evidence behind tennis elbow: mobile app user guide. Br J Sports Med 2018;52. doi: 10.1136/bjsports-2017-098093. [Accessed July 2020].
Wrong study design	Heckman DS, Gluck GS, Parekh SG. Tendon disorders of the foot and ankle, part 1: Peroneal tendon disorders. Am J Sports Med 2009;37: 614-625. doi: 10.1177/0363546508331206. [Accessed July 2020].
Wrong study design	Heer ST, Callander JW, Kraeutler MJ, et al. Hamstring Injuries: Risk Factors, Treatment, and Rehabilitation. J Bone Joint Surg Am 2019;101: 843-853. doi:10.2106/JBJS.18.00261. [Accessed July 2020].
Wrong study design	Heers H, Heers G. [Nonoperative management of rotator cuff defects]. Der Orthopade 2007;36: 817-824. doi:10.1007/s00132-007-1133-0. [Accessed July 2020].
Wrong study design	Hegmann KT, Hoffman HE, Belcourt RM, et al. ACOEM practice guidelines: Elbow disorders. J Occup Med 2013;55: 1365-1374. doi: 10.1097/JOM.0b013e3182a0d7ec. [Accessed July 2020].
Wrong study design	Hegmann KT. Adding steroid injection to exercise and manual mobilization did not reduce shoulder pain and disability over the long term: Commentary. Ann Intern Med 2010;153: 5. doi: 10.7326/0003-4819-153-10-201011160-02006. [Accessed July 2020].

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Wrong study design	Heiderscheit B, McClinton S. Evaluation and Management of Hip and Pelvis Injuries. Phys Med Rehabil Clin N Am 2016;27: 47119. doi:10.1016/j.pmr.2015.08.003. [Accessed July 2020].
Wrong study design	Heijnders ILC, Chung-Wei CL, Lin CWC. The effect of eccentric exercise in improving function or reducing pain in lateral epicondylitis is unclear. Br J Sports Med 2015;49: 1087-1088. doi:10.1136/bjsports-2015-094640. [Accessed July 2020].
Wrong study design	Herrington L. Diagnosis and management of posterior thigh pain. SportEX Medicine 2001;6-9. [Accessed July 2020].
Wrong study design	Herrmann SJ, Izadpanah K, Südkamp NP, et al. Tears of the rotator cuff. Causes-diagnosis-treatment. Acta Chir Orthop Traumatol Cech 2014;81: 256-266. [Accessed July 2020].
Wrong study design	Herzog W. Eccentric vs. concentric muscle contraction: That is the question. J Sport Health Sci 2017;6: 128-129. doi:10.1016/j.jshs.2017.01.006. [Accessed July 2020].
Wrong study design	Hickey C. The Long-Term Effects of Eccentric Exercise Vs. Extracorporeal Shockwave Therapy in Athletes Aged 18-50 with Lower Extremity Tendinopathy: A Meta-Analysis and Systematic Review. Annals of Physiotherapy & Occupational Therapy 2019;2: 00130. doi:10.23880/APhOT-16000130. [Accessed July 2020].
Wrong study design	Ho GWK, Howard TM. Greater trochanteric pain syndrome: more than bursitis and iliotibial tract friction. Curr Sports Med Rep 2012;11: 232-238. doi:10.1249/JSR.0b013e3182698f47. [Accessed July 2020].
Wrong study design	Hobrough P. Achilles Care. Track Coach 2018;7150-152. [Accessed July 2020].

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Wrong study design	Hopewell S, Keene DJ, Schlüssel MM, et al. Clinical and cost-effectiveness of progressive exercise compared with best practice advice, with or without corticosteroid injection, for the treatment of rotator cuff disorders: protocol for a 2x2 factorial randomised controlled trial (the GRASP trial). BMJ Open 2017;7: e018004. doi:10.1136/ bmjopen-2017-018004. [Accessed July 2020].
Wrong study design	Hotfiel T, Bily W, Bloch W, et al. Conservative therapy of tendon injuries. Sports Orthop. Traumatol. 2017;33: 258-269. doi: 10.1016/j.orthtr.2017.07.003. [Accessed July 2020].
Wrong study design	Houghton KM. Review for the generalist: Evaluation of pediatric hip pain. Pediatr Rheumatol Online J 2009;7: 10. doi: 10.1186/1546-0096-7-10. [Accessed July 2020].
Wrong study design	Houglum PA, et al. Rehabilitation for Subacromial Impingement Starts at the Scapula. J Orthop Traumatol Rehabil 2013;17: 54-60. doi: 10.1016/j.jotr.2013.05.001. [Accessed July 2020].
Wrong study design	House J, Mooradian A. Evaluation and management of shoulder pain in primary care clinics. South Med J 2010;103: 1129-1135. doi: 10.1097/SMJ.0b013e3181f5e85f. [Accessed July 2020].
Wrong study design	Howitt SD. Lateral epicondylosis: a case study of conservative care utilizing ART(R) and rehabilitation. J Can Chiropr Assoc 2006;50: 182-9. [Accessed July 2020].
Wrong study design	Hsieh LF. Platelet-rich Plasma Injections and Physiotherapy in the Treatment of Chronic Rotator Cuff Tendinopathy [NCT03133416]. 2017. Available: https://clinicaltrials.gov/ct2/show/NCT03133416?cond=Platelet-rich+Plasma+Injections+and+Physiotherapy+in+the+Treatment+of+Chronic+Rotator+Cuff+Tendinopathy&draw=2&rank=1 [Accessed July 2020].
Wrong study design	Huber, H. La reeducation d'une dechirure complete du tendon d'Achille chez un sprinter d'elite. Schweizerische Zeitshrift für Sportmedizin und Sporttraumatologie 1999;47. [Accessed July 2020].

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Wrong study design	Hudes K, et al. Conservative management of a case of medial epicondylosis in a recreational squash player. J Can Chiropr Assoc 2011;55: 26-31. [Accessed July 2020].
Wrong study design	Hume PA, Reid D, Edwards T. Epicondylar injury in sport: epidemiology, type, mechanisms, assessment, management and prevention. Sports Med. (Auckland, N.Z.) 2006;36: 151-170. doi:0112-1642/06/0002-0151. [Accessed July 2020].
Wrong study design	Hunte G, Lloyd-Smith R. Topical glyceryl trinitrate for chronic Achilles tendinopathy. Clin J Sport Med 2005;15: 116-117. doi:10.1097/01.jsm.0000151866.75684.3d. [Accessed July 2020].
Wrong study design	Hyman GS. Jumper's knee in volleyball athletes: advancements in diagnosis and treatment. Curr Sports Med Rep 2008;7: 296-302. doi:10.1249/JSR.0b013e31818709a5. [Accessed July 2020].
Wrong study design	Ihm J. Proximal wrist extensor tendinopathy. Curr Rev Musculoskelet Med 2008;1: 48-52. doi:10.1007/s12178-007-9005-0. [Accessed July 2020].
Wrong study design	Inagaki K. Current concepts of elbow-joint disorders and their treatment. J Orthop Sci 2013;18: 1-7. doi:10.1007/s00776-012-0333-6. [Accessed July 2020].
Wrong study design	Ingber RS. Shoulder impingement in tennis/racquetball players treated with subscapularis myofascial treatments. Arch Phys Med Rehabil 2000;81: 679-82. [Accessed July 2020].
Wrong study design	Irwin TA. Current concepts review: insertional Achilles tendinopathy. Foot Ankle Int 2010;31: 933-939. doi:10.3113/FAI.2010.0933. [Accessed July 2020].
Wrong study design	Jaglowski JR, Boykin RE, Kocher MS. Recurrent peroneal tendon subluxation in children and adolescents. Curr Orthop Pract 2012;23: 104-107. doi: 10.1097/BCO.0b013e31824a0207. [Accessed July 2020].
Wrong study design	Jangra A, Perry M, Maffulli N, et al. Changes in the symptoms and ultrasound signs of achilles tendinopathy during a twelve week course of loaded eccentric training: a pilot study. Br J Sports Med 2011;45. doi: 10.1136/bjsm.2010.081554.22. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Jankovic S, Delimar D, Hudetz D. Groin pain. 2001. [Accessed July 2020].
Wrong study design	Janssen B, Samanos JM. Adductor tendons pathology in rugby player. Physiopathology and practical management. J. de Traumatol. du Sport 2007;24: 218-221. doi: 10.1016/j.jts.2007.06.004. [Accessed July 2020].
Wrong study design	Jayaseelan DJ, Magrum EM. Eccentric training for the rehabilitation of a high level wrestler with distal biceps tendinosis: a case report. Int J Sports Phys Ther 2012;7: 413-424. [Accessed July 2020].
Wrong study design	Jayaseelan Dj, Mischke JJ, Strazzulla RL. Eccentric Exercise for Achilles Tendinopathy: A Narrative Review and Clinical Decision-Making Considerations. J Funct Morphol Kinesiol 2019;4: 10.1016/j.jsams.2016.04.005. doi: 10.3390/jfmk4020034. [Accessed July 2020].
Wrong study design	Jayaseelan DJ, Moats N, Ricardo CR. Rehabilitation of proximal hamstring tendinopathy utilizing eccentric training, lumbopelvic stabilization, and trigger point dry needling: 2 case reports. J Orthop Sports Phys Ther 2014;44: 198-205. doi:10.2519/jospt.2014.4905. [Accessed July 2020].
Wrong study design	Jayaseelan DJ, Post AA, Mischke JJ, et al. Joint Mobilization in the Management of Persistent Insertional Achilles Tendinopathy: a Case Report. Int J Sports Phys Thery 2017;12: 133-143. [Accessed July 2020].
Wrong study design	Jeffery R, Cronin J, Bressel E. Eccentric strengthening: Clinical applications to Achilles tendinopathy. New Zealand Journal of Sports Med. 2005;33: 22-30. [Accessed July 2020].
Wrong study design	Jeffs P. Acupuncture for chronic patellar tendinopathy. J Acupunct Assoc Chart Physiotherapists 2013;2013: 79-86. [Accessed July 2020].
Wrong study design	Johnson GW, Cadwallader K, Scheffel SB., et al. Treatment of lateral epicondylitis. American Family Physician 2007;76: 843-848. [Accessed July 2020].
Wrong study design	Jonely H, Jayaseelan DJ, Rieke M. Tendinopathy and Aging: A Review of Literature and Considerations for Older Adult Athletes. Top Geriatr Rehabil 2016;32: E1-

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Exclusion reason	Full reference
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Wrong study design	Joyce D. Tendon problems? It's time to unload!. Peak Performance 2010;5-6. [Accessed July 2020].
Wrong study design	Kachewar SG, Kulkarni DS. Calcific tendinitis of the rotator cuff: a review. J Clin Diagn Res 2013;7: 1482-1485. doi:10.7860/JCDR/2013/4473.3180. [Accessed July 2020].
Wrong study design	Kaczmarek CM. Lateral elbow tendinosis: implications for a weight training population. Strength Cond J 2008;30: 35-40. [Accessed July 2020].
Wrong study design	Kadel N. Foot and ankle problems in dancers. Phys Med Rehabil Clin N Am 2014;25: 829-844. doi:10.1016/j.pmr.2014.06.003. [Accessed July 2020].
Wrong study design	Kader D, Saxena A, Movin T, et al. Achilles tendinopathy: Some aspects of basic science and clinical management. Br J Sports Med 2002;36: 239-249. doi: 10.1136/bjsm.36.4.239. [Accessed July 2020].
Wrong study design	Kaeding C, Best TM. Tendinosis: pathophysiology and nonoperative treatment. Sports health 2009;1: 284-292. [Accessed July 2020].
Wrong study design	Kallon K. Topical Glyceryl Trinitrate Therapy for Chronic Supraspinatus Tendinopathy. Clin J Sport Med 2006;16: 280-281. [Accessed July 2020].
Wrong study design	Kane JM, Zide JR, Brodsky JW. Acute Peroneal Tendon Injuries in Sport. Oper Tech Sports Med 2017;25: 113-119. doi:10.1053/j.otsm.2017.04.001. [Accessed July 2020].
Wrong study design	Kaniki N, Willits K, Fung V, et al. Addition of autologous conditioned plasma to rehab program did not impact recovery of Achilles tendon. Orthopedics Today 2012;32: 18. [Accessed July 2020].
Wrong study design	Kannus P, Järvinen TLN, Järvinen TAH, et al. Editorial. Scand J Med Sci Sports 2004;14: 69-71. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Kaplan HK, William J, Cheatham SW, et al. Rotator Cuff Tendinopathy: An Evidence-Based Overview for the Sports Med. Professional. Strength Cond J 2018;40: 61-71. [Accessed July 2020].
Wrong study design	Kassolik K, RajkowskaLabon E, Tomasik T, et al. Recommendations of the polish society of physiotherapy, polish society of family medicine and college of family physicians in Poland in the scope of physiotherapy in painful shoulder syndrome in primary healthcare. Fam. Med. Prim 2018;20: 277-290. doi: 10.5114/fmpcr.2018.78274. [Accessed July 2020].
Wrong study design	Kassolik K, RajkowskaLabon E, Wilk, et al. Recommendations of the polish society of physiotherapy, the polish society of family medicine, the college of family physicians in poland and the european rural and isolated practitioners association regarding the use of simple forms of physiotherapy, including massage and self-massage in primary care, endorsed by the polish society of physiotherapy specialists. Fam. Med. Prim 2019;21: 277-288. doi: 10.5114/fmpcr.2019.88388. [Accessed July 2020].
Wrong study design	Kaufman RL. Conservative chiropractic care of lateral epicondylitis. J Manipulative Physiol Ther 2000;23: 619-622. doi:10.1067/mmt.2000.110942. [Accessed July 2020].
Wrong study design	Kaux JF, Forthomme B, Le Goff C, et al. Current opinions on tendinopathy. J Sci Med Sport 2011;10: 238. [Accessed July 2020].
Wrong study design	Kazemi M. Degenerative rotator cuff tear in an elderly athlete: a case report. J Can Chiropr Assoc 1999;43: 104-110. [Accessed July 2020].
Wrong study design	Kearney RS, Parsons N, Metcalfe D, et al. Injection therapies for Achilles tendinopathy. Cochrane Database Syst Rev 2015;5: CD010960. doi:10.1002/14651858.CD010960.pub2. [Accessed July 2020].
Wrong study design	Kelly JD, Thomas SJ. Identifying and managing scapular problems in overhead athletes. J Musculoskelet Med 2011;28: 465-471. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Kelly L, Terry GC. Team handball: Shoulder injuries, rehabilitation, and training. Sports Med Arthrosc Rev 2001;9: 115-123. doi: 10.1097/00132585-200104000-00001. [Accessed July 2020].
Wrong study design	Kenas A, Masi M, Kuntz C. Eccentric Interventions for Lateral Epicondylalgia. Strength Cond J 2015;37: 47-52. doi:10.1519/SSC.0000000000000175. [Accessed July 2020].
Wrong study design	Keramat UK, et al. Conservative treatment preferences and the plausible mechanism of Neer's stage 1 of shoulder impingement in younger people. J Pak Med Assoc 2015;65: 542-547. [Accessed July 2020].
Wrong study design	Kerkour K, Meier JL, Mansuy J. Rehabiliation of rotator cuff degenerative injuries. Schweizerische Zeitschrift für Sportmedizin & Sporttraumatologie 2000;48: 28-36. [Accessed July 2020].
Wrong study design	Khan AM, Guillet MA, Fanton GS. Volleyball: Rehabilitation and training tips. Sports Med Arthrosc Rev 2001;9: 137-146. doi: 10.1097/00132585-200104000-00003. [Accessed July 2020].
Wrong study design	Kibler WB, McMullen J, Uhl T. Shoulder rehabilitation strategies, guidelines, and practice. Orthop Clin North Am 2001;32: 527-38. [Accessed July 2020].
Wrong study design	Kibler WB, McMullen J, Uhl T. Shoulder Rehabilitation Strategies, Guidelines, and Practice. Oper Tech Sports Med 2012;20: 103-112. doi:10.1016/s0030-5898(05)70222-4. [Accessed July 2020].
Wrong study design	Kidd J. Treatment of shoulder pain utilizing mechanical diagnosis and therapy principles. J Man Manip Ther 2013;21: 168-173. doi: 10.1179/2042618613Y.0000000037. [Accessed July 2020].
Wrong study design	Kim DH, Millett PJ, Warner JJP, et al. Shoulder injuries in golf. Am J Sports Med 2004;32: 1324-1330. doi: 10.1177/0363546504267346. [Accessed July 2020].
Wrong study design	Kirwan P, French H. 50 Recalcitrant Achilles Tendinopathy Treated With Exercise And Glyceryl Trinitrate: A Case Report. BJSM 2014; 48: A32-A33

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Exclusion reason	Full reference
Wrong study design	Kjaer M, HeinemeierKM. Eccentric exercise: acute and chronic effects on healthy and diseased tendons. J Appl Physiol 2014;116: 1435-1438. doi:10.1152/japplphysiol.01044.2013. [Accessed July 2020].
Wrong study design	Kjaer M. The treatment of overuse injuries in sports. Scand J Med Sci Sports 2001;11: 195-196. doi:10.1034/j.1600-0838.2001.110401.x. [Accessed July 2020].
Wrong study design	Knight K. Achilles tendon exercises improve elderly mobility. J Exp Biol 2017;220: 953-954. doi: 10.1242/jeb.158659. [Accessed July 2020].
Wrong study design	Knobloch K, Gohritz A, Spies M, et al. Neovascularisation in flexor carpi ulnaris tendinopathy: novel combined sclerosing therapy and eccentric training of the forearms in athletics' wrist pain. BMJ Case Rep 2009;2009. doi:10.1136/bcr.08.2008.0714. [Accessed July 2020].
Wrong study design	Knobloch K, Spies M, Busch KH, et al. Sclerosing therapy and eccentric training in flexor carpi radialis tendinopathy in a tennis player. Br J Sports Med 2007;41: 920-921. doi:10.1136/bjsm.2007.036558. [Accessed July 2020].
Wrong study design	Knobloch K. [Eccentric exercise in tendinopathies]. Sportverletz Sportschaden 2010;24: 187. doi:10.1055/s-0029-1245845. [Accessed July 2020].
Wrong study design	Knobloch K. Achilles Wiitis: Making the case for proprioceptive training in tendinopathy. Am J Roentgenol 2009;193: W356. doi: 10.2214/AJR.09.2696. [Accessed July 2020].
Wrong study design	Knobloch K. Letters to the Editor. Am J Sports Med 2007;35: 1208-1209. [Accessed July 2020].
Wrong study design	Kocyigit H, Bal S, Baris Bayram K, et al. The efficacy of tens in patients with lateral epicondylitis. 2013. doi: 10.1007/s00198-013-2312-y. [Accessed July 2020].
Wrong study design	Kohia M, Brackle J, Byrd K, et al. Effectiveness of physical therapy treatments on lateral epicondylitis. J Sport Rehabil 2008;17: 119-136. doi:10.1123/jsr.17.2.119. [Accessed July 2020].
Wrong study design	Kongsgaard M, Langberg H. Tendinopathy: present challenges and perspectives for progression. Scand J Med

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Exclusion reason	Full reference
	Sci Sports 2011;21: 44228. doi:10.1111/j.1600-0838.2010.01275.x. [Accessed July 2020].
Wrong study design	Konin JG, Ritchie S. Functional rehabilitation. Glenohumeral-joint muscle strengthening for acute supraspinatus-tendon impingement. Athl Ther Today 2003;8: 56-57. [Accessed July 2020].
Wrong study design	Konin, J. G. Rehabilitation of soft-tissue injuries to the hip. Athletic Therapy Today 2004;9: 15-72. doi:10.1123/att.9.4.15. [Accessed July 2020].
Wrong study design	Konstantakis X, Pazaridis C, Heneghan N. The adjunctive benefit of manual therapy in addition to therapeutic exercise for shoulder impingement syndrome: a systematic review. Physiotherapy 2016;102: e72-e73. [Accessed July 2020].
Wrong study design	Kountouris A, Cook J. Rehabilitation of Achilles and patellar tendinopathies. Best Pract Res Clin Rheumatol 2007;21: 295-316. [Accessed July 2020].
Wrong study design	Kovacic J, Bergfeld J. Return to play issues in upper extremity injuries. Clin J Sport Med 2005;15: 448-452. doi: 10.1097/01.jsm.0000188208.00727.0b. [Accessed July 2020].
Wrong study design	Kromer TO, Bie RA, Bastiaenen CHG. Effectiveness of individualized physiotherapy on pain and functioning compared to a standard exercise protocol in patients presenting with clinical signs of subacromial impingement syndrome. A randomized controlled trial. BMC Musculoskelet Disord 2010;11: 114. doi:10.1186/1471-2474-11-114. [Accessed July 2020].
Wrong study design	Kubiak EN, Klugman JA, Bosco JA. Hand injuries in rock climbers. Bull Hosp Jt Dis 2006;64: 172-177. [Accessed July 2020].
Wrong study design	Kuenstlinger U. Aktuelles: Aus der Literatur. / From the current literature. Dtsch Z Sportmed 2005;56: 55-57. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Kulig K, Pomrantz AB, Burnfield JM, et al. Non-operative management of posterior tibialis tendon dysfunction: design of a randomized clinical trial [NCT00279630]. BMC Musculoskelet Disord 2006;7: 49. [Accessed July 2020].
Wrong study design	Kurtz JT. A chiropractic case report in the treatment and rehabilitation of swimmer's shoulder. JACA 2004;41: 32-38. [Accessed July 2020].
Wrong study design	Lake JE, Ishikawa SN. Conservative treatment of Achilles tendinopathy: emerging techniques. Foot Ankle Clin 2009;14: 663-674. doi:10.1016/j.fcl.2009.07.003. [Accessed July 2020].
Wrong study design	Langberg H, Kongsgaard M. Eccentric training in tendinopathy - More questions than answers: Editorial. Scand J Med Sci Sports 2008;18: 541-542. doi: 10.1111/j.1600-0838.2008.00864.x. [Accessed July 2020].
Wrong study design	Lapenskie S. Is acupuncture or ultrasound therapy more efficacious for impingement syndrome? Commentary. Clin J Sport Med 2006;16: 377-378. [Accessed July 2020].
Wrong study design	LaStayo PC, Woolf JM, Lewek MD, et al. Eccentric muscle contractions: their contribution to injury, prevention, rehabilitation, and sport. J Orthop Sports Phys Ther 2003;33: 557-571. doi:10.2519/jospt.2003.33.10.557. [Accessed July 2020].
Wrong study design	Leão Almeida GP, De Souza VL Barbosa G, et al. Swimmer's shoulder in young athlete: rehabilitation with emphasis on manual therapy and stabilization of shoulder complex. Man Ther 2011;16: 510-515. doi:10.1016/j.math.2010.12.012. [Accessed July 2020].
Wrong study design	Lee SU. Diagnosis and non-operative treatment of shoulder pain. J Korean Med Assoc 2019;62: 629-635. doi: 10.5124/jkma.2019.62.12.629. [Accessed July 2020].
Wrong study design	Leib C. Management of the unilateral shoulder impingement syndrome. Ann Intern Med 2015;162: 237-8. doi:10.7326/L15-5043-2. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Lenoir H, Mares O, Carlier Y. Management of lateral epicondylitis. Orthop Traumatol Surg Res 2019;105. doi: 10.1016/j.otsr.2019.09.004. [Accessed July 2020].
Wrong study design	Leumann A, Merian M, Wiewiorski M, et al. Behandlungskonzepte der chronischen Dysfunktion der Tibialis posterior-Sehne. / Treatment concepts for the chronic dysfunction of the posterior tibial tendon. Schweiz Z Med Traumatol 2007;55: 19-25. [Accessed July 2020].
Wrong study design	Lewis J, Mccreesh K, Roy JS. Rotator Cuff Tendinopathy: Navigating the Diagnosis--Management Conundrum. J Orthop Sports Phys Ther 2015;45: 923-937. doi:10.2519/jospt.2015.5941. [Accessed July 2020].
Wrong study design	Lewis J. Rotator cuff related shoulder pain. Advances in understanding and management. Man Ther 2017;23: 57-68. doi: 10.1016/j.jsams.2017.09.376. [Accessed July 2020].
Wrong study design	Lewis J. Rotator cuff related shoulder pain: Assessment, management and uncertainties. Manual therapy 2016;23: 57-68. doi:10.1016/j.math.2016.03.009. [Accessed July 2020].
Wrong study design	Lewis JS. A specific exercise program for patients with subacromial impingement syndrome can improve function and reduce the need for surgery. Effect of specific exercise strategy on need for surgery on patients with subacromial impingement syndrome: randomised controlled study, bmj 344: e787. J Physiother 2012;58: 127. doi:10.1016/S1836-9553(12)70093-0. [Accessed July 2020].
Wrong study design	Lewis JS. Management of rotator cuff tendinopathy. Touch J Org Chart Physiother Private Pract 2014;149: 12-17. [Accessed July 2020].
Wrong study design	Li X, Gorman MT, Dines JS, et al. Isolated tear of the pectoralis minor tendon in a high school football player. Orthopedics 2012;35: e1272-e1275. doi:10.3928/01477447-20120725-33. [Accessed July 2020].
Wrong study design	Lin JC, Weintraub N, Aragaki DR. Nonsurgical treatment for rotator cuff injury in the elderly. J Am Med Dir Assoc 2008;9: 626-632. doi:10.1016/j.jamda.2008.05.003. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Longo UG, Franceschi F, Berton A, et al. Conservative treatment and rotator cuff tear progression. Med Sport Sci 2012;57: 90-99. doi:10.1159/000328910. [Accessed July 2020].
Wrong study design	Longo UG, Ronga M, Maffulli N. Achilles tendinopathy. Sports Med Arthrosc Rev 2018;26: 16-30. doi:10.1097/JSA.0b013e3181a3d625. [Accessed July 2020].
Wrong study design	Lopes AD, Hespanhol Junior LC, Kamper SJ, et al. Exercise for patellar tendinopathy. Cochrane Database Syst Rev 2018;2018. doi:10.1002/14651858.CD013078. [Accessed July 2020].
Wrong study design	Loppini M, Maffulli N, et al. Conservative management of tendinopathy: an evidence-based approach. Muscles Ligaments Tendons J 2012;1: 134-137. [Accessed July 2020].
Wrong study design	Loppini M, Maffulli N. Conservative management of tendinopathy: an evidence-based approach. Muscles Ligaments Tendons J 2011;1: 134. [Accessed July 2020].
Wrong study design	Lorås H, Østerås B, Torstensen TA, et al. Medical Exercise Therapy for Treating Musculoskeletal Pain: A Narrative Review of Results from Randomized Controlled Trials with a Theoretical Perspective. Physiother Res Int 2015;20: 182-190. doi:10.1002/pri.1632. [Accessed July 2020].
Wrong study design	Lorenz D, Reiman M. The role and implementation of eccentric training in athletic rehabilitation: tendinopathy, hamstring strains, and acl reconstruction. Int J Sports Phys Ther 2011;6: 27. [Accessed July 2020].
Wrong study design	Lorenz D, Walker JC, Burke D. Shoulder tendinopathy. Physical Therapy Reviews 2011;16: 365-373. doi:10.1179/1743288X11Y.0000000042. [Accessed July 2020].
Wrong study design	Lorenz D. Eccentric exercise interventions for tendinopathies. Strength Cond J 2010;32: 90-98. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Lorenzen J, Krämer R, Vogt PM, et al. Systematic review about eccentric training in chronic patella tendinopathy. Sportverletz Sportschaden 2010;24: 198-203. doi:10.1055/s-0029-1245818. [Accessed July 2020].
Wrong study design	Loria K. Working with Combat Athletes. PT in Motion 2018;16-25. [Accessed July 2020].
Wrong study design	Luan X, Tian X, Zhang H, et al. Exercise as a prescription for patients with various diseases. J Sport Health Sci 2019;8: 422-441. doi:10.1016/j.jshs.2019.04.002. [Accessed July 2020].
Wrong study design	Luk JKH, Tsang RCC, Leung HB. Lateral epicondylalgia: midlife crisis of a tendon. Hong Kong Med J 2014;20: 145-151. doi:10.12809/hkmj134110. [Accessed July 2020].
Wrong study design	Lukas C, Fehske K. Jumper's Knee in Sports. Sports Orthop Traumatol 2016;32: 349-354. doi: 10.1016/j.orthtr.2016.10.010. [Accessed July 2020].
Wrong study design	Macías-Hernández SI, Pérez-Ramírez LE. Eccentric strength training for rotator cuff tendinopathies with subacromial impingement. Current evidence. Cir Cir 2015;83: 74-80. doi:10.1016/j.circir.2015.04.029. [Accessed July 2020].
Wrong study design	Maffulli N, Aicale R. Update on non-insertional Achilles tendinopathy. Fuss und Sprunggelenk 2019. doi: 10.1016/j.fuspru.2019.09.002. [Accessed July 2020].
Wrong study design	Maffulli N, Kader D. Tendinopathy of tendo achillis. Bone Joint J 2002;84: 1-8. doi:10.1302/0301-620x.84b1.12792. [Accessed July 2020].
Wrong study design	Maffulli N, Longo UG, Denaro V. Achilles tendinopathy in dancers. J Dance Med Sci 2012;16: 92-100. [Accessed July 2020].
Wrong study design	Maffulli N, Longo UG, Denaro V. Novel approaches for the management of tendinopathy. J Bone Joint Surg 2010;92: 2604-2613. doi:10.2106/JBJS.I.01744. [Accessed July 2020].
Wrong study design	Maffulli N, Longo UG, Kadakia A, et al. Achilles tendinopathy. Foot Ankle Surg 2019. doi:10.1016/j.fas.2019.03.009. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Maffulli N, Longo UG, Loppini M, et al. Current treatment options for tendinopathy. Expert Opin Pharmacother 2010;11: 2177-2186. doi:10.1517/14656566.2010.495715. [Accessed July 2020].
Wrong study design	Maffulli N, Longo UG, Petrillo S. Management of tendinopathies of the foot and ankle. Orthop Trauma 2012;26: 259-264. doi:10.1016/j.mporth.2012.05.008. [Accessed July 2020].
Wrong study design	Maffulli N, Longo, UG, Loppini, M, et al. New options in the management of tendinopathy. Open Access J Sports Med 2010;1: 29-37. doi:10.2147/oajsm.s7751. [Accessed July 2020].
Wrong study design	Maffulli N, Saxena A, Wagner E, et al. Achilles insertional tendinopathy: State of the art. J ISAKOS 2019;4: 48-57. doi: 10.1136/jisakos-2017-000144. [Accessed July 2020].
Wrong study design	Maffulli N, Via A, Oliva F. Chronic Achilles Tendon Disorders. Clin Sports Med 2015;34: 607-624. doi:10.1016/j.csm.2015.06.010. [Accessed July 2020].
Wrong study design	Malanga GA, Bowen JE, Nadler SF, et al. Non-operative management of shoulder injuries. J Back Musculoskelet Rehabil 1999;12: 179-89. doi:10.3233/BMR-1999-12305. [Accessed July 2020].
Wrong study design	Malanga GA, Chimes GP. Rehabilitation of Basketball Injuries. Phys Med Rehabil Clin N Am 2006;17: 565-587. doi: 10.1016/j.pmr.2006.05.009. [Accessed July 2020].
Wrong study design	Malliaras P, Cook J, Purdam C, et al. Patellar Tendinopathy: Clinical Diagnosis, Load Management, and Advice for Challenging Case Presentations. J Orthop Sports Phys Ther 2015;45: 887-898. doi:10.2519/jospt.2015.5987. [Accessed July 2020].
Wrong study design	Malliaras P, Maffulli N, Garau G. Eccentric training programmes in the management of lateral elbow tendinopathy. Disabil Rehabil 2008;30: 1590-1596. doi:10.1080/09638280701786195. [Accessed July 2020].
Wrong study design	Malliaras P. Understanding mechanisms to improve exercise interventions in tendinopathy. Phys Ther Sport

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Exclusion reason	Full reference
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Wrong study design	Mallon B. How to cure and prevent golfer's elbow. Golf Digest 1998;49: 119. [Accessed July 2020].
Wrong study design	Mansur NSB, Faloppa F, Belloti JC, et al. Shock wave therapy associated with eccentric strengthening versus isolated eccentric strengthening for Achilles insertional tendinopathy treatment: a double-blinded randomised clinical trial protocol. BMJ Open 2017;7: e013332. doi:10.1136/bmjopen-2016-013332. [Accessed July 2020].
Wrong study design	Marsden R, Osborne HR. Diagnosis and management of lateral elbow pain in the elite athlete. NZ J Sports Med 2011;38: 32-34. [Accessed July 2020].
Wrong study design	Martin BR. Multimodal Care in the Management of Patient With Chronic Tendinopathy of the Biceps Femoris: A Case Report. J Chiropr Med 2017;16: 156-162. doi:10.1016/j.jcm.2017.01.006. [Accessed July 2020].
Wrong study design	Mascaró A, Cos MA, Morral A, et al. Load management in tendinopathy: Clinical progression for Achilles and patellar tendinopathy. Apunts. Medicina de l'Esport 2018;53: 19-27. doi: 10.1016/j.apunts.2017.11.005. [Accessed July 2020].
Wrong study design	Matocha MA, Baker RT, Nasypany AM, et al. Effects of Neuromobilization on Tendinopathy: Part II. Int J Athl Ther Train 2015;20: 41-47. doi:10.1123/ijatt.2014-0097. [Accessed July 2020].
Wrong study design	Matsen III FA. Clinical practice. Rotator-cuff failure. N Engl J Med 2008;358: 2138-2147. doi:10.1056/NEJMcp0800814. [Accessed July 2020].
Wrong study design	Mazzone MF, Mccue T. Common conditions of the Achilles tendon. Am Fam Physician 2002;65: 1805-1810. [Accessed July 2020].
Wrong study design	McClinton S, Luedke L, Clewley D. Nonsurgical management of midsubstance achilles tendinopathy. Clin Podiatr Med Surg 2017;34: 137-160. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	McCormick N. The effectiveness of eccentric loading exercises in the management of rotator cuff tendinopathy: a structured literature review. Physiotherapy 2019;105:1 E91. doi: 10.1016/j.physio.2018.11.064. [Accessed July 2020].
Wrong study design	Mccreesh K, Lewis J. Continuum model of tendon pathology - Where are we now?. Int J Exp Pathol 2013;94: 242-247. doi: 10.1111/iep.12029. [Accessed July 2020].
Wrong study design	McCreesh KM, Riley SJ, Crotty JM. Neovascularity in patellar tendinopathy and the response to eccentric training: A case report using Power Doppler ultrasound. Man Ther 2013;18: 602-605. doi:10.1016/j.math.2012.09.001. [Accessed July 2020].
Wrong study design	McHardy AJ, Pollard HP. Golf and upper limb injuries: A summary and review of the literature. Chiropr Osteopat 2005;13: 1-7. doi: 10.1186/1746-1340-13-7. [Accessed July 2020].
Wrong study design	McNeill W. A short consideration of exercise for gluteal tendinopathies. J Bodyw Mov Ther 2016;20: 595-597. doi:10.1016/j.jbmt.2016.06.014. [Accessed July 2020].
Wrong study design	McShane JM, Ostick B, McCabe F. Noninsertional Achilles Tendinopathy: Pathology and Management. Curr Sports Med Rep 2007;6: 288-292. [Accessed July 2020].
Wrong study design	Mead MP, Gumucio JP, Awan TM, et al. Pathogenesis and Management of Tendinopathies in Sports Med.. Transl Sports Med 2018;1: 5-13. doi:10.1002/tsm2.6. [Accessed July 2020].
Wrong study design	Melegati G, Volpi P, Tornese D, et al. Rehabilitation in tendinopathies. J. Sports Traumatol. Rel. Res. 1999;21: 66-83. [Accessed July 2020].
Wrong study design	Melegati G, Volpi P, Tornese D, et al. Rehabilitation in tendinopathies. J. Sports Traumatol. Rel. Res. 1999;21: 66-83. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Mellor R, Grimaldi A Wajswelner H, et al. Exercise and load modification versus corticosteroid injection versus 'wait and see' for persistent gluteus medius/minimus tendinopathy (the LEAP trial): a protocol for a randomised clinical trial. BMC Musculoskelet Disord 2016;17: 196. doi:10.1186/s12891-016-1043-6. [Accessed July 2020].
Wrong study design	Mellor S. Treatment of tennis elbow: the evidence. BMJ (Clinical research ed.) 2003;327: 330. doi: 10.1136/bmj.327.7410.330. [Accessed July 2020].
Wrong study design	Michaud T. Popliteus tendinitis: biomechanical factors and conservative treatment. Dynamic Chiropractic 2012;30. [Accessed July 2020].
Wrong study design	Miners AL, Bougie TL. Chronic Achilles tendinopathy: a case study of treatment incorporating active and passive tissue warm-up, Graston Technique®, ART®, eccentric exercise, and cryotherapy. J Can Chiropr Assoc 2011;55: 269-279. [Accessed July 2020].
Wrong study design	Miners AL, Bougie TL. Chronic Achilles tendinopathy: a case study of treatment incorporating active and passive tissue warm-up, Graston Technique®, ART®, eccentric exercise, and cryotherapy. J Can Chiropr Assoc 2011;55: 269-279. [Accessed July 2020].
Wrong study design	Mohtadi N. Exercises or arthroscopic decompression for subacromial impingement? Commentary. Clin J Sport Med 2006;16: 193-194. [Accessed July 2020].
Wrong study design	Morelli V, Rowe RH. Patellar tendonitis and patellar dislocations. Prim Care 2004;31: 909-924. doi: 10.1016/j.pop.2004.07.003. [Accessed July 2020].
Wrong study design	Moreno Moreno Á. Efectividad del ejercicio terapéutico al que se le ha incorporado la activación consciente de la musculatura de la faja abdominal y de la extremidad inferior en pacientes con tendinopatía del manguito rotador: Estudio Controlado Aleatorizado [dissertation thesis]. 2019. Available: http://hdl.handle.net/10459.1/67624 [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Morrissey D. Management of Achilles tendinopathy. SportEX Medicine 2000;33-37. [Accessed July 2020].
Wrong study design	Morton S, Morrissey D. Diagnosing Achilles Tendinopathy a 'How To' Guide. SportEX Medicine 2015;19-26. [Accessed July 2020].
Wrong study design	Mulligan EP, Middleton EF, Brunette M, et al. Evaluation and management of greater trochanter pain syndrome. Phys Ther Sport 2015;16: 205-214. doi: 10.1016/j.ptsp.2014.11.002. [Accessed July 2020].
Wrong study design	Mulvaney S, Mazzone MF. Calf muscle therapy for Achilles tendinosis. Mazzone MF, McCue T. Common conditions of the Achilles tendon. Am Fam Physician 2002;65:1805-10. Am Fam Physician 2003;67: 939-940. [Accessed July 2020].
Wrong study design	Murphy M, Travers M, Gibson W. Is heavy eccentric calf training superior to wait-and-see, sham rehabilitation, traditional physiotherapy and other exercise interventions for pain and function in mid-portion Achilles tendinopathy?. Systematic Reviews 2018;7: 58. doi:10.1186/s13643-018-0725-6. [Accessed July 2020].
Wrong study design	Murtaugh B, Ihm JM. Eccentric training for the treatment of tendinopathies. Curr Sports Med Rep 2013;12: 175-182. doi:10.1249/JSR.0b013e3182933761. [Accessed July 2020].
Wrong study design	Myers JB. Conservative management of shoulder impingement syndrome in the athletic population. J Sport Rehabil 1999;8: 230-53. [Accessed July 2020].
Wrong study design	Nachazel KMJ. Mechanism and treatment of tendinitis of the flexor hallucis longus in classical ballet dancers. Athl Ther Today 2002;7: 13-15. doi: 10.1123/att.7.2.13. [Accessed July 2020].
Wrong study design	Nadler SF, Sherman AL, Malanga GA. Sport-specific shoulder injuries. Phys Med Rehabil Clin N Am 2004;15: 607-626. doi:10.1016/j.pmr.2004.01.003. [Accessed July 2020].
Wrong study design	Nirschl RP, Ashman ES. Tennis elbow tendinosis (epicondylitis). Instructional Course Lectures 2004;53: 587-598. Available:

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Wrong study design	Norris C. Shoulder Impingement. SportEX Medicine 2014;27-35. [Accessed July 2020].
Wrong study design	Nuhmani S, Muaidi QI. Patellar tendinopathy: A review of literature. J Clin Diagn Res 2018;12: YE01-YE06. doi: 10.7860/JCDR/2018/35797.11605. [Accessed July 2020].
Wrong study design	Nuhmani S. Injection therapies for patellar tendinopathy. Phys Sportsmed 2019;1-6. doi:10.1080/00913847.2019.1671143. [Accessed July 2020].
Wrong study design	O'Driscoll SW. Physiotherapy or a wait-and-see policy were best long-term treatment options for lateral epicondylitis. J Bone Joint Surg 2002;84: 1487. [Accessed July 2020].
Wrong study design	Øiestad BE. Critically appraised paper: Education plus exercise, and corticosteroid injection, are superior to a wait-and-see approach for gluteal tendinopathy [synopsis]. J Physiother 2019;65: 107. doi:10.1016/j.jphys.2019.01.006. [Accessed July 2020].
Wrong study design	O'Neill S, Watson PJ, Barry S. Why are eccentric exercises effective for achilles tendinopathy?. Int J Sports Phys Ther 2015;10: 552-562. [Accessed July 2020].
Wrong study design	O'Neill, Seth; Watson, Paul; Barry, Simon. 76 Eccentric Exercises For Achilles Tendinopathy Do Not Fully Resolve Plantarflexor Muscle Power Deficits. Br J Sports Med 2014;48:Suppl 2 A49-A50. doi:10.1136/bjsports-2014-094114.75. [Accessed July 2020].
Wrong study design	Orchard J, Kountouris A. The management of tennis elbow. BMJ 2011;342: 1199-1202. doi:10.1136/bmj.d2687. [Accessed July 2020].
Wrong study design	Osborne JD, Gowda AL, Wiater B. Rotator cuff rehabilitation: Current theories and practice. Phys Sportsmed 2016;44: 85-92. doi: 10.1080/00913847.2016.1108883. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Osteras H, Aamodt A. Regarding "Exercise in the treatment of rotator cuff impingement: A systematic review and a synthesized evidence-based rehabilitation protocol". J Shoulder Elbow Surg 2009;18. doi: 10.1016/j.jse.2009.03.015. [Accessed July 2020].
Wrong study design	Page P. A new exercise for tennis elbow that works!. N Am J Sports Phys Ther 2010;5: 189. [Accessed July 2020].
Wrong study design	Pagorek S. Functionally specific shoulder rehabilitation. Athl Ther Today 2006;11: 43-5. Doi: 10.1123/att.11.2.43. [Accessed July 2020].
Wrong study design	Pearson J, Jones A. Achilles Tendinopathy. NZ J Sports Med 2018;45: 34-37. [Accessed July 2020].
Wrong study design	Pedowitz RA, Yamaguchi K, Ahmad CS, et al. Optimizing the management of rotator cuff problems. J Am Acad Orthop Surg 2011;19: 368-379. doi:10.5435/00124635-201106000-00007. [Accessed July 2020].
Wrong study design	Peek AC, Malagelada F, Clark CIM. The Achilles tendon. Orthopaedics & Trauma 2016;30: 1-7. doi:10.1016/j.mporth.2016.02.007. [Accessed July 2020].
Wrong study design	Peers K. Chronic tendinopathies: What we do know and what we don't know. 2013. doi: 10.1016/j.rehab.2013.07.569. [Accessed July 2020].
Wrong study design	Peers KHE, Lysens RJJ. Patellar tendinopathy in athletes: current diagnostic and therapeutic recommendations. NZ J Sports Med 2005;35: 71-87. doi:10.2165/00007256-200535010-00006. [Accessed July 2020].
Wrong study design	Petsche TS, Harlan Selesnick FH. Popiliteus tendinitis: tips for diagnosis and management. Physician and Sports Med. 2002;30: 27-31. doi:10.3810/psm.2002.08.401. [Accessed July 2020].
Wrong study design	Pietrzak JR, Kayani B, Tahmassebi J, et al. Proximal hamstring tendinopathy: pathophysiology, diagnosis and treatment. Br J Hosp Med 2018;79: 389-394. doi: 10.12968/hmed.2018.79.7.389. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Pitman R. Efficacy of utilizing an eccentric-based exercise program in the treatment of subacromial impingement syndrome. Pacific university 2015. [Accessed July 2020].
Wrong study design	Rabin A. Is there evidence to support the use of eccentric strengthening exercises to decrease pain and increase function in patients with patellar tendinopathy?. Phys Ther 2006;86: 450-456. doi: 10.1093/ptj/86.3.450. [Accessed July 2020].
Wrong study design	Radiology DR, Bron C, Dorrestijn O, et al. Guideline for diagnosis and treatment of subacromial pain syndrome: a multidisciplinary review by the Dutch Orthopaedic Association. Acta Orthop 2014;85: 314-322. doi:10.3109/17453674.2014.920991. [Accessed July 2020].
Wrong study design	Ranson C, Young M. The role of targeted exercises in the management of achilles and patellar tendinopathy in sport. Eur Musculoskelet Rev 2011;6: 131-136. [Accessed July 2020].
Wrong study design	Razavi M, Jansen G, et al. The effects of acupuncture and placebo TENS in addition to exercise in treatment of rotator cuff tendinitis. Commentary. J Musculoskelet Pain 2006;18: 872-878. doi: 10.1300/J094v14n02_09. [Accessed July 2020].
Wrong study design	Richards RR. Surgery was superior to physiotherapy for small and medium-size rotator cuff tears: Commentary. J Bone Joint Surg 2010;92: 1997. doi: 10.2106/JBJS.9210.ebo181. [Accessed July 2020].
Wrong study design	Rio E, Kidgell D, Cook J. 88 Exercise Reduces Pain Immediately And Affects Cortical Inhibition In Patellar Tendinopathy. Br J Sports Med 2014;48:2 A57-A58. [Accessed July 2020].
Wrong study design	Rob J. Does the addition of a corticosteroid injection to exercise therapy improve outcomes in subacromial impingement syndrome?. Clin J Sport Med 2011;21: 463-464. doi: 10.1097/01.jsm.0000405508.08840.0a. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Robb G, Arroll B, Reid D, et al. Summary of an evidence-based guideline on soft tissue shoulder injuries and related disorders--Part 2: Management. J Prim Health Care 2009;1: 42-49. [Accessed July 2020].
Wrong study design	Roche AJ, Calder JDF. Achilles tendinopathy: A review of the current concepts of treatment. Bone Joint J 2013;95-B: 1299-1307. doi:10.1302/0301-620X.95B10.31881. [Accessed July 2020].
Wrong study design	Roddy E, Ogollah R, Zwierska I, et al. Clinical effectiveness of exercise and corticosteroid injection for subacromial impingement syndrome: A randomized controlled trial. Rheumatology 2015;54:Suppl1 i140. doi: 10.1093/rheumatology/kev089.120. [Accessed July 2020].
Wrong study design	Roddy E, Ogollah R, Zwierska I, et al. Randomised controlled trial testing physiotherapy-led exercise and ultrasound-guided corticosteroid injection for subacromial impingement syndrome: the support trial. Physiotherapy 2015;101:1 eS403-eS404. doi: 10.1016/j.physio.2015.03.632. [Accessed July 2020].
Wrong study design	Rodriguez-Merchan E. The treatment of patellar tendinopathy. J Orthop Traumatol 2013;14: 77-81. [Accessed July 2020].
Wrong study design	Rodriguez-Santiago B, Castillo B, Baerga-Varela L, et al. Rehabilitation Management of Rotator Cuff Injuries in the Master Athlete. Curr Sports Med Rep 2019;18: 330-337. doi:10.1249/JSR.0000000000000628. [Accessed July 2020].
Wrong study design	Rompe J, Furia JP, Maffulli N. Mid-portion Achilles tendinopathy--current options for treatment. Disabil Rehabil 2008;30: 1666-1676. doi:10.1080/09638280701785825. [Accessed July 2020].
Wrong study design	Rompe JD, Nafe B, Furla JP, et al. Eccentric loading, shock-wave treatment, or a wait-and-see policy for tendinopathy of the main body of tendo Achilles: a randomized controlled trial. NZ J Physiother 2007;35: 374-383. doi:10.1177/0363546506295940. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Rowan TL, Drouin JL. A multidisciplinary approach including the use of platelet-rich plasma to treat an elite athlete with patellar tendinopathy - a case report. J Can Chiropr Assoc 2013;57: 301-309. [Accessed July 2020].
Wrong study design	Rudavsky A, Cook J. Physiotherapy management of patellar tendinopathy (jumper's knee). J Physiother 2014;60: 122-129. [Accessed July 2020].
Wrong study design	Rutecki GW. Would Achilles Have Been Stronger After Eccentric Training, Glyceryl Trinitrate, or Low Energy Shock Wave Treatment?. Consultant 2013;53: 264. [Accessed July 2020].
Wrong study design	Rutland M, O'Connell D, Brismée JM, et al. Evidence-supported rehabilitation of patellar tendinopathy. N Am J Sports Phys Ther 2010;5: 166. [Accessed July 2020].
Wrong study design	Sabbe W, Maes G, Debuysscher A, et al. Tendinopathies: Present insights in pathophysiology and treatment. Tijdsch Geneeskd 2016;72: 666-677. doi: 10.2143/TVG.72.11.2002125. [Accessed July 2020].
Wrong study design	Sahbudin I, Peall A. A survey of tennis elbow treatment, what are rheumatologists recommending?. Ann Rheum Dis 2013;72:Suppl 3 A724. doi: 10.1136/annrheumdis-2013-eular.2144. [Accessed July 2020].
Wrong study design	Sanchez SH, Pagan EP, Perez VM, et al. Myths and realities in patellar tendinopathy in the athlete. Scientific evidence based approach. Fisioterapia 2009;31: 255-261. doi:10.1016/j.ft.2009.04.002. [Accessed July 2020].
Wrong study design	Sànchez-Ibàñez JM, Fernàndez ME, Moreno C, et al. Ultrasound-Guided EPI® technique and eccentric exercise, new treatment for Achilles and Patellar tendinopathy focused on the region-specific of the tendon. Orthop Muscular Syst 2015;4: 2161-0533. doi:10.4172/2161-0533.1000200. [Accessed July 2020].
Wrong study design	Sandrey MA. Autologous growth factor injections in chronic tendinopathy. J. Athl. Train. 2014;49: 428-430. doi:10.4085/1062-6050-49.3.06. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Sandrey MA. Functional rehabilitation. Using eccentric exercise in the treatment of lower extremity tendinopathies. Athl Ther Today 2004;9: 58-59. [Accessed July 2020].
Wrong study design	Santana JA, Sherman Al. Jumpers Knee. StatPearls 2019. Available: https://www.ncbi.nlm.nih.gov/books/NBK532969/ [Accessed July 2020].
Wrong study design	Sartorio F, Garzonio F, Vercelli S, et al. [Conservative treatment of tendinopathies of upper limbs in occupational health: a literature review]. Med Lav 2016;107: 112-128. [Accessed July 2020].
Wrong study design	Sata S, Izumiyama S, Kushiku K, et al. LOW-INTENSITY EXERCISE WITH MODERATE VASCULAR OCCLUSION FOR PATIENT WITH PATELLA TENDINITIS. (Poster Session). 2004. [Accessed July 2020].
Wrong study design	Saubade M, Fournier PE. Eccentric strengthening in Achille tendinopathy. Review the literature. Ann Phys Rehabil Med 2013;:56. doi:http://dx.doi.org/10.1016/j.rehab.2013.07.571. [Accessed July 2020].
Wrong study design	Sauers EL. Effectiveness of rehabilitation for patients with subacromial impingement syndrome. J Athl Train 2005;40: 221-223. [Accessed July 2020].
Wrong study design	Sayana MK, Maffulli N. Insertional achilles tendinopathy. Foot Ankle Clin 2005;10: 309-320. doi: 10.1016/j.fcl.2005.01.010. [Accessed July 2020].
Wrong study design	Schwartz A, Watson JN, Hutchinson MR. Patellar Tendinopathy. Sports health 2015;7: 415-420. doi:10.1177/1941738114568775. [Accessed July 2020].
Wrong study design	Schwenk TL, et al. Platelet-rich plasma injections for Achilles tendinopathy. Med Today 2010;11: 78-79. [Accessed July 2020].
Wrong study design	Scibek JS, Carcia CR. Presentation and conservative management of acute calcific tendinopathy: a case study and literature review. J Sport Rehabil 2012;21: 334-342. doi:10.1123/jsr.21.4.334. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Scott A, Ashe MC. Common Tendinopathies in the Upper and Lower Extremities. Curr Sports Med Rep 2006;5: 233-241. doi:10.1097/01.csmr.0000306421.85919.9c. [Accessed July 2020].
Wrong study design	Scott A, Docking S, Vicenzino B, et al. Sports and exercise-related tendinopathies: a review of selected topical issues by participants of the second International Scientific Tendinopathy Symposium (ISTS) Vancouver 2012. Br J Sports Med 2013;47: 536-544. doi:10.1136/bjsports-2013-092329. [Accessed July 2020].
Wrong study design	Scott A, Huisman E, Khan K. Conservative treatment of chronic Achilles tendinopathy. CMAJ 2011;183: 1159-1165. doi:10.1503/cmaj.101680. [Accessed July 2020].
Wrong study design	Seaman D. Subscapularis pain in golfers. American Chiropractor 2000;22. [Accessed July 2020].
Wrong study design	Segretin F, Paris G, Cheriet S, et al. Rehabilitation and auto-exercises protocol in patients with chronic lateral epicondylitis: 6 months follow-up. Ann Phys Rehabil Med 2016;59: 109. doi: 10.1016/j.rehab.2016.07.243. [Accessed July 2020].
Wrong study design	Shanley E, Thigpen C. Throwing Injuries in the Adolescent Athlete. Int J Sports Phys Ther 2013;8: 630-640. [Accessed July 2020].
Wrong study design	Sharma P, Maffulli N. Tendon injury and tendinopathy: healing and repair. JBJS 2005;87: 187-202. [Accessed July 2020].
Wrong study design	Shaughnessy AF. Decompression Surgery No More Effective Than Exercise for Shoulder Impingement Syndrome. Am Fam Physician 2019;99: 190. [Accessed July 2020].
Wrong study design	Shaughnessy AF. Injection equals physical therapy for shoulder impingement. American Family Physician 2015;91: 260-261. [Accessed July 2020].
Wrong study design	Sheen SJ, Iqbal Z. Contemporary management of 'Inguinal disruption' in the sportsman's groin. BMC Sports Sci Med Rehabilitation 2014;6: 39. doi:10.1186/2052-1847-6-39. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Shetty A, Randolph M. A biomechanical analysis of injury, prevention, and rehabilitation exercises for lateral epicondylitis: a review [abstract]. ISBS Conference proceedings archive 2000. [Accessed July 2020].
Wrong study design	Shi-Uk Lee. Diagnosis and non-operativee treatment of shoulder pain. J Korean Med Assoc 2019;62: 629-635. doi:10.5124/jkma.2019.62.12.629. [Accessed July 2020].
Wrong study design	Sibley PA, Harman TW, Bamberger HB. Triceps tendinopathy. J Hand Surg 2015;40: 1446-1448. doi: 10.1016/j.jhsa.2015.04.004. [Accessed July 2020].
Wrong study design	Silbernagel GK. Does One Size Fit All When It Comes to Exercise Treatment for Achilles Tendinopathy?. J Orthop Sports Phys Ther 2014;44: 42-44. doi:10.2519/jospt.2014.0103. [Accessed July 2020].
Wrong study design	Silbernagel KG, Crossley KM. A Proposed Return-to-Sport Program for Patients With Midportion Achilles Tendinopathy: Rationale and Implementation. J Orthop Sports Phys Ther 2015;45: 876-886. doi:10.2519/jospt.2015.5885. [Accessed July 2020].
Wrong study design	Silbernagel KG, Hanlon S, Sprague A. Current Clinical Concepts: Conservative Management of Achilles Tendinopathy. J Athl Train 2020. doi: 10.4085/1062-6050-356-19. [Accessed July 2020].
Wrong study design	Silbernagel KG, Vicenzino BT, Rathleff MS, et al. Isometric exercise for acute pain relief: is it relevant in tendinopathy management?. Br J Sports Med 2019;53: 1330-1331. doi:10.1136/bjsports-2019-100591. [Accessed July 2020].
Wrong study design	Silbernagel KG. Does one size fit all when it comes to exercise treatment for Achilles tendinopathy?. J Orthop Sports Phys Ther 2014;44: 42-44. doi:10.2519/jospt.2014.0103. [Accessed July 2020].
Wrong study design	Silva, RS; Ferreira ALG, Nakagawa TH, Santos JEM, et al. Rehabilitation of patellar tendinopathy using hip extensor strengthening and landing-strategy modification: case report with 6-month follow-up. J Orthop Sports Phys Ther. 2015;45: 899-909. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Skjong CC, Meininger AK, Ho, SSW. Tendinopathy treatment: where is the evidence?. Clin Sports Med 2012;31: 329-350. doi:10.1016/j.csm.2011.11.003. [Accessed July 2020].
Wrong study design	Snyder KR, Evans TA. Effectiveness of corticosteroids in the treatment of lateral epicondylosis. J Sport Rehabil 2012;21: 83-8. doi:10.1123/jsr.21.1.83. [Accessed July 2020].
Wrong study design	SotoQuijano DA, RiveraTavarez CE. Work-related musculoskeletal disorders of the upper extremity. Crit Rev Phys Rehabil Med 2005;17: 65-82. doi: 10.1615/CritRevPhysRehabilMed.v17.i1.40. [Accessed July 2020].
Wrong study design	Speers CJB, Bhogal GS, Collins R. Lateral elbow tendinosis: a review of diagnosis and management in general practice. Br J Gen Pract 2018;68: 548-549. doi:10.3399/bjgp18X699725. [Accessed July 2020].
Wrong study design	Speers CJB, Bhogal GS. Greater trochanteric pain syndrome: A review of diagnosis and management in general practice. Br J Gen Pract 2017;67: 479-480. doi: 10.3399/bjgp17X693041. [Accessed July 2020].
Wrong study design	Standaert CJ. Shockwave therapy for chronic proximal hamstring tendinopathy: commentary. Clin J Sport Med 2012;22. doi:10.1097/JSM.0b013e31824c2b70. [Accessed July 2020].
Wrong study design	Stasinopoulos D, Johnson MI. Cyriax physiotherapy for tennis elbow/lateral epicondylitis. Br J Sports Med 2004;38: 675-7. doi: 10.1136/bjsm.2004.013573. [Accessed July 2020].
Wrong study design	Stasinopoulos D, Johnson MI. It may be time to modify the Cyriax treatment of lateral epicondylitis. J Bodyw Mov Ther 2007;11: 64-7. doi: 10.1016/j.jbmt.2006.03.005. [Accessed July 2020].
Wrong study design	Stasinopoulos D, Malliaras P. Is the heavy slow resistance program effective for all patients with tendinopathy and effective for all its sites?. J Sports Med Phys Fitness 2016;56: 1430-1431. [Accessed July 2020].
Wrong study design	Stasinopoulos D, Stasinopoulou K, Johnson MI. An exercise programme for the management of lateral

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Exclusion reason	Full reference
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Wrong study design	Stasinopoulos D. Strengthening of supinator in lateral elbow tendinopathy management. Australas Med J 2017;10: 373-374. doi: 10.21767/AMJ.2017.2974. [Accessed July 2020].
Wrong study design	Stasinopoulos D. The effectiveness of isometric contractions combined with eccentric contractions and stretching exercises on pain and disability in lateral elbow tendinopathy. Ann Clin Case Rep 2015;5: 2. [Accessed July 2020].
Wrong study design	Stasinopoulos D. The role of proprioception in the management of lateral elbow tendinopathy. J Hand Ther 2019;32: e2-e3. doi:10.1016/j.jht.2018.02.010. [Accessed July 2020].
Wrong study design	Stasinopoulos. Scapular and rotator cuff strengthening in patients with lateral elbow tendinopathy. Hong Kong Physiother J 2017;37: 25-26. doi:10.1016/j.hkpj.2017.01.001. [Accessed July 2020].
Wrong study design	Stephens G, O'Neill S, Clifford C, et al. Greater trochanteric pain syndrome in the UK National Health Service: A multicentre service evaluation. Musculoskeletal Care 2019;17: 390-398. doi:10.1002/msc.1419. [Accessed July 2020].
Wrong study design	Stevenson K, Jackson S Shufflebotham J, et al. Development and delivery of a physiotherapist-led exercise intervention in a randomised controlled trial for subacromial impingement syndrome (the SUPPORT trial). Physiotherapy 2017;103: 379-386. doi:10.1016/j.physio.2017.03.005. [Accessed July 2020].
Wrong study design	Stevenson K, Jackson S, Shufflebotham J, et al. Development and delivery of a physiotherapy-led exercise programme for use in a randomized controlled trial with patients with shoulder impingement syndrome. Physiotherapy 2015;103: 379-386. doi: 10.1093/rheumatology/kev089.050. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	St-Onge E, MacIntyre IG, Galea AM. Multidisciplinary approach to non-surgical management of inguinal disruption in a professional hockey player treated with platelet-rich plasma, manual therapy and exercise: a case report. J Can Chiropr Assoc 2015;59: 390-397. [Accessed July 2020].
Wrong study design	Stoychev V, Finestone AS, Kalichman L. Dry Needling as a Treatment Modality for Tendinopathy: a Narrative Review. Curr Rev Musculoskelet Med 2020;13: 133-140. doi: 10.1007/s12178-020-09608-0. [Accessed July 2020].
Wrong study design	Strom AC, Casillas MM. Achilles tendon rehabilitation. Foot Ankle Clin 2009;14: 773-782. doi:10.1016/j.fcl.2009.08.003. [Accessed July 2020].
Wrong study design	Stucken C, Ciccotti MG. Distal biceps and triceps injuries in athletes. Sports Med Arthrosc Rev 2014;22: 153-163. doi:10.1097/JSA.0000000000000030. [Accessed July 2020].
Wrong study design	Tan SC, Chan O. Achilles and patellar tendinopathy: current understanding of pathophysiology and management. Disabil Rehabil 2008;30: 1608-1615. doi:10.1080/09638280701792268. [Accessed July 2020].
Wrong study design	Taunton JE. Comparison of 2 eccentric exercise protocols for patellar tendinopathy in volleyball players. Clin J Sport Med 2006;16: 90-91. doi:10.1097/01.jsm.0000198117.32040.14. [Accessed July 2020].
Wrong study design	Taylor M. Treating chronic tendon injuries. Athl Ther Today 2000;5: 50-3. [Accessed July 2020].
Wrong study design	Taylor N, Baltaci G. Supervised exercises are more effective for subacromial pain than extracorporeal shockwave treatment. J Physiother 2010;56: 58. [Accessed July 2020].
Wrong study design	Taylor N, Lewis JS. A specific exercise program can improve the shoulder function and limit the need for surgery in patients with subacromial impingement syndrome. Kinesitherapie 2016;16: 28-29. doi: 10.1016/j.kine.2016.01.002. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Thornton AL, McCarty CW, Burgess MJ. Effectiveness of low-level laser therapy combined with an exercise program to reduce pain and increase function in adults with shoulder pain: a critically appraised topic. J Sport Rehabil 2013;22: 72-78. [Accessed July 2020].
Wrong study design	Tibor LM, Sekiya JK. Differential Diagnosis of Pain Around the Hip Joint. Arthroscopy 2008;24: 1407-1421. doi: 10.1016/j.arthro.2008.06.019. [Accessed July 2020].
Wrong study design	Torres A, Fernández-Fairen M, Sueiro-Fernández J. Greater trochanteric pain syndrome and gluteus medius and minimus tendinosis: nonsurgical treatment. Pain Manag 2018;8: 45-55. doi:10.2217/pmt-2017-0033. [Accessed July 2020].
Wrong study design	Tumilty S, Baxter GD. Expanding treatment parameters for achilles tendinopathy [abstract]. Lasers Med Sci 2015;30: 2043. doi:10.1007/s10103-015-1805-7. [Accessed July 2020].
Wrong study design	Valen PA, Foxworth J. Evidence supporting the use of physical modalities in the treatment of upper extremity musculoskeletal conditions. Curr Opin Rheumatol 2010;22: 194-204. doi:10.1097/BOR.0b013e328335a851. [Accessed July 2020].
Wrong study design	Valent A, Frizziero A, Bressan S, et al. Insertional tendinopathy of the adductors and rectus abdominis in athletes: a review. Muscles Ligaments Tendons J 2012;2: 142-148. [Accessed July 2020].
Wrong study design	Valier AR, Averett RS, Anderson BE. et al. The impact of adding an eccentric-exercise component to the rehabilitation program of patients with shoulder impingement: a critically appraised topic. J Sport Rehabil 2016;25: 195-201. [Accessed July 2020].
Wrong study design	Van Dijk PA, Miller DC, Calder J, et al. The ESSKA-AFAS international consensus statement on peroneal tendon pathologies. Knee Surg Sports Traumatol Arthrosc 2018;26: 3096-3107. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	van Leeuwen MT, Zwerver J van den Akker-Scheek I. Extracorporeal shockwave therapy for patellar tendinopathy: a review of the literature. Br J Sports Med 2009;43: 163-8. [Accessed July 2020].
Wrong study design	Van Rooy JC. A different approach to the management of greater trochanter pain syndrome. S Afr J Physiother 2009;65: 47-51. [Accessed July 2020].
Wrong study design	Vicenzino B. Elbow tendinopathy: lateral epicondylalgia. Manual Therapy for Musculoskeletal Pain Syndromes E-Book: an evidence-and clinical-informed approach 2015;445. [Accessed July 2020].
Wrong study design	Vicenzino B. Lateral epicondylalgia: a musculoskeletal physiotherapy perspective. Manual therapy 2003;8: 66-79. doi:10.1016/s1356-689x(02)00157-1. [Accessed July 2020].
Wrong study design	Visnes H, Bahr R. The evolution of eccentric training as treatment for patellar tendinopathy (jumper's knee): a critical review of exercise programmes [with consumer summary]. Br J Sports Med 2007;41: 217-223. [Accessed July 2020].
Wrong study design	Visnes H, Bahr R. The evolution of eccentric training as treatment for patellar tendinopathy (jumper's knee): a critical review of exercise programmes. Database of Abstracts of Reviews of Effects (DARE) 2008;41: 213-223. doi:0.1136/bjsm.2006.032417. [Accessed July 2020].
Wrong study design	Waddington GS. Effectiveness of eccentric exercise in upper limb tendinopathy?. J Sci Med Sport 2016;19: 437. doi:10.1016/j.jsams.2016.04.005. [Accessed July 2020].
Wrong study design	Wainner RS, Hasz M. Management of acute calcific tendinitis of the shoulder. J Orthop Sports Phys Ther 1998;27: 231-237. doi:10.2519/jospt.1998.27.3.231. [Accessed July 2020].
Wrong study design	Weber J, Buchhorn T. [Midportion Achilles tendinopathy]. Der Unfallchirurg 2017;120: 1038-1043. doi:10.1007/s00113-017-0411-5. [Accessed July 2020].
Wrong study design	Weiss LJ, Wang D, Hendel M, et al. Management of Rotator Cuff Injuries in the Elite Athlete. Curr Rev

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Exclusion reason	Full reference
	Musculoskelet Med 2018;11: 102-112. doi: 10.1007/s12178-018-9464-5. [Accessed July 2020].
Wrong study design	Welsh P. Tendon neuroplastic training for lateral elbow tendinopathy: 2 case reports. J Can Chiropr Assoc 2018;62: 98-104. [Accessed July 2020].
Wrong study design	Whitford JP. In-Season Load Management of Patellar Tendinopathy. Journal of Australian Strength & Conditioning 2019;27: 46-54. [Accessed July 2020].
Wrong study design	Wiley JP. The Effectiveness of Injection Treatments for Patella Tendinopathy: A Review. Clin J Sport Med 2013;23: 121-122. doi:10.1097/JSM.0b013e31828854ca. [Accessed July 2020].
Wrong study design	Wilk KE, Reinold MM, Andrews JR. Rehabilitation of the thrower's elbow. Sports Med Arthrosc Rev 2003;11: 79-95. doi: 10.1097/00132585-200311010-00011. [Accessed July 2020].
Wrong study design	Will LA. A conservative approach to shoulder impingement syndrome and rotator cuff disease: a case report. Clinical Chiropractic 2005;8: 173-178. [Accessed July 2020].
Wrong study design	Williams GM, Kelly M. Management of rotator cuff and impingement injuries in the athlete. J Athl Train 2000;35: 300-315. [Accessed July 2020].
Wrong study design	Witten A, Barfod, KW, Thorborg K, et al. [Subacromial impingement syndrome]. Ugeskr Laeger 2019;181. [Accessed July 2020].
Wrong study design	Wong J, Barrass V, Maffulli N. Quantitative review of operative and nonoperative management of Achilles tendon ruptures. / Etude quantitative de la litterature sur le traitement par mode operatoire ou non operatoire des dechirures du tendon d ' Achille. Am J Sports Med 2002;30: 565-575. doi:10.1177/03635465020300041701. [Accessed July 2020].
Wrong study design	Yagishita M, Kitaoka K. The effect of eccentric exercise on the injured patella tendon healing. Br J Sports Med 2008;42: 505-506. [Accessed July 2020].

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Exclusion reason	Full reference
Wrong study design	Ylinen J, Vuorenmaa M, Paloneva J, et al. Exercise therapy is evidence-based treatment of shoulder impingement syndrome. Current practice or recommendation only. Eur J Phys Rehabil Med 2013;49: 499-505. [Accessed July 2020].
Wrong study design	Zandt JF, Hahn D, Buchmann S, et al. [May eccentric training be effective in the conservative treatment of chronic supraspinatus tendinopathies? A review of the current literature]. Sportverletz Sportschaden 2010;24: 190-197. doi:10.1055/s-0029-1245816. [Accessed July 2020].
Wrong study design	Zwiers R, Wiegerinck JI, van Dijk CN. Treatment of midportion Achilles tendinopathy: an evidence-based overview. Knee Surg Sports Traumatol Arthrosc 2016;24: 2103-2111. doi:10.1007/s00167-014-3407-5. [Accessed July 2020].