Data extraction form efficacy review round 1

NB: Data extraction completed in Microsoft Excel, table details extraction fields and definitions

Heading	***Description***
Author	*First author surname*
Year	*Year of publication*
Study title	*Study title*
Country	*Country of origin of research – one of the 62 countries ranked very high on HDI*
Journal	*Full journal title or NA - Thesis*
Supplementary file link(s)	*URL to supplementary file(s) where applicable*
Aims/purpose	*Summary of study aims/purpose*
Study type	*RCT or Quasi-experimental*
Body part	*Lower limb, Upper limb, Other*
Tendinopathy type	*Achilles, Bicep, Gluteal (including GTPS), Hamstring, Lateral elbow/tennis elbow, Other, Patellar, Posterior tibial tendon, Quadriceps, Rotator cuff – subacromial impingement, Tibialis posterior. If more than one tendinopathy included in study, separate with comma*
Outcome Domain	*Select ICON outcome domain. Drop-down options:* • *Disability* • *Pain on loading/activity* • *Pain over specified time* • *Pain without further specification* • *Physical function capacity* • *Patient rating overall condition* • *Participation* • *QoL* • *ROM – Shoulder* • *Function* • *Adverse events* *One row per outcome domain, per outcome tool, per measurement time*
Outcome Tool	*Tool used to measure outcome domains e.g. VISA scales, Global impression of change, VAS*
Reflection	*1 = Increase in outcome indicates positive treatment; -1 = Decrease in outcome indicates positive treatment*
Measurement Time (Weeks)	*Time of measurement in weeks*
Measurement Time (Months)	*Time of measurement in months*
ExerciseDoseStudy	*Study investigates the effect of exercise dose. Drop-down options:* • *Yes* • *No*
Int1N	*Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis*
Int1BaseMean	*Baseline mean for Intervention 1*
Int1BaseSD	*Baseline standard deviation for Intervention 1*
Int1PostMean	*Mean of outcome for Intervention 1 at stated time point*
Int1PostSD	*Standard deviation of outcome for Intervention 1 at stated time point*
DataComments	*State if a different value has been entered for means (e.g. median), a different value for standard deviations (e.g. standard error, IQR, percentiles, distance from mean to upper bound). Provide the relevant statistic (width of CI's, width of percentiles). Also state if data has not been extracted but it exists in terms of figure that could be digitized.*

Heading	*Description*
Int1ExerciseHierarchy	*Drop-down options:* • *1 = Exercise only* • *2 = Exercise plus non-exercise* • *3 = Non-exercise plus exercise as adjunct* • *4 = Multiple exercise types*
Int1TreatmentClassD	*Select dominant treatment class from drop-down options:* • *Resistance* • *Flexibility* • *Proprioception* • *Plyometric* • *Vibration* • *Placebo - wait and see* • *Electro-therapy* • *Kinetics* • *Manual Therapy* • *Injection* • *Surgery*
Int1TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int1TreatmentD	*Select dominant treatment from drop-down options:* • *Concentric Only* • *Eccentric Only* • *Concentric and eccentric* • *Isokinetic* • *Isometric* • *Static* • *Dynamic* • *PNF* • *Ballistic* • *Joint position sense* • *Balance* • *Movement pattern retraining* • *Plyometric* • *Vibration* • *Placebo - wait and see* • *Shockwave* • *Placebo - wait and see* • *Shockwave* • *Laser* • *Electro Other* • *Immobilisation* • *Altered loading* • *Manual Therapy* • *Injection* • *Surgery*
Int1TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*
Int2N	*Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis*
Int2BaseMean	*Baseline mean for Intervention 2*
Int2BaseSD	*Baseline standard deviation for Intervention 2*
Int2PostMean	*Mean of outcome for Intervention 2 at stated time point*
Int2PostSD	*Standard deviation of outcome for Intervention 2 at stated time point*
DataComments	*State if a different value has been entered for means (e.g. median), a different value for standard deviations (e.g. standard error, IQR, percentiles, distance from mean to upper bound). Provide the relevant statistic (width of CI's, width of percentiles). Also state if data has not been extracted but it exists in terms of figure that could be digitized.*
Int2ExerciseHierarchy	*Drop-down options:* • *1 = Exercise only*

Heading	*Description*
	• *2 = Exercise plus non-exercise* • *3 = Non-exercise plus exercise as adjunct* • *4 = Multiple exercise types*
Int2TreatmentClassD	*Select dominant treatment class from drop-down options:* • *Resistance* • *Flexibility* • *Proprioception* • *Plyometric* • *Vibration* • *Placebo - wait and see* • *Electro-therapy* • *Kinetics* • *Manual Therapy* • *Injection* • *Surgery*
Int2TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int2TreatmentD	*Select dominant treatment from drop-down options:* • *Concentric Only* • *Eccentric Only* • *Concentric and eccentric* • *Isokinetic* • *Isometric* • *Static* • *Dynamic* • *PNF* • *Ballistic* • *Joint position sense* • *Balance* • *Movement pattern retraining* • *Plyometric* • *Vibration* • *Placebo - wait and see* • *Shockwave* • *Placebo - wait and see* • *Shockwave* • *Laser* • *Electro Other* • *Immobilisation* • *Altered loading* • *Manual Therapy* • *Injection* • *Surgery*
Int2TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*
Int3N	*Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis*
Int3BaseMean	*Baseline mean for Intervention 3*
Int3BaseSD	*Baseline standard deviation for Intervention 3*
Int3PostMean	*Mean of outcome for Intervention 3 at stated time point*
Int3PostSD	*Standard deviation of outcome for Intervention 3 at stated time point*
DataComments	*State if a different value has been entered for means (e.g. median), a different value for standard deviations (e.g. standard error, IQR, percentiles, distance from mean to upper bound). Provide the relevant statistic (width of CI's, width of percentiles). Also state if data has not been extracted but it exists in terms of figure that could be digitized.*
Int3ExerciseHierarchy	*Drop-down options:* • *1 = Exercise only* • *2 = Exercise plus non-exercise* • *3 = Non-exercise plus exercise as adjunct*

Heading	*Description*
	• *4 = Multiple exercise types*
Int3TreatmentClassD	*Select dominant treatment class from drop-down options:* • *Resistance* • *Flexibility* • *Proprioception* • *Plyometric* • *Vibration* • *Placebo - wait and see* • *Electro-therapy* • *Kinetics* • *Manual Therapy* • *Injection* • *Surgery*
Int3TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int3TreatmentD	*Select dominant treatment from drop-down options:* • *Concentric Only* • *Eccentric Only* • *Concentric and eccentric* • *Isokinetic* • *Isometric* • *Static* • *Dynamic* • *PNF* • *Ballistic* • *Joint position sense* • *Balance* • *Movement pattern retraining* • *Plyometric* • *Vibration* • *Placebo - wait and see* • *Shockwave* • *Placebo - wait and see* • *Shockwave* • *Laser* • *Electro Other* • *Immobilisation* • *Altered loading* • *Manual Therapy* • *Injection* • *Surgery*
Int3TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*
Int4N	*Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis*
Int4BaseMean	*Baseline mean for Intervention 4*
Int4BaseSD	*Baseline standard deviation for Intervention 4*
Int4PostMean	*Mean of outcome for Intervention 4 at stated time point*
Int4PostSD	*Standard deviation of outcome for Intervention 4 at stated time point*
DataComments	*State if a different value has been entered for means (e.g. median), a different value for standard deviations (e.g. standard error, IQR, percentiles, distance from mean to upper bound). Provide the relevant statistic (width of CI's, width of percentiles). Also state if data has not been extracted but it exists in terms of figure that could be digitized.*
Int4ExerciseHierarchy	*Drop-down options:* • *1 = Exercise only* • *2 = Exercise plus non-exercise* • *3 = Non-exercise plus exercise as adjunct* • *4 = Multiple exercise types*
Int4TreatmentClassD	*Select dominant treatment class from drop-down options:*

Heading	*Description*
	• *Resistance* • *Flexibility* • *Proprioception* • *Plyometric* • *Vibration* • *Placebo - wait and see* • *Electro-therapy* • *Kinetics* • *Manual Therapy* • *Injection* • *Surgery*
Int4TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int4TreatmentD	*Select dominant treatment from drop-down options:* • *Concentric Only* • *Eccentric Only* • *Concentric and eccentric* • *Isokinetic* • *Isometric* • *Static* • *Dynamic* • *PNF* • *Ballistic* • *Joint position sense* • *Balance* • *Movement pattern retraining* • *Plyometric* • *Vibration* • *Placebo - wait and see* • *Shockwave* • *Placebo - wait and see* • *Shockwave* • *Laser* • *Electro Other* • *Immobilisation* • *Altered loading* • *Manual Therapy* • *Injection* • *Surgery*
Int4TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*
Int5N	*Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis*
Int5BaseMean	*Baseline mean for Intervention 5*
Int5BaseSD	*Baseline standard deviation for Intervention 5*
Int5PostMean	*Mean of outcome for Intervention 5 at stated time point*
Int5PostSD	*Standard deviation of outcome for Intervention 5 at stated time point*
DataComments	*State if a different value has been entered for means (e.g. median), a different value for standard deviations (e.g. standard error, IQR, percentiles, distance from mean to upper bound). Provide the relevant statistic (width of CI's, width of percentiles). Also state if data has not been extracted but it exists in terms of figure that could be digitized.*
Int5ExerciseHierarchy	*Drop-down options:* • *1 = Exercise only* • *2 = Exercise plus non-exercise* • *3 = Non-exercise plus exercise as adjunct* • *4 = Multiple exercise types*
Int5TreatmentClassD	*Select dominant treatment class from drop-down options:* • *Resistance* • *Flexibility*

Heading	*Description*
	• *Proprioception* • *Plyometric* • *Vibration* • *Placebo - wait and see* • *Electro-therapy* • *Kinetics* • *Manual Therapy* • *Injection* • *Surgery*
Int5TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int5TreatmentD	*Select dominant treatment from drop-down options:* • *Concentric Only* • *Eccentric Only* • *Concentric and eccentric* • *Isokinetic* • *Isometric* • *Static* • *Dynamic* • *PNF* • *Ballistic* • *Joint position sense* • *Balance* • *Movement pattern retraining* • *Plyometric* • *Vibration* • *Placebo - wait and see* • *Shockwave* • *Placebo - wait and see* • *Shockwave* • *Laser* • *Electro Other* • *Immobilisation* • *Altered loading* • *Manual Therapy* • *Injection* • *Surgery*
Int5TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*
Int6N	*Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis*
Int6BaseMean	*Baseline mean for Intervention 6*
Int6BaseSD	*Baseline standard deviation for Intervention 6*
Int6PostMean	*Mean of outcome for Intervention 6 at stated time point*
Int6PostSD	*Standard deviation of outcome for Intervention 6 at stated time point*
DataComments	*State if a different value has been entered for means (e.g. median), a different value for standard deviations (e.g. standard error, IQR, percentiles, distance from mean to upper bound). Provide the relevant statistic (width of CI's, width of percentiles). Also state if data has not been extracted but it exists in terms of figure that could be digitized.*
Int6ExerciseHierarchy	*Drop-down options:* • *1 = Exercise only* • *2 = Exercise plus non-exercise* • *3 = Non-exercise plus exercise as adjunct* • *4 = Multiple exercise types*
Int6TreatmentClassD	*Select dominant treatment class from drop-down options:* • *Resistance* • *Flexibility* • *Proprioception* • *Plyometric*

Heading	*Description*
	• *Vibration* • *Placebo - wait and see* • *Electro-therapy* • *Kinetics* • *Manual Therapy* • *Injection* • *Surgery*
Int6TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int6TreatmentD	*Select dominant treatment from drop-down options:* • *Concentric Only* • *Eccentric Only* • *Concentric and eccentric* • *Isokinetic* • *Isometric* • *Static* • *Dynamic* • *PNF* • *Ballistic* • *Joint position sense* • *Balance* • *Movement pattern retraining* • *Plyometric* • *Vibration* • *Placebo - wait and see* • *Shockwave* • *Placebo - wait and see* • *Shockwave* • *Laser* • *Electro Other* • *Immobilisation* • *Altered loading* • *Manual Therapy* • *Injection* • *Surgery*
Int6TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*

Key: CI = Confidence Interval; HDI = Human Development Index; IQR = Interquartile Range; PNF = Proprioceptive Neuromuscular Facilitation; NA = Not Applicable; QoL = Quality of Life; RCT = Randomised Controlled Trial; ROM = Range of Movement; SD = Standard Deviation; VAS = Visual Analogue Scale; VISA = Victorian Institute of Sport Assessment