Data extraction form efficacy review round 2

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
Not Change Score	Not an absolute value e.g. change in pain scores (baseline=8, follow up=2; therefore change= 6)
Proportion Variable	The proportion or number of patients who reported an outcome e.g. number of patients who reported high satisfaction
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
LB	Baseline lower bound 95% confidence interval for Intervention 1
UB	Baseline upper bound 95% confidence interval for Intervention 1

Heading	Description
Int1PostMean	*Mean of outcome for Intervention 1 at stated time point*
Int1PostSD	*Standard deviation of outcome for Intervention 1 at stated time point*
LB	*Lower bound 95% confidence interval for Intervention 1 at stated time point*
UB	*Upper bound 95% confidence interval 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.*
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*

Heading	Description
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
LB	Baseline lower bound 95% confidence interval for Intervention 2
UB	Baseline upper bound 95% confidence interval 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
LB	Lower bound 95% confidence interval for Intervention 2 at stated time point
UB	Upper bound 95% confidence interval 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 • 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

Heading	Description
	• *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*
LB	*Baseline lower bound 95% confidence interval for Intervention 3*
UB	*Baseline upper bound 95% confidence interval 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*
LB	*Lower bound 95% confidence interval for Intervention 3 at stated time point*
UB	*Upper bound 95% confidence interval 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* • *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*

Heading	Description
	• *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*
LB	*Baseline lower bound 95% confidence interval for Intervention 4*
UB	*Baseline upper bound 95% confidence interval 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*
LB	*Lower bound 95% confidence interval for Intervention 4 at stated time point*
UB	*Upper bound 95% confidence interval 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:* • *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*

Heading	Description
	• *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*
LB	*Baseline lower bound 95% confidence interval for Intervention 5*
UB	*Baseline upper bound 95% confidence interval 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*
LB	*Lower bound 95% confidence interval for Intervention 5 at stated time point*
UB	*Upper bound 95% confidence interval 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* • *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*

Heading	Description
	• *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*
LB	*Baseline lower bound 95% confidence interval for Intervention 6*
UB	*Baseline upper bound 95% confidence interval 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*
LB	*Lower bound 95% confidence interval for Intervention 6 at stated time point*
UB	*Upper bound 95% confidence interval 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* • *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*

Heading	Description
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