Data extraction form effectiveness review round 3

NB: Data extraction completed in Microsoft Excel, table details extraction fields & 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*
Exercise Dose Study	*Investigates the effect of exercise dose. Drop-down options:* • *Yes* • *No*
Exercise Dose Check	*Double check if intervention investigates the effect of exercise dose*
Age Mean	*Single value for the study as a whole. Where values are presented for each group individually take the average. If range is the only thing available note it down and comment 'range'.*
Age SD	*Age SD for study population as a whole*
Training Status	*Drop downs options:*

Heading	Description
	• *Performance: Professional athletes or athletes under a professional like structure: (e.g. Sport Scotland, Collegiate sporting programs).* • *Recreational: Individuals that engage in regular sporting or fitness activities.* • *Other: general population, or a mixture of all that's difficult to differentiate.*
Training Status Comments	*Any further explanation e.g. type of sport*
Percent Female	*Single value for the study as a whole. Where values are presented for each group individually take the average.*
BMI Mean	*Single value for the study as a whole. Where values are presented for each group individually take the average. If range is the only thing available note it down and comment 'range'.*
BMI SD	*BMI SD for study population as a whole*
Symptom Duration Mean (months)	*Single value for the study as a whole. Where values are presented for each group individually take the average. If range is the only thing available note it down and comment 'range'.*
Symptom Duration SD	*Symptom duration SD for study population as a whole*
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*
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*
Int1ExerciseHierarchy Check	*Check variables (e.g exercise dose, exercise hierarchy, class and treatment): place an x if you agree with the previous designation and if disagree enter the new designation.*
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*

Heading	Description
Int1TreatmentClassD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Int1TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int1TreatmentClassAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
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*
Int1TreatmentD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Int1TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*
Int1TreatmentAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Adherence%	*Percentage adherence for the specific intervention (NR if not reported). changes Applies to all interventions (exercise and non-exercise).*
Location (Exercise)	*Applies to exercise interventions only. If more than one location list the location of the dominant treatment class. There are two columns, one to differentiate if it was a supervised exercise or not, one to note the location (when unclear if 'clinic' or 'fitness facility' just pick either as the default will be the first column).*
Location (Exercise)	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Number Resistance Exercise Per Session	***Only extract resistance ex columns when it's the dominant class.*** *If the number changes across sessions/time, select the average for that time period. (Note average does not have to be the precise average but a "representative" average.*
Resistance Volume	***Only extract resistance ex columns when it's the dominant class.***
Volume Categorisation	***Only extract resistance ex columns when it's the dominant class.*** *Hierarchy: 1) sets*reps, reps per set, sets per session, session duration. Where this varies across time select the "average" for the time period reported. Select the categorisation that matches the numerical entry in the next column.*
Resistance Intensity	***Only extract resistance ex columns when it's the dominant class.*** *Numerical value for the average resistance used (either absolute kg, or relative % maximum). Where multiple resistances*

Heading	Description
	are provided for different exercises, select the value that applies to the primary exercise. Leave blank for bodyweight or bodyweight+ and use the next column to identify.
Intensity Categorisation	***Only extract resistance ex columns when it's the dominant class.***
Intervention Frequency (sessions/week)	*Applies to all modes of exercise. Enter the total number of exercise sessions per week. This does NOT apply to other treatments (e.g. electro-therapy etc).*
Length of intervention (weeks)	*Applied to all modes of exercise.*
Intervention Progression	*Applies to all modes of exercise. Select all progression categories that occur during the total training time, with commas between each progression type. This does NOT apply to other treatments (e.g. electro-therapy etc).* *1 = No progression; 2 = NR; 3 = Progression volume; 4 = Progression intensity; 5 = Progression frequency; 6 = Progression specificity;7 = Progression capacity; 8 = Other*
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 1 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*
Int2ExerciseHierarchy Check	*Check variables (e.g exercise dose, exercise hierarchy, class and treatment): place an x if you agree with the previous designation and if disagree enter the new designation.*
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*
Int2TreatmentClassD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*

Heading	Description
Int2TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int2TreatmentClassAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
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*
Int2TreatmentD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Int2TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*
Int2TreatmentAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Adherence%	*Percentage adherence for the specific intervention (NR if not reported). changes Applies to all interventions (exercise and non-exercise).*
Location (Exercise)	*Applies to exercise interventions only. If more than one location list the location of the dominant treatment class. There are two columns, one to differentiate if it was a supervised exercise or not, one to note the location (when unclear if 'clinic' or 'fitness facility' just pick either as the default will be the first column).*
Location (Exercise)	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Number Resistance Exercise Per Session	***Only extract resistance ex columns when it's the dominant class.*** *If the number changes across sessions/time, select the average for that time period. (Note average does not have to be the precise average but a "representative" average.*
Resistance Volume	***Only extract resistance ex columns when it's the dominant class.***
Resistance Volume	***Only extract resistance ex columns when it's the dominant class.*** *Hierarchy: 1) sets*reps, reps per set, sets per session, session duration. Where this varies across time select the "average" for the time period reported. Select the categorisation that matches the numerical entry in the next column.*
Volume Categorisation	***Only extract resistance ex columns when it's the dominant class.*** *Numerical value for the average resistance used (either absolute kg, or relative % maximum). Where multiple resistances are provided for different exercises, select the value that applies*

Heading	Description
	to the primary exercise. Leave blank for bodyweight or bodyweight+ and use the next column to identify.
Resistance Intensity	***Only extract resistance ex columns when it's the dominant class.***
Intensity Categorisation	*Applies to all modes of exercise. Enter the total number of exercise sessions per week. This does NOT apply to other treatments (e.g. electro-therapy etc).*
Intervention Frequency (sessions/week)	*Applied to all modes of exercise.*
Length of intervention (weeks)	*Applies to all modes of exercise. Select all progression categories that occur during the total training time, with commas between each progression type. This does NOT apply to other treatments (e.g. electro-therapy etc).* *1 = No progression; 2 = NR; 3 = Progression volume; 4 = Progression intensity; 5 = Progression frequency; 6 = Progression specificity;7 = Progression capacity; 8 = Other*
Intervention Progression	*Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis*
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 1 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*
Int3ExerciseHierarchy Check	*Check variables (e.g exercise dose, exercise hierarchy, class and treatment): place an x if you agree with the previous designation and if disagree enter the new designation.*
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*

Heading	Description
Int3TreatmentClassD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Int3TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int3TreatmentClassAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
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*
Int3TreatmentD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Int3TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*
Int3TreatmentAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Adherence%	*Percentage adherence for the specific intervention (NR if not reported). changes Applies to all interventions (exercise and non-exercise).*
Location (Exercise)	*Applies to exercise interventions only. If more than one location list the location of the dominant treatment class. There are two columns, one to differentiate if it was a supervised exercise or not, one to note the location (when unclear if 'clinic' or 'fitness facility' just pick either as the default will be the first column).*
Location (Exercise)	
Number Resistance Exercise Per Session	***Only extract resistance ex columns when it's the dominant class.*** *If the number changes across sessions/time, select the average for that time period. (Note average does not have to be the precise average but a "representative" average.*
Resistance Volume	***Only extract resistance ex columns when it's the dominant class.***
Resistance Volume	***Only extract resistance ex columns when it's the dominant class.*** *Hierarchy: 1) sets*reps, reps per set, sets per session, session duration. Where this varies across time select the "average" for the time period reported. Select the categorisation that matches the numerical entry in the next column.*
Volume Categorisation	***Only extract resistance ex columns when it's the dominant class.*** *Numerical value for the average resistance used (either absolute kg, or relative % maximum). Where multiple resistances are provided for different exercises, select the value that applies*

Heading	Description
	to the primary exercise. Leave blank for bodyweight or bodyweight+ and use the next column to identify.
Resistance Intensity	***Only extract resistance ex columns when it's the dominant class.***
Intensity Categorisation	*Applies to all modes of exercise. Enter the total number of exercise sessions per week. This does NOT apply to other treatments (e.g. electro-therapy etc).*
Intervention Frequency (sessions/week)	*Applied to all modes of exercise.*
Length of intervention (weeks)	*Applies to all modes of exercise. Select all progression categories that occur during the total training time, with commas between each progression type. This does NOT apply to other treatments (e.g. electro-therapy etc).* *1 = No progression; 2 = NR; 3 = Progression volume; 4 = Progression intensity; 5 = Progression frequency; 6 = Progression specificity;7 = Progression capacity; 8 = Other*
Intervention Progression	*Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis*
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 1 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*
Int4ExerciseHierarchy Check	*Check variables (e.g exercise dose, exercise hierarchy, class and treatment): place an x if you agree with the previous designation and if disagree enter the new designation.*
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*

Heading	Description
Int4TreatmentClassD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Int4TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int4TreatmentClassAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
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*
Int4TreatmentD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Int4TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*
Int4TreatmentAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Adherence%	*Percentage adherence for the specific intervention (NR if not reported). changes Applies to all interventions (exercise and non-exercise).*
Location (Exercise)	*Applies to exercise interventions only. If more than one location list the location of the dominant treatment class. There are two columns, one to differentiate if it was a supervised exercise or not, one to note the location (when unclear if 'clinic' or 'fitness facility' just pick either as the default will be the first column).*
Location (Exercise)	
Number Resistance Exercise Per Session	***Only extract resistance ex columns when it's the dominant class.*** *If the number changes across sessions/time, select the average for that time period. (Note average does not have to be the precise average but a "representative" average.*
Resistance Volume	***Only extract resistance ex columns when it's the dominant class.***
Resistance Volume	***Only extract resistance ex columns when it's the dominant class.*** *Hierarchy: 1) sets*reps, reps per set, sets per session, session duration. Where this varies across time select the "average" for the time period reported. Select the categorisation that matches the numerical entry in the next column.*
Volume Categorisation	***Only extract resistance ex columns when it's the dominant class.*** *Numerical value for the average resistance used (either absolute kg, or relative % maximum). Where multiple resistances are provided for different exercises, select the value that applies*

Heading	Description
	to the primary exercise. Leave blank for bodyweight or bodyweight+ and use the next column to identify.
Resistance Intensity	***Only extract resistance ex columns when it's the dominant class.***
Intensity Categorisation	*Applies to all modes of exercise. Enter the total number of exercise sessions per week. This does NOT apply to other treatments (e.g. electro-therapy etc).*
Intervention Frequency (sessions/week)	*Applied to all modes of exercise.*
Length of intervention (weeks)	*Applies to all modes of exercise. Select all progression categories that occur during the total training time, with commas between each progression type. This does NOT apply to other treatments (e.g. electro-therapy etc).* *1 = No progression; 2 = NR; 3 = Progression volume; 4 = Progression intensity; 5 = Progression frequency; 6 = Progression specificity;7 = Progression capacity; 8 = Other*
Intervention Progression	*Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis*
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*
Int5ExerciseHierarchy Check	*Check variables (e.g exercise dose, exercise hierarchy, class and treatment): place an x if you agree with the previous designation and if disagree enter the new designation.*
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*

Heading	Description
Int5TreatmentClassD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Int5TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int5TreatmentClassAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
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*
Int5TreatmentD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Int5TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*
Int5TreatmentAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Adherence%	*Percentage adherence for the specific intervention (NR if not reported). changes Applies to all interventions (exercise and non-exercise).*
Location (Exercise)	*Applies to exercise interventions only. If more than one location list the location of the dominant treatment class. There are two columns, one to differentiate if it was a supervised exercise or not, one to note the location (when unclear if 'clinic' or 'fitness facility' just pick either as the default will be the first column).*
Location (Exercise)	
Number Resistance Exercise Per Session	***Only extract resistance ex columns when it's the dominant class.*** *If the number changes across sessions/time, select the average for that time period. (Note average does not have to be the precise average but a "representative" average.*
Resistance Volume	***Only extract resistance ex columns when it's the dominant class.***
Resistance Volume	***Only extract resistance ex columns when it's the dominant class.*** *Hierarchy: 1) sets*reps, reps per set, sets per session, session duration. Where this varies across time select the "average" for the time period reported. Select the categorisation that matches the numerical entry in the next column.*
Volume Categorisation	***Only extract resistance ex columns when it's the dominant class.*** *Numerical value for the average resistance used (either absolute kg, or relative % maximum). Where multiple resistances are provided for different exercises, select the value that applies*

Heading	Description
	to the primary exercise. Leave blank for bodyweight or bodyweight+ and use the next column to identify.
Resistance Intensity	***Only extract resistance ex columns when it's the dominant class.***
Intensity Categorisation	*Applies to all modes of exercise. Enter the total number of exercise sessions per week. This does NOT apply to other treatments (e.g. electro-therapy etc).*
Intervention Frequency (sessions/week)	*Applied to all modes of exercise.*
Length of intervention (weeks)	*Applies to all modes of exercise. Select all progression categories that occur during the total training time, with commas between each progression type. This does NOT apply to other treatments (e.g. electro-therapy etc).* *1 = No progression; 2 = NR; 3 = Progression volume; 4 = Progression intensity; 5 = Progression frequency; 6 = Progression specificity;7 = Progression capacity; 8 = Other*
Intervention Progression	*Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis*
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*
Int6ExerciseHierarchy Check	*Check variables (e.g exercise dose, exercise hierarchy, class and treatment): place an x if you agree with the previous designation and if disagree enter the new designation.*
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*

Heading	Description
Int6TreatmentClassD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Int6TreatmentClassAll	*List all treatment classes separated by commas e.g. resistance, flexibility, proprioception*
Int6TreatmentClassAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
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*
Int6TreatmentD Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Int6TreatmentAll	*List all treatments separated by commas e.g. static, eccentric only, injection*
Int6TreatmentAll Check	*Place an x if you agree with the previous designation and if disagree enter the new designation*
Adherence%	*Percentage adherence for the specific intervention (NR if not reported). changes Applies to all interventions (exercise and non-exercise).*
Location (Exercise)	*Applies to exercise interventions only. If more than one location list the location of the dominant treatment class. There are two columns, one to differentiate if it was a supervised exercise or not, one to note the location (when unclear if 'clinic' or 'fitness facility' just pick either as the default will be the first column).*
Location (Exercise)	
Number Resistance Exercise Per Session	***Only extract resistance ex columns when it's the dominant class.*** *If the number changes across sessions/time, select the average for that time period. (Note average does not have to be the precise average but a "representative" average.*
Resistance Volume	***Only extract resistance ex columns when it's the dominant class.***
Resistance Volume	***Only extract resistance ex columns when it's the dominant class.*** *Hierarchy: 1) sets*reps, reps per set, sets per session, session duration. Where this varies across time select the "average" for the time period reported. Select the categorisation that matches the numerical entry in the next column.*
Volume Categorisation	***Only extract resistance ex columns when it's the dominant class.*** *Numerical value for the average resistance used (either absolute kg, or relative % maximum). Where multiple resistances are provided for different exercises, select the value that applies*

Heading	Description
	to the primary exercise. Leave blank for bodyweight or bodyweight+ and use the next column to identify.
Resistance Intensity	***Only extract resistance ex columns when it's the dominant class.***
Intensity Categorisation	*Applies to all modes of exercise. Enter the total number of exercise sessions per week. This does NOT apply to other treatments (e.g. electro-therapy etc).*
Intervention Frequency (sessions/week)	*Applied to all modes of exercise.*
Length of intervention (weeks)	*Applies to all modes of exercise. Select all progression categories that occur during the total training time, with commas between each progression type. This does NOT apply to other treatments (e.g. electro-therapy etc).* *1 = No progression; 2 = NR; 3 = Progression volume; 4 = Progression intensity; 5 = Progression frequency; 6 = Progression specificity;7 = Progression capacity; 8 = Other*
Intervention Progression	*Intervention sample size at specified time or number of individuals included in presentation of data based on intention to treat analysis*

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