

Table 1 Excluded Studies MM Review

| Exclusion reason | Full Reference |
|----------------------------|--|
| Conference abstract | Corrigan P, Pontiggia L, Silbernagel KG, <i>et al.</i> Barriers for remaining physical active in patients with midportion achilles tendinopathy [abstract]. <i>J Orthop Res</i> 2017;35. |
| Conference abstract | Karakus S, Gelecek N, Yesilyaprak SS. Effects of proprioceptive neuromuscular facilitation and mulligan concepts on the pain, functional level and quality of life on subacromial impingement syndrome [abstract]. <i>Orthop J Sports Med</i> 2014;2(Suppl 3). |
| Duplicate | Bateman M, Adams N. A randomised controlled feasibility study investigating the use of eccentric and concentric strengthening exercises in the treatment of rotator cuff tendinopathy. <i>SAGE Open Med</i> 2014;2:2050312113520151. https://journals.sagepub.com/doi/10.1177/2050312113520151?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%20pubmed (accessed 10 Nov 2021). |
| Duplicate | Breda SJ, Oei EHG, Zwerver J, <i>et al.</i> Effectiveness of progressive tendon-loading exercise therapy in patients with patellar tendinopathy: a randomised clinical trial. <i>Br J Sports Med</i> 2020;55:501-9. |
| Duplicate | Campbell RF, Morriss-Roberts C, Durrant B, <i>et al.</i> "I need somebody who knows about feet" a qualitative study investigating the lived experiences of conservative treatment for patients with posterior tibial tendon dysfunction. <i>J Foot Ankle Res</i> 2019;12:51. |
| Duplicate | Cuff A, Littlewood C. Subacromial impingement syndrome - What does this mean to and for the patient? A qualitative study. <i>Musculoskelet Sci Pract</i> 2018;33:24-28. |
| Duplicate | Hanratty CE, Kerr DP, Wilson IM, <i>et al.</i> Physical therapists' perceptions and use of exercise in the management of, subacromial shoulder impingement syndrome: Focus group study; Physical therapists' perceptions and use of exercise in the management of, subacromial shoulder impingement syndrome: <i>Phys Ther</i> 2016;96:1354-63. |
| Duplicate | Hanratty CE, Kerr DP, Wilson IM, <i>et al.</i> Physical Therapists' Perceptions and Use of Exercise in the Management of Subacromial Shoulder Impingement Syndrome: Focus Group Study. <i>Phys Ther</i> 2016;96:1354-1363. |
| Duplicate | Heron SR, Woby SR, Thompson DP. Comparison of three types of exercise in the treatment of rotator cuff tendinopathy/shoulder impingement syndrome: A randomized controlled trial. <i>Physiotherapy</i> 2017;103:167-73. |
| Duplicate | Jonsson P, Wahlström P, Öhberg L, <i>et al.</i> Eccentric training in chronic painful impingement syndrome of the shoulder: results of a pilot study. <i>Knee Surg Sports Traumatol Arthrosc</i> 2006;14:76-81. |
| Duplicate | Littlewood C, Bateman M, Brown K, <i>et al.</i> A self-managed single exercise programme versus usual physiotherapy treatment for rotator cuff tendinopathy: A randomised |

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| | controlled trial (the SELF study). <i>Clin Rehabil</i> 2016;30:686-696. |
| Duplicate | Littlewood C, Malliaras P, Mawson S, <i>et al.</i> Patients with rotator cuff tendinopathy can successfully self-manage, but with certain caveats: A qualitative study. <i>Physiotherapy</i> 2014;100:80-85. |
| Duplicate | Littlewood C, Malliaras P, Mawson S, <i>et al.</i> Self-managed loaded exercise versus usual physiotherapy treatment for rotator cuff tendinopathy: a pilot randomised controlled trial. <i>Physiotherapy</i> 2014;100:54-60. |
| Duplicate | Littlewood C, Mawson S, May S, <i>et al.</i> Understanding the barriers and enablers to implementation of a self-managed exercise intervention: A qualitative study. <i>Physiotherapy</i> 2015;101:279-285. |
| Duplicate | Macias-Hernandez S, Garcia-Morales J, Hernandez-Diaz C, <i>et al.</i> Tolerance and effectiveness of eccentric versus concentric muscle strengthening in rotator cuff partial tears and moderate to severe shoulder pain. A randomized pilot study. <i>J Clin Orthop Trauma</i> 2021;14:106-112 |
| Duplicate | Malliaras P, Cridland K, Hopmans R, <i>et al.</i> Internet and Telerehabilitation-Delivered Management of Rotator Cuff-Related Shoulder Pain (INTEL Trial): Randomized Controlled Pilot and Feasibility Trial. <i>JMIR Mhealth and Uhealth</i> 2020;8:e24311. https://mhealth.jmir.org/2020/11/e24311/ (accessed 11 Nov 2021). |
| Duplicate | Mantovani L, Maestroni L, Bettariga F, <i>et al.</i> "Does isometric exercise improve leg stiffness and hop pain in subjects with Achilles tendinopathy? A feasibility study". <i>Phys Ther Sport</i> 2020;46:234-242. |
| Duplicate | Mantovani L, Maestroni L, Bettariga F, <i>et al.</i> "Does isometric exercise improve leg stiffness and hop pain in subjects with Achilles tendinopathy? A feasibility study"; "Does isometric exercise improve leg stiffness and hop pain in subjects with Achilles tendinopathy? A feasibility study". <i>Phys Ther Sport</i> 2020;46:234-242. |
| Duplicate | Mc Auliffe S, Synott A, Casey H, <i>et al.</i> Beyond the tendon: Experiences and perceptions of people with persistent Achilles tendinopathy. <i>Musculoskelet Sci Pract</i> 2017;29:108-114. |
| Duplicate | Mellor R, Bennell K, Grimaldi A, <i>et al.</i> Education plus exercise versus corticosteroid injection use versus a wait and see approach on global outcome and pain from gluteal tendinopathy: prospective, single blinded, randomised clinical trial. <i>Br J Sports Med</i> 2018;52:1464-72. |
| Duplicate | Munteanu S, Munteanu L, Landorf K, <i>et al.</i> Effectiveness of customised foot orthoses for the treatment of Achilles tendinopathy: Preliminary findings of a randomised controlled trial. <i>J Sci Med Sport</i> 2013;16(Suppl 1). |

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| | https://www.jsams.org/article/S1440-2440(13)00296-X/fulltext (accessed 11 Nov 2021). |
| Duplicate | Praet SFE, Purdam CR, Welvaert M, <i>et al.</i> Oral Supplementation of Specific Collagen Peptides Combined with Calf-Strengthening Exercises Enhances Function and Reduces Pain in Achilles Tendinopathy Patients. <i>Nutrients</i> 2019;11:76. |
| Duplicate | Rabusin C, Menz H, McClelland J, <i>et al.</i> Efficacy of heel lifts in the treatment of mid-portion Achilles tendinopathy: A randomised trial. <i>J Sci Med Sport</i> 2018;21 (Suppl 1):S10. https://www.jsams.org/article/S1440-2440(18)30656-X/fulltext (accessed 11 Nov 2021). |
| Duplicate | Rio E, Purdam C, Cook J. Clinical implementation of isometric exercise for patellar tendinopathy: Is it successful on the road? <i>J Sci Med Sport</i> 2014;18 (Suppl 1). https://www.jsams.org/article/S1440-2440(14)00348-X/fulltext (accessed 11 Nov 2021). |
| Duplicate | Rio E, Purdam C, Girdwood M, <i>et al.</i> Isometric Exercise to Reduce Pain in Patellar Tendinopathy In-Season: Is It Effective "on the Road"? <i>Clin J Sport Med</i> 2019;29:188–92. |
| Duplicate | Sancho I, Morrissey D, Willy RW, <i>et al.</i> Education and exercise supplemented by a pain-guided hopping intervention for male recreational runners with midportion Achilles tendinopathy: A single cohort feasibility study. <i>Phys Ther Sport</i> 2019;40:107-116. |
| Duplicate | Sandford FM, Sanders TAB, Lewis JS. Exploring experiences, barriers, and enablers to home- and class-based exercise in rotator cuff tendinopathy: A qualitative study. <i>J Hand Ther</i> 2017;30:193-199. |
| Duplicate | Smythe A, White J, Littlewood C, <i>et al.</i> Physiotherapists deliver management broadly consistent with recommended practice in rotator cuff tendinopathy: An observational study. <i>Musculoskelet Sci Pract</i> 2020;47:102132. https://www.sciencedirect.com/science/article/pii/S2468781219304266?via%3Dihub (accessed 10 Nov 2021). |
| Duplicate | Solomons L, Lee JJ, Bruce M, <i>et al.</i> Intramuscular stimulation versus sham needling for the treatment of chronic midportion Achilles tendinopathy: a randomized controlled clinical trial. <i>PLoS ONE</i> 2020 Sep;15(9):e0238579. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7478532/ . (accessed 11 Nov 2021). |
| Duplicate | Stephens G, O'Neill S, Mottershead C, <i>et al.</i> "It's just like a needle going into my hip, basically all of the time". The experiences and perceptions of patients with Greater Trochanteric Pain syndrome in the UK National Health Service. <i>Musculoskelet Sci Pract</i> 2020;47:102175. https://www.sciencedirect.com/science/article/pii/S2468781219306095 . (accessed 11 Nov 2021). |
| Duplicate | Stevens M, Tan CW. Effectiveness of the Alfredson protocol compared with a lower repetition-volume protocol for |

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| | midportion Achilles tendinopathy: a randomized controlled trial [with consumer summary] <i>J Orthop Sports Phys Ther</i> 2014;44:59-67. |
| Duplicate | Stevens M, Tan CW. Effectiveness of the Alfredson protocol compared with a lower repetition-volume protocol for midportion Achilles tendinopathy: a randomized controlled trial [with consumer summary] <i>J Orthop Sports Phys Ther</i> 2014;44:59-67. |
| Duplicate | Stevenson K, Jackson S, Shufflebotham J, <i>et al.</i> Development and delivery of a physiotherapy-led exercise programme for use in a randomized controlled trial with patients with shoulder impingement syndrome. <i>Rheumatology (United Kingdom)</i> 2015;54. https://linkinghub.elsevier.com/retrieve/pii/S0031-9406(17)30027-5 (accessed 11 Nov 2021). |
| Duplicate | Tumilty S, Mani R, Baxter GD. Photobiomodulation and eccentric exercise for Achilles tendinopathy: a randomized controlled trial. <i>Lasers Med Sci</i> 2016;31:127-135. |
| Duplicate | Valera-Garrido F, Minaya-Munoz F, Medina-Mirapeix F. Clinical and ultrasonographic results of percutaneous-needle-electrolysis in chronic lateral epicondylitis. <i>Physiotherapy (United Kingdom)</i> 2015;101 (Suppl 1). https://www.physiotherapyjournal.com/article/S0031-9406(15)01599-0/fulltext (accessed Sept 2020) |
| Duplicate | van der Vlist AC, van Oosterom RF, van Veldhoven PLJ, <i>et al.</i> Effectiveness of a high volume injection as treatment for chronic Achilles tendinopathy: Randomised controlled trial. <i>The BMJ</i> 2020;370. |
| Duplicate | Verrall G, Schofield S, Brustad T, <i>et al.</i> Chronic Achilles tendinopathy treated with eccentric stretching program. <i>Foot Ankle Int</i> 2011;32:843-849. |
| Duplicate | Wetke E, Johannsen F, Langberg H. Achilles tendinopathy: A prospective study on the effect of active rehabilitation and steroid injections in a clinical setting. <i>Scand J Med Sci Sports</i> 2015;25:e392-9. https://pubmed.ncbi.nlm.nih.gov/25367547/ (accessed 11 Nov 2021). |
| Insufficient data | Beyer R, Konsgaard M, Kjaer BH, <i>et al.</i> Heavy slow resistance versus eccentric training as treatment for Achilles tendinopathy: A randomized controlled trial. <i>Am J Sports Med</i> 2015;43:1704-11. |
| Insufficient data | Blume C, Wang-Price S, Trudelle-Jackson E, <i>et al.</i> Comparison of eccentric and concentric exercise interventions in adults with subacromial impingement syndrome. <i>Int J Sports Phys Ther</i> 2015;10:441-455 |
| Insufficient data | Brown R, Orchard J, Kinchington M, <i>et al.</i> Aprotinin in the management of Achilles tendinopathy: a randomised controlled trial [with consumer summary]. <i>Br J Sports Med</i> 2006;40:275-279 |

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| Exclusion reason | Full Reference |
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| Insufficient data | Crawshaw DP, Helliwell PS, Hensor EMA, <i>et al.</i> Exercise therapy after corticosteroid injection for moderate to severe shoulder pain: large pragmatic randomised trial. <i>BMJ</i> 2010;340:e3037–e3037. |
| Insufficient data | De Mey K, Danneels L, Cagnie B, <i>et al.</i> Scapular muscle rehabilitation exercises in overhead athletes with impingement symptoms: effect of a 6-week training program on muscle recruitment and functional outcome. <i>Am J Sports Med</i> 2012;40:1906–15. |
| Insufficient data | Fahlström M, Jonsson P, Lorentzon R, <i>et al.</i> Chronic Achilles tendon pain treated with eccentric calf-muscle training. <i>Knee Surg Sports Traumatol Arthrosc</i> 2003;11:327-333. |
| Insufficient data | Gatz M, Betsch M, Tingart M, <i>et al.</i> Effect of a 12-week Eccentric and Isometric Training in Achilles Tendinopathy on the Gastrocnemius Muscle: an Ultrasound Shear Wave Elastography Study. <i>Muscles, Yuk Ligaments Tendons J</i> 2020;10:92–9. |
| Insufficient data | Houck J, Neville C, Tome J, <i>et al.</i> Randomized controlled trial comparing orthosis augmented by either stretching or stretching and strengthening for stage II tibialis posterior tendon dysfunction. <i>Foot ankle Int</i> 2015;36:1006–16. |
| Insufficient data | Jayaseelan DJ, Kecman M, Alcorn D, <i>et al.</i> Manual therapy and eccentric exercise in the management of Achilles tendinopathy. <i>J Man Manip Ther</i> 2017;25:106–14 |
| Insufficient data | Johansson KM, Adolfsson LE, Foldevi MOM. Effects of acupuncture versus ultrasound in patients with impingement syndrome: randomized clinical trial. <i>Phys Ther</i> 2005;85:490–501. |
| Insufficient data | Kaya DO, Baltaci G, Toprak U, <i>et al.</i> The clinical and sonographic effects of Kinesiotaping and exercise in comparison with manual therapy and exercise for patients with subacromial impingement syndrome: a preliminary trial [with consumer summary]. <i>J Manipulative Physiol Ther</i> 2014;37(6):422-432 |
| Insufficient data | Ketola S, Lehtinen J, Rousi T, <i>et al.</i> No evidence of long-term benefits of arthroscopic acromioplasty in the treatment of shoulder impingement syndrome. <i>Bone Joint Res</i> 2013;2:132-139. |
| Insufficient data | Konrad A, Gad M, Tilp M. Effect of PNF stretching training on the properties of human muscle and tendon structures. <i>Scand J Med Sci Sports</i> 2015;25:346-355. |
| Insufficient data | Kulig K, Reischl SF, Pomrantz AB, <i>et al.</i> Nonsurgical management of posterior tibial tendon dysfunction with orthoses and resistive exercise: A randomized controlled trial; Nonsurgical management of posterior tibial tendon dysfunction with orthoses and resistive exercise: A randomized controlled. <i>Phys Ther</i> 2009;89:26-37. |
| Insufficient data | Lee W, Ng G, Zhang Z, <i>et al.</i> Changes on tendon stiffness and clinical outcomes in athletes are associated with patellar |

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| | tendinopathy after eccentric exercise. <i>Clin J Sport Med</i> 2020;30:25-32. |
| Insufficient data | Ludewig PM, Borstad JD. Effects of a home exercise programme on shoulder pain and functional status in construction workers. <i>Occup Environ Med</i> 2003;60:841-9. |
| Insufficient data | Mallows A, Jackson J, Littlewood C, et al. The association of working alliance, outcome expectation, adherence and self-efficacy with clinical outcomes for Achilles tendinopathy: A feasibility cohort study (the MAP study). <i>Musculoskeletal care</i> 2020;18:169-176. |
| Insufficient data | Manias P, Stasinopoulos. A controlled clinical pilot trial to study the effectiveness of ice as a supplement to the exercise programme for the management of lateral elbow tendinopathy [with consumer summary]. <i>Br J Sports Med</i> 2006;40:81-85. |
| Insufficient data | Martinez-Silvestrini J, Newcomer KL, Gay RE, et al. Chronic lateral epicondylitis: comparative effectiveness of a home exercise program including stretching alone versus stretching supplemented with eccentric or concentric strengthening. <i>J Hand Ther</i> 2005;18:411-20. |
| Insufficient data | Mayer F, Hirschmüller A, Müller S, et al. Effects of short-term treatment strategies over 4 weeks in Achilles tendinopathy [with consumer summary]. <i>Br J Sports Med</i> 2007;41:e6. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2465365/ (accessed 11 Nov 2021). |
| Insufficient data | McClure PW, Bialker J, Neff N, et al. Shoulder function and 3-dimensional kinematics in people with shoulder impingement syndrome before and after a 6-week exercise program. <i>Phys Ther</i> 2004;84:832-48. |
| Insufficient data | Nørregaard J, Larsen CC, Bieler T, et al. Eccentric exercise in treatment of Achilles tendinopathy. <i>Scand J Med Sci Sports</i> 2007;17:133-8. |
| Insufficient data | Nørregaard J, Larsen CC, Bieler T, et al. Eccentric exercise in treatment of Achilles tendinopathy [with consumer summary]. <i>Scand J Med Sci Sports</i> 2007;17:133-138. |
| Insufficient data | Nowotny J, El-Zayat B, Goronzy J, et al. Prospective randomized controlled trial in the treatment of lateral epicondylitis with a new dynamic wrist orthosis. <i>Eur J Med Res</i> 2018;23:43. |
| Insufficient data | Pekyavas NO, Baltaci G. Short-term effects of high-intensity laser therapy, manual therapy, and Kinesio taping in patients with subacromial impingement syndrome. <i>Lasers Med Sci</i> 2016;31:1133-41. |
| Insufficient data | Romero-Morales C, Martin-Llantino P, 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]. <i>Phys Ther Sport</i> 2020;42:61-67 |

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| Insufficient data | Romero-Morales C, Martín-Llantino PJ, Calvo-Lobo C, <i>et al.</i> Effectiveness of Eccentric Exercise and a Vibration or Cryotherapy Program in Enhancing Rectus Abdominis Muscle Thickness and Inter-Rectus Distance in Patients with Chronic Mid-Portion Achilles Tendinopathy: A Randomized Clinical Trial. <i>Int J Med Sci</i> 2018;15:1764–70. |
| Insufficient data | RomeroMorales C, MartinLlantino PJ, CalvoLobo C, <i>et al.</i> Vibration increases multifidus cross-sectional area versus cryotherapy added to chronic non-insertional Achilles tendinopathy eccentric exercise. <i>Phys Ther Sport</i> 2020;42:61-67. |
| Insufficient data | Silbernagel KG, Thomee R, Eriksson BI, <i>et al.</i> Continued sports activity, using a pain-monitoring model, during rehabilitation in patients with Achilles tendinopathy: a randomized controlled study. <i>Am J Sports Med</i> 2007;35(6):897-906. |
| Insufficient data | Stasinopoulos D, Pantelis, M. Comparing two exercise programmes for the management of lateral elbow tendinopathy (tennis elbow/lateral epicondylitis)-A controlled clinical trial. <i>The Open Access Journal of Science and Technology</i> 2013;1:1-8. |
| Insufficient data | Stefanou A, Marshall N, Holdan W, Siddiqui A. A randomized study comparing corticosteroid injection to corticosteroid iontophoresis for lateral epicondylitis. <i>J Hand Surg</i> 2012;37:104-9. |
| Insufficient data | Steunebrink M, Zwerver J, Brandsema R, <i>et al.</i> Topical glyceryl trinitrate treatment of chronic patellar tendinopathy: a randomised, double-blind, placebo-controlled clinical trial. <i>Br J Sports Med</i> 2013;47:34-39. |
| Insufficient data | Su X, Li Z, Liu Z, <i>et al.</i> Effects of high- and low-energy radial shock waves therapy combined with physiotherapy in the treatment of rotator cuff tendinopathy: a retrospective study. <i>Disabil Rehabil</i> 2018;40:2488-2494. |
| Insufficient data | van Ark M, Cook JL, Docking SI, <i>et al.</i> Do isometric and isotonic exercise programs reduce pain in athletes with patellar tendinopathy in-season? A randomised clinical trial [with consumer summary]. <i>J Sci Med Sport</i> 2016;19:702-706. |
| Insufficient data | Weir A, Jansen J, Van de Port IGL, <i>et al.</i> Manual or exercise therapy for long-standing adductor-related groin pain: a randomised controlled clinical trial. <i>Man Ther</i> 2011;16:148–54. |
| Insufficient data | White J, Jepson M, McAuliffe S, <i>et al.</i> "Patient education - you do not have the time not to do this". A qualitative exploration of expert clinician attitudes of education in the management of rotator cuff tendinopathy [abstract]. <i>J Sci Med Sport</i> 2019;22(Suppl 2):S94. |

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| Insufficient data | Wilson JK, Sevier TL, Helfst R, <i>et al.</i> Comparison of rehabilitation methods in the treatment of patellar tendinitis. <i>J Sport Rehabil</i> 2000;9:304-14. |
| Unable to locate | Bicilioglu C, El O, Kizil R, <i>et al.</i> Lateral epikondilitli hastalarda splint ve fizik tedavi veya splint tedavilerinin etkinliginin karsilastirilmesi (Comparison of the therapeutic approaches of the patients with lateral epicondylitis: splint versus splint and physical therapy). <i>Journal of Rheumatology and Medical Rehabilitation</i> 2009;4:120-125. |
| Unable to locate | Civi T, Peken G, Tarakci E. The effect of microwave in upper extremity function, fear of movement, pain, quality of life and patient satisfaction in patient with subacromial impingement syndrome: Pilot study. <i>Fizyoterapi Rehabilitasyon</i> 2015;26. |
| Unable to locate | Igrek S, Kuru Colak T. Comparison of the effectiveness of proprioceptive neuromuscular facilitation exercises and shoulder joint mobilization in patients with subacromial impingement syndrome. <i>Fizyoterapi Rehabilitasyon</i> 2018;29:S36-S37. |
| Unable to locate | Selvanetti A, Barrucci A, Antonaci A, <i>et al.</i> Role of the eccentric exercise in the functional reeducation of lateral epicondylitis: A randomised controlled clinical trial. <i>Medicina dello Sport</i> 2003;56;103-113. |
| Wrong phenomena of interest | Abat F, Gelber PE, Polidori F, <i>et al.</i> Clinical results after ultrasound-guided intratissue percutaneous electrolysis (EPI) and eccentric exercise in the treatment of patellar tendinopathy. <i>Knee Surg Sports Traumatol Arthrosc</i> 2015;23:1046-1052. |
| Wrong phenomena of interest | Abat F, Sánchez-Sánchez JL, Martín-Nogueras AM, <i>et al.</i> Randomized controlled trial comparing the effectiveness of the ultrasound-guided galvanic electrolysis technique (USGET) versus conventional electro-physiotherapeutic treatment on patellar tendinopathy. <i>J Exp Orthop</i> 2016;3:1-8. |
| Wrong phenomena of interest | Abate M, Di Carlo L, Belluati A, <i>et al.</i> Factors associated with positive outcomes of platelet-rich plasma therapy in Achilles tendinopathy. <i>Eur J Orthop Surg Traumatol</i> 2020;30:859-867. |
| Wrong phenomena of interest | Ager AL, Roy J, Gamache F, <i>et al.</i> The effectiveness of an upper extremity neuromuscular training program on the shoulder function of military members with a rotator cuff tendinopathy: a pilot randomized controlled trial. <i>Mil Med</i> 2019;184:e385-e393. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6525613/ (accessed 11 Nov 2021). |
| Wrong phenomena of interest | Aytar A, Baltaci G, Uhl TL, <i>et al.</i> The effects of scapular mobilization in patients with subacromial impingement syndrome: a randomized, double-blind, placebo-controlled clinical trial. <i>J Sport Rehab</i> 2015;24:116-129. |

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| Wrong phenomena of interest | Beaudreuil J, Lasbleiz S, Yelnik A, <i>et al.</i> Effect of dynamic humeral centering on painful active elevation of the arm in subacromial impingement syndrome: a randomized trial <i>Ann Phys Rehabil Med</i> 2012;55:e158-e161. https://www.sciencedirect.com/science/article/pii/S1877065712005076?via%3Dihub (accessed 11 Nov 2021). |
| Wrong phenomena of interest | Bek N, Simsek IE, Erel S, <i>et al.</i> Home-based general versus center-based selective rehabilitation in patients with posterior tibial tendon dysfunction. <i>Acta Orthop Traumatol Turc</i> 2012;46:286-292. |
| Wrong phenomena of interest | Berg OK, Paulsberg F, Brabant C, <i>et al.</i> High-Intensity Shoulder Abduction Exercise in Subacromial Pain Syndrome. <i>Med Sci Sports Exerc</i> 2021;53:1-9. |
| Wrong phenomena of interest | Bertrand H, Reeves KD, Bennett CJ, <i>et al.</i> Dextrose prolotherapy versus control injections in painful rotator cuff tendinopathy. <i>Arch Phys Med Rehabil</i> 2016;97:17-25. |
| Wrong phenomena of interest | Blackwood J, Ghazi F. Can the addition of transverse friction massage to an exercise programme in treatment of infrapatellar tendinopathy reduce pain and improve function? A pilot study. <i>Int Musculoskelet Med</i> 2012;34:108-14. |
| Wrong phenomena of interest | Bostrøm K, Mæhlum S, Cvancarova Småstuen M, <i>et al.</i> Comparative effectiveness of acupuncture versus manual therapy treatment of lateral epicondylitis: feasibility randomized clinical trial. <i>Pilot feasibility Stud.</i> 2019;5:1-0. |
| Wrong phenomena of interest | Brady B, Redfern J, Macdougall G, <i>et al.</i> The addition of aquatic therapy to rehabilitation following surgical rotator cuff repair: a feasibility study. <i>Physiother Res Int</i> 2008;13:153-161. |
| Wrong phenomena of interest | Buyuksireci DE, Turk AC. Evaluation of the effectiveness of dexamethasone iontophoresis in patients with subacromial impingement syndrome. <i>J Orthop Sci</i> 2021;26:786-91. |
| Wrong phenomena of interest | Cacchio A, Rompe JD, Furia JP, <i>et al.</i> Shockwave therapy for the treatment of chronic proximal hamstring tendinopathy in professional athletes. <i>Am J Sports Med</i> 2011;39:146-153. |
| Wrong phenomena of interest | Celik D, Akyuz G, Yeldan I. Comparison of the effects of two different exercise programs on pain in subacromial impingement syndrome. <i>Acta Orthop Traumatol Turc</i> 2009;43:504-509. |
| Wrong phenomena of interest | Centeno C, Fausel Z, Stemper I, <i>et al.</i> 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. <i>Stem Cells Int</i> 2020;5962354. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7204132/ (accessed 10 Nov 2021) |
| Wrong phenomena of interest | Ceravolo ML, Gaida JE, Keegan RJ. Quality-of-life in achilles tendinopathy: an exploratory study. <i>Clin J Sport Med</i> 2020;30:5;495-502. |

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| Wrong phenomena of interest | Cha J, Kim J, Hong J, <i>et al.</i> A 12-week rehabilitation program improves body composition, pain sensation, and internal/external torques of baseball pitchers with shoulder impingement symptom. <i>Journal of Exercise Rehabilitation</i> 2014;10:35-44. |
| Wrong phenomena of interest | Chaconas EJ, Kolber MJ, Hanney WJ, <i>et al.</i> Shoulder external rotator eccentric training versus general shoulder exercise for subacromial pain syndrome: a randomized controlled trial. <i>International Journal of Sports Physical Therapy</i> 2017;12:1121-1133. |
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| Wrong rank HDI | Lima GCS, Barboza EM, Alfieri FM. Patients shoulder function and pain analysis [sic] with subacromial impingement syndrome after physical therapy intervention. <i>Fisioterapia em Movimento</i> 2007;20:61-69. |
| Wrong rank HDI | Macías-Hernández SI, García-Morales JR, Hernández-Díaz C, et al. Tolerance and effectiveness of eccentric vs. concentric muscle strengthening in rotator cuff partial tears and moderate to severe shoulder pain. A randomized pilot study. <i>J Clin Orthop Trauma</i> 2020;14:106-12. |
| Wrong rank HDI | Mansur NSB, Baumfeld T, Villalon F, et al. Shockwave Therapy Associated With Eccentric Strengthening for Achilles Insertional Tendinopathy: A Prospective Study. <i>Foot Ankle Spec</i> 2019;12:540-545. |
| Wrong rank HDI | 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. <i>Rev Bras Fisioter</i> 2020;24:46-53. |
| Wrong rank HDI | Mostafae MN, Divandari A, Negahban H, et al. Shoulder and scapula muscle training plus conventional physiotherapy versus conventional physiotherapy only: a randomized controlled trial of patients with lateral elbow tendinopathy. <i>Physiother Theory Pract</i> Published Online First: 25 September 2020. doi: 10.1080/09593985.2020.1821417. |
| Wrong rank HDI | Nakra N, Quddus N, Khan S, et al. Efficacy of proprioceptive neuromuscular facilitation on shoulder function in secondary shoulder impingement; Efficacy of proprioceptive neuromuscular facilitation on shoulder function in secondary shoulder impingement. <i>Int J Ther Rehabil</i> 2013;20:450-8. |
| Wrong study type | Clark H, Bassett S. An application of the health action process approach to physiotherapy rehabilitation adherence. <i>Physiother Theory Pract</i> 2014;30:527-533. |
| Wrong study type | Ganderton C, Semciw A, Cook J, et al. Does menopausal hormone therapy (MHT), exercise or a combination of both, improve pain and function in post-menopausal women with |

Table 1 Excluded Studies MM Review

| Exclusion reason | Full Reference |
|-------------------------|---|
| | greater trochanteric pain syndrome (GTPS)? A randomised controlled trial. <i>BMC Womens Health</i> 2016;16:32. |
| Wrong study type | Roddy E, Ogollah R, Zwierska I, <i>et al</i> Optimising outcomes of exercise and corticosteroid injection in patients with subacromial pain (impingement) syndrome: a factorial randomised trial. <i>Br J Sports Med</i> 2021;55:262–271. |
| Wrong study type | Vang C, Niznik A. The Effectiveness of Isometric Contractions Compared With Isotonic Contractions in Reducing Pain For In-Season Athletes With Patellar Tendinopathy. <i>J Sport Rehab</i> 2020;30:512-515 |