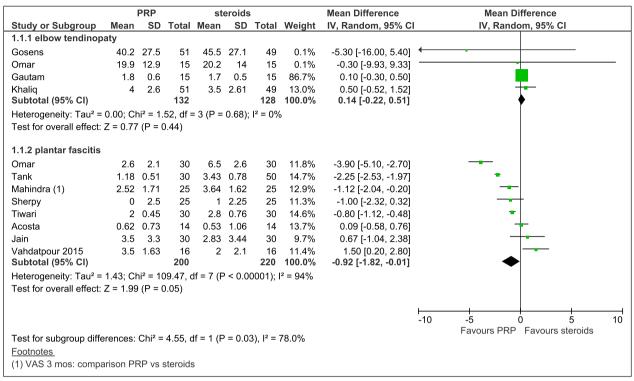
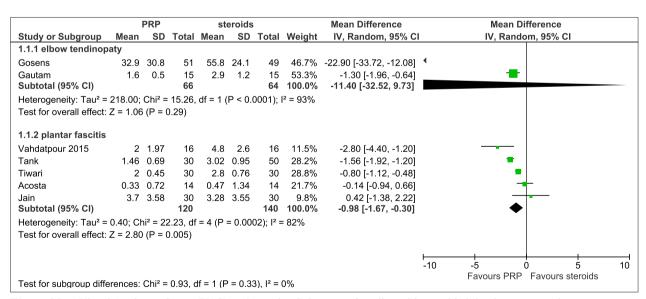
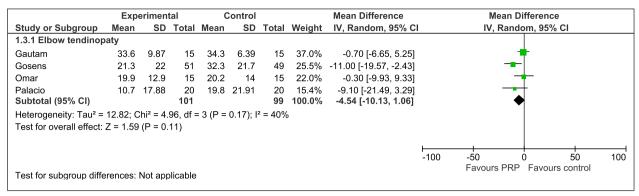
## Online supplementary content



**Figure S1** - Visual Analogue Score (VAS) at 3 months. Subgroup of studies with steroids injection as control. PRP: platelet-rich plasma.



**Figure S2 -** Visual Analogue Score (VAS) at 6 months. Subgroup of studies with steroids injection as control. PRP: platelet-rich plasma.



**Figure S3** - Forest plot of Disability of the Arm, Shoulder and Hand (DASH) score at 3 months. PRP: platelet-rich plasma.

	Expe	rimen	tal	Control			Mean Difference			Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean SD T		Total	Weight	IV, Random, 95% C	I				
1.3.1 Elbow tendinopaty	/												
Gautam	32	4.5	15	39.6	1	15	45.9%	-7.60 [-9.93, -5.27]					
Gosens	27.82	24.7	51	37.6	23.1	49	2.8%	-9.78 [-19.15, -0.41]					
Palacio vs anesthetic	10.7	4	10	16.6	3.8	20	28.0%	-5.90 [-8.89, -2.91]		•			
Palacio VS STEROIDS Subtotal (95% CI)	10.7	4	10 <b>86</b>	19.8	4.9	20 <b>104</b>	23.2% <b>100.0%</b>	-9.10 [-12.38, -5.82] -7.53 [-9.11, -5.95]		•			
Test for overall effect: Z = 1.3.3 Subacromial impir	`		,										
Nejati Subtotal (95% CI)	33	3.9	22 <b>22</b>	26.2	4.1	20 <b>20</b>	100.0% <b>100.0%</b>	6.80 [4.37, 9.23] 6.80 [4.37, 9.23]			•		
Heterogeneity: Not applic	able												
Test for overall effect: Z =	5.49 (P	< 0.00	0001)										
									-100	-50	0 50	100	
Test for subgroup differer	nces: Ch	i² = 94	.15, df	= 1 (P <	0.000	01), l²	= 98.9%			Favours PRP	Favours control		

**Figure S4** - Forest plot of Disability of the Arm, Shoulder and Hand (DASH) score at 6 months. PRP: platelet-rich plasma.

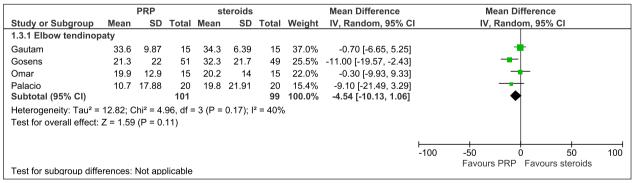
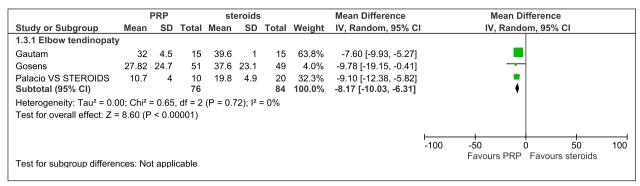
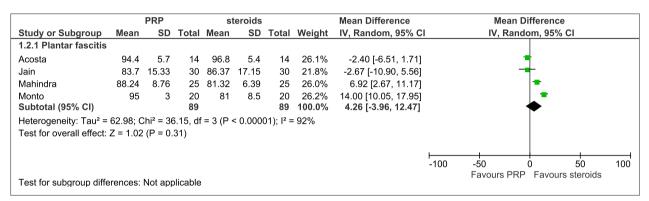


Figure S5 - Disability of the Arm, Shoulder and Hand (DASH) score at 3 months. Subgroup of studies with steroids injection as control.
 PRP: platelet-rich plasma.



**Figure S6 -** Disability of the Arm, Shoulder and Hand (DASH) score at 6 months. Subgroup of studies with steroids injection as control.

PRP: platelet-rich plasma.



**Figure S7** - Forest plot of the American Orthopedic Foot and Ankle Society (AOFAS) score at 3 months. PRP: platelet-rich plasma.

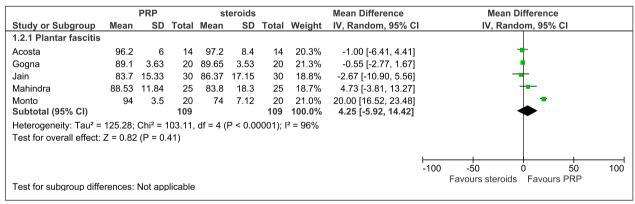


Figure S8 - Forest plots of the American Orthopedic Foot and Ankle Society (AOFAS) score at 6 months.

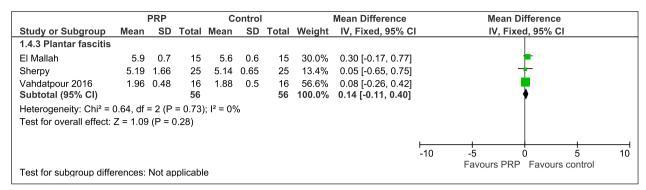


Figure S9 - Forest plot of tendon thickness by ultrasound at 3 months. PRP: platelet-rich plasma.

	PRP			Control				Mean Difference	Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, R	andom, 9	5% CI	
1.4.3 Plantar fascitis													
El Mallah	5.9	0.7	15	5.6	0.6	15	21.2%	0.30 [-0.17, 0.77]			+-		
Gogna	5.5	0.58	20	5.75	0.5	20	34.3%	-0.25 [-0.59, 0.09]			-		
Sherpy	5.19	1.66	25	5.14	0.65	25	10.7%	0.05 [-0.65, 0.75]			+		
Vahdatpour 2016 Subtotal (95% CI)	1.96	0.48	16 <b>76</b>	1.88	0.5	16 <b>76</b>		0.08 [-0.26, 0.42] <b>0.01 [-0.23, 0.25</b> ]			<b>†</b>		
Heterogeneity: Tau² = Test for overall effect:				: 3 (P =	0.27);	l <sup>2</sup> = 24	%						
									-4	<del>-</del> 2	0	<del> </del> 2	4
Fest for subgroup diffe	rences:	Not ap	plicabl	Э						Favours F	PRP Favo	ours conti	·ol

Figure \$10 - Forest plot of tendon thickness by ultrasound at 3 months. PRP: platelet-rich plasma.