

**Supplementary Fig. 10.** The forest plot for included studies pooled together using a random-effects model for assessing long-term (8–12 weeks) QoL (WORC-index) outcome: comparison between platelet-rich plasma (PRP) injection and control interventions. The vertical line demonstrates no difference between the two intervention groups. SD: standard deviation, IV: inverse variance, CI: confidence interval; HA: comparator hyaluronic acid, HA+PRP: comparator combination of hyaluronic acid and platelet-rich plasma, CS: comparator corticosteroid, Ex: comparator programmed exercise therapy.