	PRP			Control			Mean Difference		Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl
6.1.1 PRP versus Placebo									
Kesikburun S 2013 (Placebo)	-48.12	16.32	20	-44.62	17.67	20	16.5%	-3.50 [-14.04, 7.04]	
Sari A 2020 (Placebo)	-28.67	17.65	30	-44.42	15.47	30	20.1%	15.75 [7.35, 24.15]	
Wesner M 2016 (placebo)	-38.7	22	7	-23.5	30.4	2		-15.20 [-60.37, 29.97]	
Subtotal (95% CI)			57			52	38.3%	3.96 [-13.32, 21.23]	-
Heterogeneity: Tau ² = 151.92; (Chi² = 8.86	5, df = 2	(P = 0.0)	01); I² = 3	77%				
Test for overall effect: Z = 0.45 ((P = 0.65)								
6.1.2 PRP versus CS									
Sari A 2020 (CS)	-28.67	17.65	30	-42.5	13.79	30	20.8%	13.83 [5.81, 21.85]	
Subtotal (95% CI)			30			30	20.8%	13.83 [5.81, 21.85]	•
Heterogeneity: Not applicable									
Test for overall effect: Z = 3.38 ((P = 0.000	7)							
6.1.3 PRP versus Exercise									
Nejati P 2017 (Ex)	-24.8	9.71	22	-30.12	15.17	20		5.32 [-2.47, 13.11]	+
Subtotal (95% Cl)			22			20	21.2%	5.32 [-2.47, 13.11]	◆
Heterogeneity: Not applicable									
Test for overall effect: Z = 1.34 ((P = 0.18)								
6.1.4 PRP versus Prolotherapy	v								
Sari A 2020 (Prolo)	-28.67	17.65	30	-37.6	16.53	30	19.6%	8.93 [0.28, 17.58]	⊢ •−
Subtotal (95% CI)			30			30	19.6%	8.93 [0.28, 17.58]	◆
Heterogeneity: Not applicable									
Test for overall effect: Z = 2.02 ((P = 0.04)								
			420			422	100.0%	0.0012.04 44 473	
Total (95% CI)			139			132	100.0%	8.09 [2.01, 14.17]	
Heterogeneity: Tau ² = 29.49; Cl		•	(P = 0.1)	U5); l² = !	55%				-50 -25 0 25 50
Test for overall effect: Z = 2.61 (•	·	-						Favours [Control] Favours [PRP]
Test for subgroup differences:	Chi ^z = 2.5	8. df = 3	S(P = 0)	.46), I* =	0%				

Supplementary Fig. 11. The forest plot for included studies pooled together using a random-effects model for assessing long-term (6–7 months) 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; CS: comparator corticosteroid, Ex: comparator programmed exercise therapy, Prolo: comparator prolotherapy.