	PRP			Control				Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
3.1.1 Injection was given into bursa									
Cai Y 2019 (HA)	3.45	1.19	45	2.87	1.25	44	9.0%	0.58 [0.07, 1.09]	
Cai Y 2019 (HA+PRP)	3.45	1.19	45	4.28	1.03	48	9.1%	-0.83 [-1.28, -0.38]	
Cai Y 2019 (Placebo)	3.45	1.19	45	0.7	1.26	47	9.0%	2.75 [2.25, 3.25]	
Kesikburun S 2013 (Placebo)	5.25	2.25	20	4.62	2.12	20	6.7%	0.63 [-0.72, 1.98]	
Sari A 2020 (CS)	3.06	1.1	30	1.86	1.19	30	8.8%	1.20 [0.62, 1.78]	
Sari A 2020 (Placebo)	3.06	1.1	30	2.27	1.04	30	8.9%	0.79 [0.25, 1.33]	
Sari A 2020 (Prolo)	3.06	1.1	30	2.8	1.24	30	8.8%	0.26 [-0.33, 0.85]	
Smid P 2018 (CS)	1.8	0.72	25	1.32	0.71	25	9.2%	0.48 [0.08, 0.88]	
Subtotal (95% CI)			270			274	69.6%	0.73 [-0.04, 1.51]	◆
Heterogeneity: Tau ² = 1.14; Chi ² = 114.54, df = 7 (P < 0.00001); I ² = 94%									
Test for overall effect: Z = 1.86 (P =	0.06)								
3.1.2 Injection was given directly a	at the si	te of le	esion/t	ear					
Schwitguebel AJ 2019 (Placebo)	2.3	3	41	2	3	39	6.8%	0.30 [-1.02, 1.62]	
Wesner M 2016 (placebo)	2.71	1.6	7	-1	0.56	2	6.5%	3.71 [2.29, 5.13]	
Subtotal (95% CI)			48			41	13.4%	1.99 [-1.35, 5.34]	
Heterogeneity: Tau ² = 5.33; Chi ² = 11.95, df = 1 (P = 0.0005); l ² = 92%									
Test for overall effect: Z = 1.17 (P = 0.24)									
3.1.3 Injections were given into bursa and at the site of lesion/tear									
Nejati P 2017 (Ex)	3.6	1.23	22	2.8	1.65	20	8.1%	0.80 (-0.09, 1.69)	
Subtotal (95% CI)			22	680		20	8.1%	0.80 [-0.09, 1.69]	◆
Heterogeneity: Not applicable									
Test for overall effect: Z = 1.77 (P =	0.08)								
3.1.4 Injection was given into the j	ioint (int	ra-arti	cular)						
Jeyaraman M 2018 (HD)		1.43	46	318	1.03	45	9.0%	1.84 [1.33, 2.35]	
Subtotal (95% CI)	0.02	1.40	46	0.10	1.00	45	9.0%	1.84 [1.33, 2.35]	•
Heterogeneity: Not applicable									
Test for overall effect: Z = 7.05 (P <	0.0000)							
Total (95% CI)			386			380	100.0%	1.00 [0.35, 1.65]	
	148 54	df = 11		000045	· 2 = 0				
Heterogeneity: Tau ² = 1.15; Chi ² = 148.54, df = 11 (P < 0.00001); l ² = 93% Test for overall effect: Z = 3.03 (P = 0.002) Favours (Control) Favours (PPP)									
Test for subgroup differences: Chi ² = 7.56, df = 3 (P = 0.06), l ² = 60.3% Favours [Control] Favours [PRP]									
rest for subgroup differences. Crit = 7.30, df = 3 (F = 0.00), F = 00.3%									

Supplementary Fig. 2. Forest plot of the included studies grouped according to the sites of injection and pooled using a random-effects model to assess medium-term (6–7 months) pain relief: comparison between platelet-rich plasma (PRP) injections and control interventions. The vertical line indicates 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, HD: hydro-dissection.