



**Supplementary Fig. 3.** The forest plot for included studies, sub-grouped according to sites of injection, pooled together using a random-effects model for assessing long-term ( $\geq 1$  year) pain-relief: 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, PT: comparator programmed physical therapy, CS: comparator corticosteroid, HD: hydro-dissection.