		PRP			Control			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean		Total	Mean		Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl
4.1.1 PRP versus Placebo									
Cai Y 2019 (Placebo)	8.73	4.54	45	-0.47	2.47	47	5.5%	2.51 [1.96, 3.06]	
Kesikburun S 2013 (Placebo)	44.75	22.15	20	42.92	13.27	20	5.4%	0.10 [-0.52, 0.72]	+
Sari A 2020 (Placebo)	9.5	8.26		11.58	8.19	30	5.5%	-0.25 [-0.76, 0.26]	
Subtotal (95% CI)			95			97	16.3%	0.79 [-0.95, 2.53]	
Heterogeneity: Tau ² = 2.28; Chi ² Test for overall effect: Z = 0.89 (I			(P < 0.0	00001);	I*= 97%	9			
restion overall ellect. 2 = 0.63 (r = 0.36	,							
4.1.2 PRP versus CS									
Barreto RB 2019 (CS)	29.8	17.47	17	34.3	15.56	10	5.2%	-0.26 [-1.04, 0.53]	
Chansoria M 2020 (CS)	55.47	9.7	60	40.89	14.03	60	5.6%	1.20 [0.81, 1.59]	+
Ibrahim DH 2019 (CS)	66	7.56	15	66	6.77	15	5.2%	0.00 [-0.72, 0.72]	-
Kothari SY 2017 (CS)		16.37	62		18.55	60	5.6%	0.74 [0.38, 1.11]	+
Pasin T 2019 (CS)	54 9.5	6.05 8.26	30	49.6 17.97	7.45	30 30	5.5% 5.5%		
Sari A 2020 (CS) Shams A 2016 (CS)		14.23	20		13.72	20	5.3%	-0.99 [-1.53, -0.45] 1.25 [0.56, 1.93]	
Smid P 2018 (CS)		18.75	25		16.56	25	5.5%	0.08 [-0.47, 0.63]	+
Wongworawat MD 2013 (CS)		15.49	6	-40	7.43	2	2.2%	3.37 [0.55, 6.19]	
Subtotal (95% CI)			265			252	45.6%	0.44 [-0.10, 0.97]	•
Heterogeneity: Tau ² = 0.53; Chi ²			(P < 0.0	00001);	I ² = 87%	6			
Test for overall effect: Z = 1.59 (P = 0.11)							
4.1.3 PRP versus HA									
Cai Y 2019 (HA)	8.73	4.54	45	12.36	4.2	44	5.6%	-0.82 [-1.26, -0.39]	-
Subtotal (95% CI)	0.10	4.54	45	12.00	4.2	44	5.6%	-0.82 [-1.26, -0.39]	•
Heterogeneity: Not applicable									0.712
Test for overall effect: Z = 3.72 (P = 0.00	02)							
4.1.4 PRP versus PT									
Kothari SY 2017 (PT)		16.37	62	43.4	17.1	60	5.6%		
Pasin T 2019 (PT) Subtotal (95% CI)	54	6.05	30	48.1	7.03	30 90	5.5% 11.1%	0.89 [0.36, 1.42] 1.12 [0.76, 1.49]	•
Heterogeneity: Tau ² = 0.02; Chi ²	² = 1.29.	df = 1 (F		5); I ² = 2	3%				
Test for overall effect: Z = 6.03 (
4.1.5 PRP versus Exercise									
Nejati P 2017 (Ex) Subtotal (95% CI)	9.9	13.44	22	19.8	14.02	20 20	5.4% 5.4%	-0.71 [-1.33, -0.08] -0.71 [-1.33, -0.08]	-
Heterogeneity: Not applicable			22			20	3.47	-0.7 1 [- 1.35, -0.06]	•
Test for overall effect: Z = 2.22 (P = 0.03	· ·							
	0.00								
4.1.6 PRP versus Prolotherapy									
Sari A 2020 (Prolo)	9.5	8.26	30	11.1	9.52	30	5.5%	-0.18 [-0.68, 0.33]	+
Subtotal (95% CI)			30			30	5.5%	-0.18 [-0.68, 0.33]	•
Heterogeneity: Not applicable Test for overall effect: Z = 0.68 (I	0 - 0 40								
restion overall ellect. 2 = 0.06 (i	r = 0.49	'							
4.1.7 PRP versus Dry needle									
Dw R 2012 (Dry Needle)	41.2	17.16	16	28.2	16.96	14	5.2%	0.74 [-0.00, 1.49]	
Subtotal (95% CI)			16			14	5.2%	0.74 [-0.00, 1.49]	•
Heterogeneity: Not applicable									
Test for overall effect: Z = 1.95 (P = 0.05)							
4.1.8 PRP versus PRP and HA									
Cai Y 2019 (HA+PRP)	8.73	4.54	45	22.9	3.9	48	5.4%	-3.33 [-3.96, -2.69]	
Subtotal (95% CI)	2.1.2	110-4	45		0.0	48	5.4%		◆
Heterogeneity: Not applicable									28
Test for overall effect: Z = 10.26	(P < 0.0	0001)							
Tetal (DEV. Ch			040			FOF	100 00	0.041.0.00.0.701	
Total (95% CI)	- 206 0	4 44 - 4	610	0.0000	1.12-0		100.0%	0.24 [-0.30, 0.78]	
Heterogeneity: Tau ² = 1.30; Chi ² Test for overall effect: Z = 0.87 (I			0 (P <	0.0000	1), 1-= 9	4 70		_	-4 -2 0 2 4
			= 7 (P	< 0.000	01), I ² =	95.8%			Favours [Control] Favours [PRP]
Test for subgroup differences: Chi ² = 166.22, df = 7 (P < 0.00001), l ² = 95.8%									

Supplementary Fig. 4. The forest plot for included studies pooled together using a random-effects model for assessing short-term (8–12weeks) functional 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, HA: comparator hyaluronic acid, PT: comparator programmed physical therapy, Ex: comparator programmed exercise therapy