	PRP			Control				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% Cl	IV, Random, 95% Cl
5.1.1 Injection was given into bursa									
Barreto RB 2019 (CS)	31.7	17.14	12	36.8	12.78	10	6.0%	-0.32 [-1.17, 0.53]	
Cai Y 2019 (HA)	19.11	4.7	45	11.14	4.87	44	6.5%	1.65 [1.17, 2.14]	
Cai Y 2019 (HA+PRP)	19.11	4.7	45	32.36	3.31	48	6.3%	-3.25 [-3.88, -2.62]	
Cai Y 2019 (Placebo)	19.11	4.7	45	-0.98	2.68	47	6.0%	5.24 [4.36, 6.11]	
Kesikburun S 2013 (Placebo)	50.97	19.92	20	42.8	17.1	20	6.3%	0.43 [-0.20, 1.06]	
Sari A 2020 (CS)	17.59	10.39	30	15.5	9.69	30	6.5%	0.21 [-0.30, 0.71]	
Sari A 2020 (Placebo)	17.59	10.39	30	13	9.92	30	6.4%	0.45 [-0.07, 0.96]	
Sari A 2020 (Prolo)	17.59	10.39	30	15.37	10.46	30	6.5%	0.21 [-0.30, 0.72]	
Shams A 2016 (CS)	30.8	16.05	20	26.4	14.13	20	6.3%	0.29 [-0.34, 0.91]	
Smid P 2018 (CS)	16.24	18.9	25	9.48	16.11	25	6.4%	0.38 [-0.18, 0.94]	
Subtotal (95% CI)			302			304	63.2%	0.51 [-0.52, 1.55]	
Heterogeneity: Tau ² = 2.68; Chi ² = 277.35, df = 9 (P < 0.00001); l ² = 97%									
Test for overall effect Z = 0.98 (P = 0.33)									
	0000000								
5.1.2 Injection was given directly at the site of lesion/tear									
Dw R 2012 (Dry Needle)	44.6	16.84	16	33.3	16.7	14	6.2%	0.66 [-0.08, 1.39]	
Schwitguebel AJ 2019 (Placebo)	16.7	20	41	14.9	29	39	6.5%	0.07 [-0.37, 0.51]	+
Wesner M 2016 (placebo)	17.3	10.7	7	7.5	24.7	2	4.7%	0.64 [-0.98, 2.26]	
Subtotal (95% CI)			64			55	17.4%	0.25 [-0.12, 0.62]	◆
Heterogeneity: Tau ² = 0.00; Chi ² = 2.01, df = 2 (P = 0.37); l ² = 1%									
Test for overall effect: Z = 1.31 (P =	= 0.19)								
5.1.3 Injections were given into bursa and at the site of lesion/tear									
Nejati P 2017 (Ex)	21.2	13.44	22	24.3	14.02	20	6.3%	-0.22 [-0.83, 0.39]	
Subtotal (95% CI)			22			20	6.3%	-0.22 [-0.83, 0.39]	-
Heterogeneity: Not applicable									
Test for overall effect: Z = 0.72 (P =	= 0.47)								
5.1.4 Injection was given into the joint (intra-articular)									
Jeyaraman M 2018 (HD)	32.69			29.45	4.77	45	6.5%	0.60 [0.18, 1.02]	
Upadhayay S 2020 (CS)	60.65		60		15.78	60	6.6%	1.22 [0.83, 1.61]	
Subtotal (95% CI)	00.05	5.40	106	44.00	15.70	105	13.1%	0.92 [0.31, 1.53]	•
	1 52 df	- 1 /P -		Z - 700/		100	10.170	0.02 [0.0 1, 1.00]	-
Heterogeneity: Tau ^z = 0.15; Chi ^z = 4.52, df = 1 (P = 0.03); l ^z = 78% Test for overall effect: Z = 2.94 (P = 0.003)									
Teactor overall elleve 2 = 2.34 (1 = 0.003)									
Total (95% CI)			494			484	100.0%	0.50 [-0.13, 1.14]	•
Heterogeneity: Tau? = 1.58: Chi? = 301.06. df = 15 (P < 0.00001): P = 95%									
-4 -2 U 2 4									
Test for subgroup differences: Chi ² = 6.99, df = 3 (P = 0.07), l ² = 57,1% Favours [Control] Favours [PRP]									
restion subgroup dimenences. Chine 6.88, di = 3 (F = 0.07), F = 37.1%									

Supplementary Fig. 8. The forest plot for included studies, sub-grouped according to sites of injection, pooled together using a random-effects model for assessing medium-term (6–7 months) 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, HA+PRP: comparator combination of hyaluronic acid and platelet-rich plasma, Ex: comparator programmed exercise therapy.