

1.	Abat F, Diesel WJ, Gelber PE, <i>et al.</i> Effectiveness of the Intratissue Percutaneous Electrolysis (EPI®) technique and isoinertial eccentric exercise in the treatment of patellar tendinopathy at two years follow-up. <i>Muscles Ligaments Tendons J</i> 2014;4:188.
2.	Abat F, Gelber PE, Polidori F, <i>et al.</i> 1 Clinical Results After EPI ® and Eccentric Exercise in Patellar Tendinopathy at 10 Years Follow-Up. <i>Br J Sports Med</i> 2014;48:A1. https://bjsm.bmj.com/lookup/doi/10.1136/bjsports-2014-094114.1 (accessed 12 Jun 2020).
3.	Abat F, Gelber PE, Polidori F, <i>et al.</i> Clinical results after ultrasound-guided intratissue percutaneous electrolysis (EPI®) and eccentric exercise in the treatment of patellar tendinopathy. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2015;23:1046–52.
4.	Abat F, Sánchez-Sánchez JL, Martín-Nogueras AM, <i>et al.</i> Randomized controlled trial comparing the effectiveness of the ultrasound-guided galvanic electrolysis technique (USGET) versus conventional electro-physiotherapeutic treatment on patellar tendinopathy. <i>J Exp Orthop</i> 2016;3:34.
5.	Abdulla SY, Southerst D, Côté P, <i>et al.</i> Is exercise effective for the management of subacromial impingement syndrome and other soft tissue injuries of the shoulder? A systematic review by the Ontario Protocol for Traffic Injury Management (OPTIMA) Collaboration. <i>Man Ther</i> 2015;20:646–56.
6.	Aceituno-Gómez J, Avendaño-Coy J, Gómez-Soriano J, <i>et al.</i> Efficacy of high-intensity laser therapy in subacromial impingement syndrome: a three-month follow-up controlled clinical trial. <i>Clin Rehabil</i> 2019;33:894–903.
7.	Ager AL, Roy JS, Gamache F, <i>et al.</i> The Effectiveness of an Upper Extremity Neuromuscular Training Program on the Shoulder Function of Military Members With a Rotator Cuff Tendinopathy: A Pilot Randomized Controlled Trial. <i>Mil Med</i> 2019;184:e385–93. https://academic.oup.com/milmed/article/184/5-6/e385/5179774 (accessed 15 Jun 2020)
8.	Akgün K, Birtane M, Akarirmak U. Is local subacromial corticosteroid injection beneficial in subacromial impingement syndrome? <i>Clin Rheumatol</i> 2004;23:496–500.
9.	Akın T, Çalır NS, Burnaz Ö, <i>et al.</i> Effectiveness of ultrasound in the treatment of subacromial impingement syndrome. <i>Nobel Med</i> 2013;9:104–8.
10.	Akkaya N, Akkaya S, Gungor HR, <i>et al.</i> Effects of weighted and un-weighted pendulum exercises on ultrasonographic acromiohumeral distance in patients with subacromial impingement syndrome. <i>J Back Musculoskeletal Rehabil</i> 2017;30:221–8.
11.	Akkurt HE, Kocabas H, Yilmaz H, <i>et al.</i> Comparison of an epicondylitis bandage with a wrist orthosis in patients with lateral epicondylitis. <i>Prosthet Orthot Int</i> 2018;42:599–605.
12.	Aktas I, Akgun K, Cakmak B. Therapeutic effect of pulsed electromagnetic field in conservative treatment of subacromial impingement syndrome. <i>Clin Rheumatol</i> 2007;26:1234–9.
13.	Akyol Y, Ulus Y, Durmus D, <i>et al.</i> Effectiveness of microwave diathermy on pain, functional capacity, muscle strength, quality of life, and depression in patients with subacromial impingement syndrome: a randomized placebo-controlled clinical study. <i>Rheumatol Int</i> 2012;32:3007–16.

14.	Al Dajah SB. Soft tissue mobilization and PNF improve range of motion and minimize pain level in shoulder impingement. <i>J Phys Ther Sci</i> 2014;26:1803–5.
15.	Al-Abbad H, Simon JV. The effectiveness of extracorporeal shock wave therapy on chronic achilles tendinopathy: a systematic review. <i>Foot ankle Int</i> 2013;34:33–41.
16.	Alfredson H, Lorentzon R. Intratendinous glutamate levels and eccentric training in chronic Achilles tendinosis: a prospective study using microdialysis technique. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2003;11:196–9.
17.	Alfredson H, Nordström P, Pietilä T, <i>et al.</i> Bone mass in the calcaneus after heavy loaded eccentric calf-muscle training in recreational athletes with chronic achilles tendinosis. <i>Calcif Tissue Int</i> 1999;64:450–5.
18.	Alfredson H, Pietilä T, Jonsson P, <i>et al.</i> Heavy-load eccentric calf muscle training for the treatment of chronic Achilles tendinosis. <i>Am J Sports Med</i> 1998;26:360–6.
19.	Alvarez RG, Marini A, Schmitt C, <i>et al.</i> Stage I and II posterior tibial tendon dysfunction treated by a structured nonoperative management protocol: an orthosis and exercise program. <i>Foot ankle Int</i> 2006;27:2–8.
20.	Andriolo L, Altamura SA, Reale D, <i>et al.</i> Nonsurgical Treatments of Patellar Tendinopathy: Multiple Injections of Platelet-Rich Plasma Are a Suitable Option: A Systematic Review and Meta-analysis. <i>Am J Sports Med</i> 2019;47:1001–18.
21.	Apostolos S. The influence of low level laser and pyrometric exercises in the treatment of patients with tennis elbow. a pilot study. 2004. http://cev.org.br/biblioteca/the-influence-of-low-level-laser-and-plyometric-exercises-in-the-treatment-of-patients-with-tennis-elbow-pilot-study/ (accessed 21 Jun 2020)
22.	Araya Quintanilla F, Gutiérrez Espinoza H, Aguilera Eguía R, <i>et al.</i> Decline eccentric exercise in chronic patellar tendinopathy: systematic review. <i>Rev Andaluza Med del Deport</i> 2012;5:75–82.
23.	Araya Quintanilla F, Moyano Galvez V. Therapeutic exercise for lateral epicondylalgia: review systematic. <i>Rev la Soc Española del Dolor</i> 2015;22:253–70.
24.	Arias-Buría JL, Truyols-Domínguez S, Valero-Alcaide R, <i>et al.</i> Ultrasound-Guided Percutaneous Electrolisis and Eccentric Exercises for Subacromial Pain Syndrome: A Randomized Clinical Trial. <i>Evidence-Based Complement Altern Med</i> 2015;2015:1–9.
25.	Arias-Buría L. J, Fernández-de-Las-Peñas C, Palacios-Ceña M, <i>et al.</i> Exercises and dry needling for subacromial pain syndrome: A randomized parallel-group trial. <i>J Pain</i> 2017;18:11–8.
26.	Arnal-Gómez A, Espí-López GV, Cano-Heras D, <i>et al.</i> Efficacy of eccentric exercise as a treatment for Achilles Tendinopathy: literature review. <i>Arch Prev Riesgos Labor</i> 2020;23:211–33.
27.	Askling CM, Tengvar M, Tarassova O, <i>et al.</i> Acute hamstring injuries in Swedish elite sprinters and jumpers: a prospective randomised controlled clinical trial comparing two rehabilitation protocols. <i>Br J Sports Med</i> 2014;48:532–9.

28.	Aytar A, Baltaci G, Uhl TL, <i>et al.</i> The effects of scapular mobilization in patients with subacromial impingement syndrome: a randomized, double-blind, placebo-controlled clinical trial. <i>J Sport Rehabil</i> 2015;24:116–29.
29.	Bae YH, Lee GC, Shin WS, <i>et al.</i> Effect of motor control and strengthening exercises on pain, function, strength and the range of motion of patients with shoulder impingement, syndrome. <i>J Phys Ther Sci</i> 2011;23:687–92.
30.	Bağcıer F, Yılmaz N. The impact of extracorporeal shock wave therapy and dry needling combination on the Pain, Grip strength and functionality in patients diagnosed with lateral epicondylitis. <i>Turk Osteoporoz Derg</i> 2019;25:65–71.
31.	Bahr R, Fossan B, Løken S, <i>et al.</i> Surgical treatment compared with eccentric training for patellar tendinopathy (jumper's knee): a randomized, controlled trial. <i>JBJS</i> 2006;88:1689–98.
32.	Bakkegaard M, Johannsen FE, Højgaard B, <i>et al.</i> Ultrasonography as a prognostic and objective parameter in Achilles tendinopathy: a prospective observational study. <i>Eur J Radiol</i> 2015;84:458–62.
33.	Bal A, Eksioglu E, Gurcay E, <i>et al.</i> Low-level laser therapy in subacromial impingement syndrome. <i>Photomed Laser Surg</i> 2009;27:31–6.
34.	Balius R, Álvarez G, Baró F, <i>et al.</i> A 3-Arm Randomized Trial for Achilles Tendinopathy: Eccentric Training, Eccentric Training Plus a Dietary Supplement Containing Mucopolysaccharides, or Passive Stretching Plus a Dietary Supplement Containing Mucopolysaccharides. <i>Curr Ther Res</i> 2016;78:1–7.
35.	Bang MD, Deyle GD. Comparison of supervised exercise with and without manual physical therapy for patients with shoulder impingement syndrome. <i>J Orthop Sport Phys Ther</i> 2000;30:126–37.
36.	Barr S, Cerisola FL, Blanchard V. Effectiveness of corticosteroid injections compared with physiotherapeutic interventions for lateral epicondylitis: a systematic review. <i>Physiotherapy</i> 2009;95:251–65.
37.	Barra López ME, López de Celis C, Fernández Jentsch G, <i>et al.</i> Effectiveness of Diacutaneous Fibrolysis for the treatment of subacromial impingement syndrome: a randomised controlled trial. <i>Man Ther</i> 2013;18:418–24.
38.	Barratt PA, Brookes N, Newson A. Conservative treatments for greater trochanteric pain syndrome: a systematic review. <i>Br J Sports Med</i> 2017;51:97–104.
39.	Barratt PA, Selfe J. A service evaluation and improvement project: a three year systematic audit cycle of the physiotherapy treatment for Lateral Epicondylalgia. <i>Physiotherapy</i> 2018;104:209–16.
40.	Barrett E, Hayes A, Kelleher M, <i>et al.</i> Exploring patient experiences of participating in a group exercise class for the management of nonspecific shoulder pain. <i>Physiother Theory Pract</i> 2018;34:464–71.
41.	Basas Á, Cook J, Gómez MA, <i>et al.</i> Effects of a strength protocol combined with electrical stimulation on patellar tendinopathy: 42 months retrospective follow-up on 6 high-level jumping athletes. <i>Phys Ther Sport</i> 2018;34:105–12.
42.	Başkurt F, Özcan A, Algun C. Comparison of effects of phonophoresis and iontophoresis of naproxen in the treatment of lateral epicondylitis. <i>Clin Rehabil</i> 2003;17:96–100.

43.	Başkurt Z, Başkurt F, Gelecek N, <i>et al.</i> The effectiveness of scapular stabilization exercise in the patients with subacromial impingement syndrome. <i>J Back Musculoskelet Rehabil</i> 2011;24:173–9.
44.	Bastia P, Ghirarduzzi P, Schiavi P, <i>et al.</i> Surgical or conservative treatment in ARGP syndrome? A systematic review. <i>Acta Biomed</i> 2019;90:14–24.
45.	Bateman M, Adams N. A randomised controlled feasibility study investigating the use of eccentric and concentric strengthening exercises in the treatment of rotator cuff tendinopathy. <i>SAGE Open Med</i> 2014;2:205031211352015.
46.	Baumer TG, Peltz CD, Drake A, <i>et al.</i> Effects of Rotator Cuff Pathology and Physical Therapy on In Vivo Shoulder Motion and Clinical Outcomes in Patients With a Symptomatic Full-Thickness Rotator Cuff Tear. <i>Orthop J Sports Med</i> 2016;4: 2325967116666506.
47.	Bek N, Şimşek IE, Erel S, <i>et al.</i> Home-based general versus center-based selective rehabilitation in patients with posterior tibial tendon dysfunction. <i>Acta Orthop Traumatol Turc</i> 2012;46:286–92.
48.	Bell KJ, Fulcher ML, Rowlands DS, <i>et al.</i> Impact of autologous blood injections in treatment of mid-portion Achilles tendinopathy: double blind randomised controlled trial. <i>BMJ</i> 2013;346:f2310–f2310.
49.	Bennell K, Wee E, Coburn S, <i>et al.</i> Efficacy of standardised manual therapy and home exercise programme for chronic rotator cuff disease: randomised placebo controlled trial. <i>BMJ</i> 2010;340:c2756–c2756.
50.	Bernhardsson S, Klintberg IH, Wendt GK. Evaluation of an exercise concept focusing on eccentric strength training of the rotator cuff for patients with subacromial impingement syndrome. <i>Clinical Rehabilitation</i> 2011; 25: 69–78.
51.	Beyer R, Kongsgaard M, Hougs Kjær B, <i>et al.</i> Heavy slow resistance versus eccentric training as treatment for Achilles tendinopathy: a randomized controlled trial. <i>Am J Sports Med</i> 2015;43:1704–11.
52.	Bianco LC, May JM, Fermin SL, <i>et al.</i> The Effect of Positional Release Therapy on Intercollegiate Male Basketball Athletes Classified With Patella Tendinopathy. <i>Int J Athl Ther Train</i> 2019;24:108–14.
53.	Bisset L, Beller E, Jull G, <i>et al.</i> Mobilisation with movement and exercise, corticosteroid injection, or wait and see for tennis elbow: Randomised trial. <i>Br Med J</i> 2006;333:939–41.
54.	Bisset L, Paungmali A, Vicenzino B, <i>et al.</i> A systematic review and meta-analysis of clinical trials on physical interventions For lateral epicondylalgia. <i>Br J Sports Med</i> 2005;39:411–22.
55.	Bisset LM, Coppieters MW, Vicenzino B. Sensorimotor deficits remain despite resolution of symptoms using conservative treatment in patients with tennis elbow: A randomized controlled trial. <i>Arch Phys Med Rehabil</i> 2009;90:1–8.
56.	Björdal JM, Lopes-Martins RA, Joensen J, <i>et al.</i> A systematic review with procedural assessments and meta-analysis of Low Level Laser Therapy in lateral elbow tendinopathy (tennis elbow). <i>BMC Musculoskelet Disord</i> 2008;9:75.
57.	Björnsson Hallgren C. H, Adolfsson LE, Johansson K, <i>et al.</i> Specific exercises for subacromial pain. <i>Acta Orthop</i> 2017;88:600–5.

58.	Blackwood J, Ghazi F. Can the addition of transverse friction massage to an exercise programme in treatment of infrapatellar tendinopathy reduce pain and improve function? A pilot study. <i>Int Musculoskelet Med</i> 2012;34:108–14.
59.	Blume C, Wang-Price S, Trudelle-Jackson E, <i>et al.</i> Comparison of eccentric and concentric exercise interventions in adults with subacromial impingement syndrome. <i>Int J Sports Phys Ther</i> 2015;10:441–55.
60.	Boesen AP, Hansen R, Boesen MI, <i>et al.</i> Effect of High-Volume Injection, Platelet-Rich Plasma, and Sham Treatment in Chronic Midportion Achilles Tendinopathy: A Randomized Double-Blinded Prospective Study. <i>Am J Sports Med</i> 2017;45:2034–43.
61.	Boesen AP, Langberg H, Hansen R, <i>et al.</i> High volume injection with and without corticosteroid in chronic midportion achilles tendinopathy. <i>Scand J Med Sci Sports</i> 2019;29:1223–31.
62.	Bostrøm K, Mæhlum S, Småstuen MC, <i>et al.</i> Clinical comparative effectiveness of acupuncture versus manual therapy treatment of lateral epicondylitis: feasibility randomized clinical trial. <i>Pilot feasibility Stud</i> 2019;5:110.
63.	Boudreau N, Gaudreault N, Roy JS, <i>et al.</i> The Addition of Glenohumeral Adductor Coactivation to a Rotator Cuff Exercise Program for Rotator Cuff Tendinopathy: A Single-Blind Randomized Controlled Trial. <i>J Orthop Sport Phys Ther</i> 2019;49:126–35.
64.	Bowring B, Chockalingam N. Conservative treatment of tibialis posterior tendon dysfunction -- a review. <i>Foot</i> 2010;20:18–26.
65.	Boyles RE, Ritland BM, Miracle BM, <i>et al.</i> The short-term effects of thoracic spine thrust manipulation on patients with shoulder impingement syndrome. <i>Man Ther</i> 2009;14:375–80.
66.	Branson R, Naidu K, du Toit C, <i>et al.</i> Comparison of corticosteroid, autologous blood or sclerosant injections for chronic tennis elbow. <i>J Sci Med Sport</i> 2017;20:528–533.
67.	Braun C, Bularczyk M, Heintsch J, <i>et al.</i> Manual therapy and exercises for shoulder impingement revisited. <i>Phys Ther Rev</i> 2013;18:263–84.
68.	Braun C, Hanchard NCA. Manual therapy and exercise for impingement related shoulder pain. <i>Phys Ther Rev</i> 2010;15:62–83.
69.	Brown R, Orchard J, Kinchington M, <i>et al.</i> Aprotinin in the management of Achilles tendinopathy: a randomised controlled trial. <i>Br J Sports Med</i> 2006;40:275–9.
70.	Brox JJ, Gjengedal E, Uppheim G, <i>et al.</i> Arthroscopic surgery versus supervised exercises in patients with rotator cuff disease (stage II impingement syndrome): a prospective, randomized, controlled study in 125 patients with a 2 1/2-year follow-up. <i>J shoulder Elb Surg</i> 1999;8:102–11.
71.	Bury J, West M, Chamorro-Moriana G, <i>et al.</i> Effectiveness of scapula-focused approaches in patients with rotator cuff related shoulder pain: A systematic review and meta-analysis. <i>Man Ther</i> 2016;25:35–42.
72.	Cacchio A, Rompe JD, Furia JP, <i>et al.</i> Shockwave Therapy for the Treatment of Chronic Proximal Hamstring Tendinopathy in Professional Athletes. <i>Am J Sports Med</i> 2011;39:146–53.

73.	Cairns G, Owen T, Kluzek S, <i>et al.</i> Therapeutic interventions in children and adolescents with patellar tendon related pain: a systematic review. <i>BMJ Open Sport Exerc Med</i> 2018;4:e000383.
74.	Calis HT, Berberoglu N, Calis M. Are ultrasound, laser and exercise superior to each other in the treatment of subacromial impingement syndrome? A randomized clinical trial. <i>Eur J Phys Rehabil Med</i> 2011;47:375–80.
75.	Campbell RF, Morriss-Roberts C, Durrant B, <i>et al.</i> ‘I need somebody who knows about feet’ a qualitative study investigating the lived experiences of conservative treatment for patients with posterior tibial tendon dysfunction. <i>J Foot Ankle Res</i> 2019;12:51.
76.	Canbulat N, Seyahi A, Eren SM, <i>et al.</i> 24. The effect of core stabilization exercises in the rehabilitation of patients with subacromial impingement syndrome [Abstract]. <i>Türkiye Fiz Tıp ve Rehabil Derg</i> 2013;59:431.
77.	Cannell LJ, Taunton JE, Clement DB, <i>et al.</i> A randomised clinical trial of the efficacy of drop squats or leg extension/leg curl exercises to treat clinically diagnosed jumper’s knee in athletes: Pilot study. <i>Br J Sports Med</i> 2001;35:60–4.
78.	Carlisi E, Lisi C, Dall’Angelo A, <i>et al.</i> Focused extracorporeal shock wave therapy combined with supervised eccentric training for supraspinatus calcific tendinopathy. <i>Eur J Phys Rehabil Med</i> 2018;54:41–7
79.	Celik D, Akyuz G, Yeldan I. Comparison of the effects of two different exercise programs on pain in subacromial impingement syndrome. <i>Acta Orthop Traumatol Turc</i> 2009;43:504–9.
80.	Celik D, Anafiroglu Kulunkoglu B. Photobiomodulation Therapy Versus Extracorporeal Shock Wave Therapy in the Treatment of Lateral Epicondylitis. <i>Photobiomodulation, photomedicine, laser Surg</i> 2019;37:269–75.
81.	Celik D, Atalar AC, Guclu A, <i>et al.</i> The contribution of subacromial injection to the conservative treatment of impingement syndrome. <i>Acta Orthop Traumatol Turc</i> 2009;43:331–5.
82.	Cerdán Fabregat FJ. Effectiveness of percutaneous needle electrolysis and eccentric exercise in chronic Achilles tendinopathy. A case series. <i>Rev Fisioter Invasiva/Journal Invasive Tech Phys Ther</i> 2019;2:127.
83.	Challoumas D, Clifford C, Kirwan P, <i>et al.</i> How does surgery compare to sham surgery or physiotherapy as a treatment for tendinopathy? A systematic review of randomised trials. <i>BMJ Open Sport Exerc Med</i> 2019;5:e000528. https://bmjopensem.bmj.com/lookup/doi/10.1136/bmjsem-2019-000528 (accessed 3 Jul 2020)
84.	Chan CCH, Li CWP, Hung L, <i>et al.</i> A standardized clinical series for work-related lateral epicondylitis. <i>J Occup Rehabil</i> 2000;10:143–52.
85.	Chary-Valckenaere I, Loeuille D, Jay N, <i>et al.</i> Spa therapy together with supervised self-mobilisation improves pain, function and quality of life in patients with chronic shoulder pain: a single-blind randomised controlled trial. <i>Int J Biometeorol</i> 2018;62:1003–14.
86.	Chen TW, Huei Su J, Lin TY, <i>et al.</i> Effects of Eccentric Exercise and Extracorporeal Shock Wave Therapy on Rehabilitation of Patients with Noncalcific Rotator Cuff Tendinopathy. <i>Clin Res Foot Ankle</i> 2017;5:2.

87.	Chen Z, Baker NA. Effectiveness of eccentric strengthening in the treatment of lateral elbow tendinopathy: A systematic review with meta-analysis. <i>J Hand Ther</i> 2020;34:18–28.
88.	Cheng AS, Hung L. Randomized controlled trial of workplace-based rehabilitation for work-related rotator cuff disorder. <i>J Occup Rehabil</i> 2007;17:487–503.
89.	Cherry E, Agostinucci J, McLinden J. The effect of cryotherapy and exercise on lateral epicondylitis: a controlled randomised study. <i>Int J Ther Rehabil</i> 2012;19:641–50.
90.	Chester R, Costa ML, Shepstone L, <i>et al.</i> Eccentric calf muscle training compared with therapeutic ultrasound for chronic Achilles tendon pain—A pilot study. <i>Man Ther</i> 2008;13:484–91.
91.	Cho SI, Shin YA. Effect of rehabilitation and prolotherapy on pain and functional performance in patients with chronic patellar tendinopathy. <i>Gazzetta Medicia Italiana</i> 2017;176:330-7.
92.	Chung B, Wiley JP, Rose MS. Long-term effectiveness of extracorporeal shockwave therapy in the treatment of previously untreated lateral epicondylitis. <i>Clin J Sport Med</i> 2005;15:305–12.
93.	Chung B, Wiley JP. Effectiveness of extracorporeal shock wave therapy in the treatment of previously untreated lateral epicondylitis: A randomized controlled trial. <i>Am J Sports Med</i> 2004;32:1660–7.
94.	Cioni M, Ristori D, Miele S, <i>et al.</i> Impingement, Tendinopatia Di Cuffia E Lesioni Slap: Efficacia Dell’esercizio Terapeutico Nelle Patologie Di Spalla. <i>Sci Riabil</i> 2017;19:47–66.
95.	Citaker S, Taskiran H, Akdur H, <i>et al.</i> Comparison of the mobilization and proprioceptive neuromuscular facilitation methods in the treatment of shoulder impingement syndrome. <i>Pain Clin</i> 2005;17:197–202.
96.	Clarke AW, Ahmad M, Curtis M, <i>et al.</i> Lateral elbow tendinopathy: correlation of ultrasound findings with pain and functional disability. <i>Am J Sports Med</i> 2010;38:1209–14.
97.	Clarke AW, Alyas F, Morris T, <i>et al.</i> Skin-Derived Tenocyte-like Cells for the Treatment of Patellar Tendinopathy. <i>Am J Sports Med</i> 2011;39:614–23.
98.	Cleland JA, Whitman JM, Fritz JM. Effectiveness of manual physical therapy to the cervical spine in the management of lateral epicondylalgia: a retrospective analysis. <i>J Orthop Sport Phys Ther</i> 2004;34:713–24.
99.	Clifford C, Paul L, Syme G, <i>et al.</i> Isometric versus isotonic exercise for greater trochanteric pain syndrome: a randomised controlled pilot study. <i>BMJ Open Sport Exerc Med</i> 2019;5:e000558.
100.	Cochlan JA, Buchbinder R, Green S, <i>et al.</i> Surgery for rotator cuff disease. <i>Cochrane Database Syst Rev</i> 2008;1:CD005619
101.	Conroy DE, Hayes KW. The effect of joint mobilization as a component of comprehensive treatment for primary shoulder impingement syndrome. <i>J Orthop Sports Phys Ther</i> 1998;28:3–14.
102.	Cook C, Learman K, Houghton S, <i>et al.</i> The addition of cervical unilateral posterior–anterior mobilisation in the treatment of patients with shoulder impingement syndrome: A randomised clinical trial. <i>Man Ther</i> 2014;19:18–24 .
103.	Coombes BK, Bisset LP, Brooks PP, <i>et al.</i> Effect of Corticosteroid Injection, Physiotherapy, or Both on Clinical Outcomes in Patients With

	Unilateral Lateral Epicondylalgia: A Randomized Controlled Trial. <i>JAMA</i> 2013;309:461–9.
104.	Coombes BK, Connelly L, Bisset L, <i>et al.</i> Economic evaluation favours physiotherapy but not corticosteroid injection as a first-line intervention for chronic lateral epicondylalgia: evidence from a randomised clinical trial. <i>Br J Sports Med</i> 2016;50:1400–5.
105.	Crawshaw DP, Helliwell PS, Hensor EMA, <i>et al.</i> Exercise therapy after corticosteroid injection for moderate to severe shoulder pain: large pragmatic randomised trial. <i>BMJ</i> 2010;340:e3037–e3037.
106.	Crill MT, Berlet G, Hyer C. Plantar flexor muscle architecture changes as a result of eccentric exercise in patients with Achilles tendinosis. <i>Foot Ankle Spec</i> 2014;7:460–5.
107.	Croisier J, Forthomme B, Foidart-Dessalle M, <i>et al.</i> Treatment of recurrent tendinitis by isokinetic eccentric exercises. <i>Isokinet Exerc Sci</i> 2001;9:133–41.
108.	Croisier JL, Foidart-Dessalle M, Tinant F, <i>et al.</i> An isokinetic eccentric programme for the management of chronic lateral epicondylar tendinopathy. <i>Br J Sports Med</i> 2007;41:269–75.
109.	Croisier JL, Forthomme B, Foidart-Dessalle M, <i>et al.</i> Isokinetic eccentric exercises in treating chronic tendinitis [Abstract]. <i>Isokinet Exerc Sci</i> 2002;10:25–6.
110.	Cullinane FL, Boocock MG, Trevelyan FC. Is eccentric exercise an effective treatment for lateral epicondylitis? A systematic review. <i>Clin Rehabil</i> 2014;28:3–19.
111.	Cumpston M, Johnston R V, Wengier L, <i>et al.</i> Topical glyceryl trinitrate for rotator cuff disease. <i>Cochrane Database Syst Rev</i> 2009;3:CD006355
112.	Dale LM, Mikuski C, Miller J. Outcomes of a pilates-based intervention for individuals with lateral epicondylitis: A pilot study. <i>Work</i> 2016;53:163–74.
113.	Dan M, Phillips A, Johnston R V, <i>et al.</i> Surgery for patellar tendinopathy (jumper's knee). <i>Cochrane Database Syst Rev</i> 2019;9:CD013034.
114.	de Jonge S, de Vos J. R, Weir A, <i>et al.</i> One-year follow-up of platelet-rich plasma treatment in chronic Achilles tendinopathy: a double-blind randomized placebo-controlled trial. <i>Am J Sports Med</i> 2011;39:1623–9.
115.	de Jonge S, de Vos RJ, Van Schie HTM, <i>et al.</i> One-year follow-up of a randomised controlled trial on added splinting to eccentric exercises in chronic midportion Achilles tendinopathy. <i>Br J Sports Med</i> 2010;44:673–7.
116.	de Jonge S, Tol JL, Weir A, <i>et al.</i> The tendon structure returns to asymptomatic values in nonoperatively treated Achilles tendinopathy but is not associated with symptoms: a prospective study. <i>Am J Sports Med</i> 2015;43:2950–8.
117.	de la Fuente A, Valero B, Cuadrado N. Abordaje fisioterápico de la tendinopatía rotuliana: revisión sistemática. <i>Fisioterapia</i> 2019;41:131–42.
118.	De Mey K, Danneels L, Cagnie B, <i>et al.</i> Scapular muscle rehabilitation exercises in overhead athletes with impingement symptoms: effect of a 6-week training program on muscle recruitment and functional outcome. <i>Am J Sports Med</i> 2012;40:1906–15.
119.	de Miguel Valtierra L, Salom Moreno J, Fernández-de-Las-Peñas C, <i>et al.</i> Ultrasound-Guided Application of Percutaneous Electrolysis as an Adjunct

	to Exercise and Manual Therapy for Subacromial Pain Syndrome: A Randomized Clinical Trial. <i>J Pain</i> 2018;19:1201–10.
120.	De Reu S, De Roover D, De Schamphelaere S. The Immediate Effects of an External Rotation Exercise Program Compared with a General Exercise Program in Patients with Rotator Cuff Tendinopathy and Healthy Controls: a Randomised Controlled Trial [dissertation], Ghent University;2018.
121.	de Vos J. R, Heijboer MP, Weinans H, <i>et al.</i> Tendon structure's lack of relation to clinical outcome after eccentric exercises in chronic midportion Achilles tendinopathy. <i>J Sport Rehabil</i> 2012;21:34–43.
122.	de Vos RJ, Weir A, Cobben LPJ, <i>et al.</i> The value of power Doppler ultrasonography in Achilles tendinopathy: a prospective study. <i>Am J Sports Med</i> 2007;35:1696–701.
123.	de Vos RJ, Weir A, Tol JL, <i>et al.</i> No effects of PRP on ultrasonographic tendon structure and neovascularisation in chronic midportion Achilles tendinopathy. <i>Br J Sports Med</i> 2011;45:387–92.
124.	de Vos RJ, Weir A, van Schie HT, <i>et al.</i> Platelet-rich plasma injection for chronic Achilles tendinopathy. <i>J - Am Med Assoc</i> 2010;303:144–9.
125.	de Vos RJ, Weir A, Visser RJA, <i>et al.</i> The additional value of a night splint to eccentric exercises in chronic midportion Achilles tendinopathy: a randomised controlled trial. <i>Br J Sports Med</i> 2007;41:e5–e5.
126.	Deans VM, Miller A, Ramos J. A prospective series of patients with chronic Achilles tendinopathy treated with autologous-conditioned plasma injections combined with exercise and therapeutic ultrasonography. <i>J foot ankle Surg</i> 2012;51:706–10.
127.	Dejaco B, Habets B, van Loon C, <i>et al.</i> Eccentric versus conventional exercise therapy in patients with rotator cuff tendinopathy: a randomized, single blinded, clinical trial. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2017;25:2051–9.
128.	Desjardins-Charbonneau A, Roy JS, Dionne CE, <i>et al.</i> The efficacy of manual therapy for rotator cuff tendinopathy: a systematic review and meta-analysis. <i>J Orthop Sport Phys Ther</i> 2015;45:330–50.
129.	Desjardins-Charbonneau A, Roy JS, Dionne CE, <i>et al.</i> The efficacy of taping for rotator cuff tendinopathy: a systematic review and meta-analysis. <i>Int J Sports Phys Ther</i> 2015;10:420–33.
130.	Desmeules F, Boudreault J, Dionne CE, <i>et al.</i> Efficacy of exercise therapy in workers with rotator cuff tendinopathy: a systematic review. <i>J Occup Health</i> 2016;58:389–403.
131.	Desmeules F, Boudreault J, Roy JS, <i>et al.</i> Efficacy of transcutaneous electrical nerve stimulation for rotator cuff tendinopathy: a systematic review. <i>Physiotherapy</i> 2016;102:41–9.
132.	Desmeules F, Boudreault J, Roy JS, <i>et al.</i> The efficacy of therapeutic ultrasound for rotator cuff tendinopathy: A systematic review and meta-analysis. <i>Phys Ther Sport</i> 2015;16:276–84.
133.	Desmeules F, Côté H. C, Frémont P. Therapeutic exercise and orthopedic manual therapy for impingement syndrome: a systematic review. <i>Clin J Sport Med</i> 2003;13:176–82.
134.	Desmeules F, Minville L, Riederer B, <i>et al.</i> Acromio-Humeral Distance Variation Measured by Ultrasonography and Its Association With the

	Outcome of Rehabilitation for Shoulder Impingement Syndrome. <i>Clin J Sport Med</i> 2004;14:197–205.
135.	Devereaux M, Velanoski KQ, Pennings A, <i>et al.</i> Short-Term Effectiveness of Precut Kinesiology Tape Versus an NSAID as Adjuvant Treatment to Exercise for Subacromial Impingement: A Randomized Controlled Trial. <i>Clin J Sport Med</i> 2016;26:24–32.
136.	Di Lorenzo L, Pappagallo M, Gimigliano R, <i>et al.</i> Pain relief in early rehabilitation of rotator cuff tendinitis: any role for indirect suprascapular nerve block? <i>Eura Medicophys</i> 2006;42:195–204.
137.	Díaz JJG. Effectiveness of eccentric exercise in patellar tendinopathy. Literary review . <i>Arch Med Deporte</i> 2016;33:59-66
138.	Dickens VA, Williams JL, Bhamra MS. Role of physiotherapy in the treatment of subacromial impingement syndrome: a prospective study. <i>Physiotherapy</i> 2005;91:159–64.
139.	Dilek B, Gulbahar S, Gundogdu M, <i>et al.</i> Efficacy of Proprioceptive Exercises in Patients with Subacromial Impingement Syndrome: A Single-Blinded Randomized Controlled Study. <i>Am J Phys Med Rehabil</i> 2016;95:169–82.
140.	Dimitrios S, Pantelis M, Kalliopi S. Comparing the effects of eccentric training with eccentric training and static stretching exercises in the treatment of patellar tendinopathy. A controlled clinical trial. <i>Clin Rehabil</i> 2012;26:423–30.
141.	Dimitrios S, Pantelis M. Comparing Two Exercise Programmes for the Management of Lateral Elbow Tendinopathy (Tennis Elbow/Lateral Epicondylitis)—A Controlled Clinical Trial. <i>Open Access J Sci Technol</i> 2013;1:1–8.
142.	Dingemanse R, Randsdorp M, Koes BW, <i>et al.</i> Evidence for the effectiveness of electrophysical modalities for treatment of medial and lateral epicondylitis: a systematic review. <i>Br J Sports Med</i> 2014;48:957–65.
143.	Dogan SK, Ay S, Evcik D. The effectiveness of low laser therapy in subacromial impingement syndrome: a randomized placebo controlled double-blind prospective study. <i>Clinics (Sao Paulo)</i> 2010;65:1019–22.
144.	Doiron-Cadrin P, Lafrance S, Saulnier M, <i>et al.</i> Shoulder Rotator Cuff Disorders: A Systematic Review of Clinical Practice Guidelines and Semantic Analyses of Recommendations. <i>Arch Phys Med Rehabil</i> 2020;101:1233–42.
145.	Dorrestijn O, Stevens M, Winters JC, <i>et al.</i> Conservative or surgical treatment for subacromial impingement syndrome? A systematic review. <i>J Shoulder Elb Surg</i> 2009;18:652–60.
146.	Dragoo JL, Braun HJ, Wasterlain AS. Platelet-Rich Plasma as a Treatment for Patellar Tendinopathy: A Double-Blind Randomized Controlled Trial. <i>Am J Sports Med</i> 2014;42:610-618.
147.	Dragoo JL, Wasterlain AS, Braun HJ, <i>et al.</i> Platelet-Rich Plasma as a Treatment for Patellar Tendinopathy. <i>Am J Sports Med</i> 2014;42:610–8.
148.	Drew BT, Smith TO, Littlewood C, <i>et al.</i> Do structural changes (eg, collagen/matrix) explain the response to therapeutic exercises in tendinopathy: a systematic review. <i>Br J Sports Med</i> 2014;48:966-972.

149.	Dumont TL, MacIntyre DL, Harris SR. Effects of a six-week eccentric exercise program on patients with patellar tendinopathy: single-subject research study. <i>Physiother Canada</i> 2006;58:130–47.
150.	Dupuis F, Barrett E, Dubé MO, <i>et al.</i> Cryotherapy or gradual reloading exercises in acute presentations of rotator cuff tendinopathy: a randomised controlled trial. <i>BMJ Open Sport Exerc Med</i> 2018;4:e000477.
151.	Efstratiadis A, Koinis A, Stasinopoulos D, <i>et al.</i> The effectiveness of exercise versus arthroscopic surgery subacromial impingement syndrome of the shoulder. <i>Interscientific Heal Care</i> 2016;8:1–8.
152.	Eken Gedik D, Dost Sürücü G, Yildirim A, <i>et al.</i> Effectiveness of autologous blood injection in the treatment of lateral epicondylitis: Randomized clinical study. <i>Duzce Med J</i> 2016;18:1–7.
153.	Ellegaard K, Christensen R, Rosager S, <i>et al.</i> Exercise therapy after ultrasound-guided corticosteroid injections in patients with subacromial pain syndrome: a randomized controlled trial. <i>Arthritis Res Ther</i> 2016;18:129.
154.	Elsodany AM, Alayat MSM, Ali MME, <i>et al.</i> Long-Term Effect of Pulsed Nd:YAG Laser in the Treatment of Patients with Rotator Cuff Tendinopathy: A Randomized Controlled Trial. <i>Photomed Laser Surg</i> 2018;36:506–13.
155.	Engelbrechtsen K, Grotle M, Bautz-Holter E, <i>et al.</i> Radial extracorporeal shockwave treatment compared with supervised exercises in patients with subacromial pain syndrome: single blind randomised study. <i>BMJ</i> 2009;339:b3360–b3360.
156.	Engelbrechtsen K, Grotle M, Bautz-Holter E, <i>et al.</i> Supervised exercises compared with radial extracorporeal shock-wave therapy for subacromial shoulder pain: 1-year results of a single-blind randomized controlled trial. <i>Phys Ther</i> 2011;91:37–47.
157.	Entrellardat Tortillol E. Effectiveness of percutaneous needle electrolysis and eccentric exercise in chronic patellar tendinopathy. <i>Rev Fisioter Invasiva / J Invasive Tech Phys Ther</i> 2019;02:75.
158.	Eraslan L, Baltaci G, Yuce D, <i>et al.</i> Effects of Physiotherapy Approaches on Pain and Strength in Lateral Epicondylitis: A Randomized Clinical Trial [abstract]. <i>Med Sci Sport Exerc</i> 2015;47:614.
159.	Eraslan L, Yuce D, Erbilici A, <i>et al.</i> Does Kinesiotaping improve pain and functionality in patients with newly diagnosed lateral epicondylitis? <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2018;26:938–45.
160.	Evangelos NPT, Anorthosis PT, Dimitrios S. Treatment of chronic patellar tendinopathy using an exercise program consisting of eccentric training and static stretching exercises combined with high intensity light therapy. A pilot study. <i>MOJ Orthop Rheumatol</i> 2018;10:157–61.
161.	Everhart JS, Cole D, Sojka JH, <i>et al.</i> Treatment Options for Patellar Tendinopathy: A Systematic Review. <i>Arthroscopy</i> 2017;33:861–72.
162.	Faber E, Kuiper JJ, Burdorf A, <i>et al.</i> Treatment of impingement syndrome: a systematic review of the effects on functional limitations and return to work. <i>J Occup Rehabil</i> 2006;16:7–25.
163.	Fahlström M, Jonsson P, Lorentzon R, <i>et al.</i> Chronic Achilles tendon pain treated with eccentric calf-muscle training. <i>Knee Surg Sports Traumatol Arthrosc</i> 2003;11:327–33.
164.	Farfaras S, Sernert N, Hallström E, <i>et al.</i> Comparison of open acromioplasty, arthroscopic acromioplasty and physiotherapy in patients with subacromial

	impingement syndrome: a prospective randomised study. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2016;24:2181–91.
165.	Faria APGS, da Silva EB, Dantas EHM, <i>et al.</i> The Effects of Different Resources Fototherapeutic on the Pain in Individuals Bearers of Syndrome of the Impact of the Shoulder. <i>Fit Perform J (Online Ed)</i> 2006;5:54–61.
166.	Färnqvist K, Pearson S, Malliaras P. Adaptation of Tendon Structure and Function in Tendinopathy With Exercise and Its Relationship to Clinical Outcome. <i>J Sport Rehabil</i> 2020;29:107–15.
167.	Ferrer GA, Miller RM, Zlotnicki JP, <i>et al.</i> Exercise therapy for treatment of supraspinatus tears does not alter glenohumeral kinematics during internal/external rotation with the arm at the side. <i>Knee Surg Sports Traumatol Arthrosc</i> 2018;26:267–274.
168.	Fournier Belley A, Mercier C, Bastien M, <i>et al.</i> Anodal Transcranial Direct-Current Stimulation to Enhance Rehabilitation in Individuals With Rotator Cuff Tendinopathy: A Triple-Blind Randomized Controlled Trial. <i>J Orthop Sport Phys Ther</i> 2018;48:541–51.
169.	French HP, Woodley SJ, Fearon A, <i>et al.</i> Physiotherapy management of greater trochanteric pain syndrome (GTPS): an international survey of current physiotherapy practice. <i>Physiotherapy</i> 2019;109:111–20.
170.	Frizziero A, Trainito S, Oliva F, <i>et al.</i> The role of eccentric exercise in sport injuries rehabilitation. <i>Br Med Bull</i> 2014;110.
171.	Frizziero A, Vittadini F, Pignataro A, <i>et al.</i> Conservative management of tendinopathies around hip. <i>Muscles Ligaments Tendons J</i> 2016;6:281–92.
172.	Frohm A, Saartok T, Halvorsen K, <i>et al.</i> Eccentric treatment for patellar tendinopathy: a prospective randomised short-term pilot study of two rehabilitation protocols. <i>Br J Sports Med</i> 2007;41:e7–e7.
173.	Furia JP, Rompe JD, Maffulli N, <i>et al.</i> Radial Extracorporeal Shock Wave Therapy Is Effective and Safe in Chronic Distal Biceps Tendinopathy. <i>Clin J Sport Med</i> 2016;27:430–7.
174.	Ganderton C, Semciw A, Cook J, <i>et al.</i> Does menopausal hormone therapy (MHT), exercise or a combination of both, improve pain and function in post-menopausal women with greater trochanteric pain syndrome (GTPS)? A randomised controlled trial. <i>BMC Womens Health</i> 2016;16:32.
175.	Ganderton C, Semciw A, Cook J, <i>et al.</i> Gluteal loading versus sham exercises to improve pain and dysfunction in postmenopausal women with greater trochanteric pain syndrome: a randomized controlled trial. <i>J Women's Heal</i> 2018;27:815–29.
176.	García I, Lobo C, López E, <i>et al.</i> Comparative effectiveness of ultrasonophoresis and iontophoresis in impingement syndrome: a double-blind, randomized, placebo controlled trial. <i>Clin Rehabil</i> 2016;30:347–58.
177.	Gärdin A, Movin T, Svensson L, <i>et al.</i> The long-term clinical and MRI results following eccentric calf muscle training in chronic Achilles tendinosis. <i>Skeletal Radiol</i> 2010;39:435–42.
178.	Gatz M, Betsch M, Dirrichs T, <i>et al.</i> Eccentric and Isometric Exercises in Achilles Tendinopathy Evaluated by the VISA-A Score and Shear Wave Elastography. <i>Sport Heal A Multidiscip Approach</i> 2020;12:373–81.
179.	Gatz M, Betsch M, Tingart M, <i>et al.</i> Effect of a 12-week Eccentric and Isometric Training in Achilles Tendinopathy on the Gastrocnemius Muscle:

	an Ultrasound Shear Wave Elastography Study. <i>Muscles, Yuk Ligaments Tendons J</i> 2020;10:92–9.
180.	Gebremariam L, Hay EM, van der Sande R, <i>et al.</i> Subacromial impingement syndrome--effectiveness of physiotherapy and manual therapy. <i>Br J Sports Med</i> 2014;48:1202–8.
181.	Giombini A, Di Cesare A, Safran MR, <i>et al.</i> Short-term Effectiveness of Hyperthermia for Supraspinatus Tendinopathy in Athletes. <i>Am J Sports Med</i> 2006;34:1247–53.
182.	Giray E, Karali-Bingul D, Akyuz G. The Effectiveness of Kinesiotaping, Sham Taping or Exercises Only in Lateral Epicondylitis Treatment: A Randomized Controlled Study. <i>Pm&r</i> 2019;11:681–93.
183.	Goldgrub R, Côté P, Sutton D, <i>et al.</i> The Effectiveness of Multimodal Care for the Management of Soft Tissue Injuries of the Shoulder: A Systematic Review by the Ontario Protocol for Traffic Injury Management (OPTIMA) Collaboration. <i>J Manipulative Physiol Ther</i> 2016;39:121–139.e1.
184.	Gonsalves J, Kuyer E, McKay T, <i>et al.</i> The Effectiveness of Exercise Therapy in Reducing Pain and Improving Clinical Outcomes in Rotator Cuff Tendinopathy: a Systematic Review (Doctoral dissertation, University of British Columbia). 2012:1-24.
185.	González PP, Brahim MB. Treatment of Shoulder Impingement Syndrome in Adolescent Tennis Players. / Tractament de la síndrome subacromial en tennistes adolescents. <i>Apunt Educ Física i Esports</i> 2018;132:32–47.
186.	Gonzalez-Iglesias J, Cleland JA, del Rosario Gutierrez-Vega M, <i>et al.</i> Multimodal management of lateral epicondylalgia in rock climbers: A prospective case series. <i>J Manipulative Physiol Ther</i> 2011;34:635–42.
187.	Gornoski LE, Coronado RA, George SZ. Clinical Outcomes of Electrotherapeutic Point Stimulation in Conjunction with Exercise for the Treatment of Patients with Chronic Knee Pain: A Case Series. <i>Orthop Phys Ther Pract</i> 2014;26:182–7.
188.	Granviken F, Vasseljen O. Home exercises and supervised exercises are similarly effective for people with subacromial impingement: a randomised trial. <i>J Physiother</i> 2015;61:135–41.
189.	Grymel-Kulesza E, Polak A, Kubacki J, <i>et al.</i> The effect of a multi-modality therapy including active exercises, classic massage, cryotherapy and a combination of ultrasound and electrical stimulation on rotator cuff injuries. <i>Fizjoterapia Pol</i> 2007;7:107–23.
190.	Güler H, Turhanoğlu AD, Inanoğlu K, <i>et al.</i> Comparison of ketoprofen phonophoresis with ketoprofen and lidocaine- prilocaine phonophoresis in patients with subacromial impingement syndrome. <i>Turkish J Rheumatol</i> 2009;24:88–93.
191.	Gunay Ucurum S, Kaya DO, Kayali Y, <i>et al.</i> Comparison of different electrotherapy methods and exercise therapy in shoulder impingement syndrome: A prospective randomized controlled trial. <i>Acta Orthop Traumatol Turc</i> 2018;52:249–55.
192.	Gürsel YK, Ulus Y, Bilgiç A, <i>et al.</i> Adding ultrasound in the management of soft tissue disorders of the shoulder: a randomized placebo-controlled trial. <i>Phys Ther</i> 2004;84:336–43.
193.	Gutiérrez-Espinoza H, Araya-Quintanilla F, Cereceda-Muriel C, <i>et al.</i> Effect of supervised physiotherapy versus home exercise program in patients with

	subacromial impingement syndrome: A systematic review and meta-analysis. <i>Phys Ther Sport</i> 2020;41:34–42.
194.	Haahr JP, Andersen JH. Exercises may be as efficient as subacromial decompression in patients with subacromial stage II impingement: 4-8-years' follow-up in a prospective, randomized study. <i>Scand J Rheumatol</i> 2006;35:224–8.
195.	Haahr JP, Andersen JH. Prognostic factors in lateral epicondylitis: A randomized trial with one-year follow-up in 266 new cases treated with minimal occupational intervention of the usual approach in general practice. <i>Rheumatology</i> 2003;42:1216–25.
196.	Haahr JP, Østergaard S, Dalsgaard J, <i>et al.</i> Exercises versus arthroscopic decompression in patients with subacromial impingement: a randomised, controlled study in 90 cases with a one year follow up. <i>Ann Rheum Dis</i> 2005;64:760–4.
197.	Habets B, van Cingel REH. Eccentric exercise training in chronic mid-portion Achilles tendinopathy: A systematic review on different protocols. <i>Scand J Med Sci Sports</i> 2015;25:3–15.
198.	Hakguder A, Tastekin N, Birtane M, <i>et al.</i> Comparison of the short-term efficacy of physical therapy in subacromial impingement syndrome patients with stage i and ii magnetic resonance imaging findings. <i>Turk J Rheumatol</i> 2011;26:127–34.
199.	Hallgren HCB, Holmgren T, Öberg B, <i>et al.</i> A specific exercise strategy reduced the need for surgery in subacromial pain patients. <i>Br J Sports Med</i> 2014;48:1431–6.
200.	Hanratty CE, Kerr DP, Wilson IM, <i>et al.</i> Physical Therapists' Perceptions and Use of Exercise in the Management of Subacromial Shoulder Impingement Syndrome: Focus Group Study. <i>Phys Ther</i> 2016;96:1354–63.
201.	Hanratty CE, McVeigh JG, Kerr DP, <i>et al.</i> The effectiveness of physiotherapy exercises in subacromial impingement syndrome: a systematic review and meta-analysis. <i>Semin Arthritis Rheum</i> 2012;42:297–316.
202.	Haslerud S, Magnussen LH, Joensen J, <i>et al.</i> The efficacy of low-level laser therapy for shoulder tendinopathy: a systematic review and meta-analysis of randomized controlled trials. <i>Physiother Res Int</i> 2015;20(2)108-125.
203.	Hawk C, Minkalis AL, Khorsan R, <i>et al.</i> Systematic Review of Nondrug, Nonsurgical Treatment of Shoulder Conditions. <i>J Manipulative Physiol Ther</i> 2017;40:293–319.
204.	Hazar Z, Baltacı G. Effects of 'Throwers Ten' Exercise Program on Pain and Function in Shoulder Impingement Syndrome: A Pilot Study [Abstract]. <i>Orthop J Sport Med</i> 2014;2(SUPPL 3):1.
205.	Head J, Mallows A, Debenham J, <i>et al.</i> The efficacy of loading programmes for improving patient-reported outcomes in chronic midportion Achilles tendinopathy: A systematic review. <i>Musculoskeletal Care</i> 2019;17:283–99.
206.	Heitkamp HSJ, Kapitza C. Das Management der Mid-Portions-Achillessehnen-tendinopathie in der Physiotherapie – eine systematische Literaturrecherche. <i>Sport · Sport</i> 2021;35:24–35.
207.	Hernández Herrero D, Berjillos Donamayor A, de la Corte Rodríguez H, <i>et al.</i> Elbow tendinosis treated by several electrotherapy techniques: a prospective randomized study. 2006;4:131–138

208.	Heron SR, Woby SR, Thompson DP. Comparison of three types of exercise in the treatment of rotator cuff tendinopathy/shoulder impingement syndrome: A randomized controlled trial. <i>Physiotherapy</i> 2017;103:167–73.
209.	Herrington L, McCulloch R. The role of eccentric training in the management of Achilles tendinopathy: a pilot study. <i>Phys Ther Sport</i> 2007;8:191–6.
210.	Ho LOL, Kwong WL, Cheing GLY. Effectiveness of Microcurrent Therapy in the Management of Lateral Epicondylitis: A Pilot Study. <i>Hong Kong Physiother J</i> 2007;25:14–20.
211.	Holmgren T, Björnsson Hallgren H, Öberg B, <i>et al.</i> Effect of specific exercise strategy on need for surgery in patients with subacromial impingement syndrome: randomised controlled study. <i>BMJ</i> 2012;344:e787–e787.
212.	Hong QN, Durand M, Loisel P. Physiotherapists' management of patients with lateral epicondylitis (extensor tendinosis): results of a provincial survey. <i>Physiother Canada</i> 2004;56:215–28.
213.	Hong QN, Durand MJ, Loisel P. Exploring the Evidence for Occupational Therapists' Interventions with Clients with Lateral Epicondylitis. <i>Br J Occup Ther</i> 2004;67:274–81.
214.	Hoogvliet P, Randsdorp MS, Dingemanse R, <i>et al.</i> Does effectiveness of exercise therapy and mobilisation techniques offer guidance for the treatment of lateral and medial epicondylitis? A systematic review. <i>Br J Sport Med</i> 2013;47:1112–9.
215.	Horstmann T, Jud HM, Fröhlich V, <i>et al.</i> Whole-Body Vibration Versus Eccentric Training or a Wait-and-See Approach for Chronic Achilles Tendinopathy: A Randomized Clinical Trial. <i>J Orthop Sport Phys Ther</i> 2013;43:794–803.
216.	Houck J, Neville C, Tome J, <i>et al.</i> Randomized controlled trial comparing orthosis augmented by either stretching or stretching and strengthening for stage II tibialis posterior tendon dysfunction. <i>Foot ankle Int</i> 2015;36:1006–16.
217.	Hutchison AM, Beard D, Pallister I, <i>et al.</i> Is physiotherapy effective for patients with a chronic mid-body Achilles tendinopathy? A systematic review of non-surgical and non-pharmacological interventions. <i>Int Musculoskelet Med</i> 2011;33:152–60.
218.	Iglesias JG, de Lara Osacar AR, Gonzalez CF, <i>et al.</i> C0088 Ultrasound-guided intratissue percutaneous electrolysis, dry-needling, diathermy and eccentric exercise in achilles tendinopathy in runners. a case series [Abstract]. <i>BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine</i> 2018:A22.1-A22.
219.	Ingwersen KG, Jensen SL, Sørensen L, <i>et al.</i> Three Months of Progressive High-Load Versus Traditional Low-Load Strength Training Among Patients With Rotator Cuff Tendinopathy: Primary Results From the Double-Blind Randomized Controlled RoCTEx Trial. <i>Orthop J Sport Med</i> 2017;5:232596711772329.
220.	Innocenti T, Ristori D, Miele S, <i>et al.</i> The management of shoulder impingement and related disorders: A systematic review on diagnostic accuracy of physical tests and manual therapy efficacy. <i>J Bodyw Mov Ther</i> 2019;23:604–18.

221.	Jasnauskaitė-Gedrimė D, Gedrimas D, Karpavičienė A, <i>et al.</i> Effect of Visual and Auditory Feedback Exercises on Shoulder Function in Rotator Cuff Tendonitis Patients. <i>Balt J Sport Heal Sci</i> 2018;109:20–6.
222.	Jayaseelan DJ, Kecman M, Alcorn D, <i>et al.</i> Manual therapy and eccentric exercise in the management of Achilles tendinopathy. <i>J Man Manip Ther</i> 2017;25:106–14.
223.	Jayaseelan DJ, Moats N, Ricardo CR. Rehabilitation of Proximal Hamstring Tendinopathy Utilizing Eccentric Training, Lumbopelvic Stabilization, and Trigger Point Dry Needling: 2 Case Reports. <i>J Orthop Sport Phys Ther</i> 2014;44:198–205.
224.	Jayaseelan DJ, Weber MJ, Jonely H. Potential Nervous System Sensitization in Patients With Persistent Lower Extremity Tendinopathies: 3 Case Reports. <i>J Orthop Sport Phys Ther</i> 2019;49:272–9.
225.	Jerosch J, Wustner P. The effect of a sensorimotor exercise program in patients with subacromial pain syndrome. <i>Unfallchirurg</i> 2002;105:36–43.
226.	Johansson K, Bergström A, Schröder K, <i>et al.</i> Subacromial corticosteroid injection or acupuncture with home exercises when treating patients with subacromial impingement in primary care--a randomized clinical trial. <i>Fam Pract</i> 2011;28:355–65.
227.	Johansson KM, Adolfsson LE, Foldevi MOM. Effects of acupuncture versus ultrasound in patients with impingement syndrome: randomized clinical trial. <i>Phys Ther</i> 2005;85:490–501.
228.	Johnson MD, Alvarez RG. Nonoperative management of retrocalcaneal pain with AFO and stretching regimen. <i>Foot Ankle Int</i> 2012;33:571–81.
229.	Johnston CAM, Lindsay DM, Wiley JP. Treatment of iliopsoas syndrome with a hip rotation strengthening program: a retrospective case series. <i>J Orthop Sport Phys Ther</i> 1999;29:218–24.
230.	Jonsson P (a). Chronic Achilles tendon pain treated with eccentric calf-muscle training. In: Eccentric training in the treatment of tendinopathy [Doctoral dissertation, Umeå University]. <i>Umeå University medical dissertations</i> 2009:57.
231.	Jonsson P (b). New regimen for eccentric calf-muscle training in patients with chronic insertional Achilles tendinopathy: Results of a pilot study. In: Eccentric training in the treatment of tendinopathy [Doctoral dissertation, Umeå University]. <i>Umeå University medical dissertations</i> 2009:58.
232.	Jonsson P (c). A pilot study of the eccentric decline squat in the management of painful chronic patellar tendinopathy. In: Eccentric training in the treatment of tendinopathy [Doctoral dissertation, Umeå University]. <i>Umeå University medical dissertations</i> 2009:59. 243
233.	Jonsson P, Alfredson H, Sunding K, <i>et al.</i> New regimen for eccentric calf-muscle training in patients with chronic insertional Achilles tendinopathy: results of a pilot study. <i>Br J Sports Med</i> 2008;42:746–9.
234.	Jonsson P, Alfredson H. Superior results with eccentric compared to concentric quadriceps training in patients with jumper's knee: a prospective randomised study. <i>Br J Sports Med</i> 2005;39:847–50 .
235.	Jonsson P, Wahlström P, Öhberg L, <i>et al.</i> Eccentric training in chronic painful impingement syndrome of the shoulder: results of a pilot study. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2006;14:76–81.

236.	Jowett S, Crawshaw DP, Helliwell PS, <i>et al.</i> Cost-effectiveness of exercise therapy after corticosteroid injection for moderate to severe shoulder pain due to subacromial impingement syndrome: a trial-based analysis. <i>Rheumatology</i> 2013;52:1485–91.
237.	Juul-Kristensen B, Larsen CM, Eshoj H, <i>et al.</i> Positive effects of neuromuscular shoulder exercises with or without EMG-biofeedback, on pain and function in participants with subacromial pain syndrome – A randomised controlled trial. <i>J Electromyogr Kinesiol</i> 2019;48:161–8.
238.	Kachanathu SJ, Alenazi AM, Hafez AR, <i>et al.</i> Comparison of the effects of short-duration wrist joint splinting combined with physical therapy and physical therapy alone on the management of patients with lateral epicondylitis. <i>Eur J Phys Rehabil Med</i> 2019;55:488–93.
239.	Kachanathu SJ, Zedan AME, Hafez AR, <i>et al.</i> Effect of shoulder stability exercises on hand grip strength in patients with shoulder impingement syndrome. <i>Somatosens Mot Res</i> 2019;36:97–101.
240.	Kachingwe AF, Phillips B, Sletten E, <i>et al.</i> Comparison of manual therapy techniques with therapeutic exercise in the treatment of shoulder impingement: a randomized controlled pilot clinical trial. <i>J Man Manip Ther</i> 2008;16:238–47.
241.	Kang FJ, Chiu YC, Wu SC, <i>et al.</i> Kinesiology taping with exercise does not provide additional improvement in round shoulder subjects with impingement syndrome: A single-blinded randomized controlled trial. <i>Phys Ther Sport</i> 2019;40:99–106.
242.	Kaux JF, Bruyere O, Croisier JL, <i>et al.</i> One-year follow-up of platelet-rich plasma infiltration to treat chronic proximal patellar tendinopathies. <i>Acta Orthop Belg</i> 2015;81:251–6.
243.	Kaux JF, Croisier JL, Bruyere O, <i>et al.</i> One injection of platelet-rich plasma associated to a submaximal eccentric protocol to treat chronic jumper’s knee. <i>J Sport Med Phys Fit</i> 2015;55:953–61.
244.	Kaux JF, Forthomme Bé, Namurois MH, <i>et al.</i> Description of a standardized rehabilitation program based on sub-maximal eccentric following a platelet-rich plasma infiltration for jumper’s knee. <i>Muscles Ligaments Tendons J</i> 2014;4:85–9.
245.	Kaya DO, Baltaci G, Toprak U, <i>et al.</i> The Clinical and Sonographic Effects of Kinesiotaping and Exercise in Comparison with Manual Therapy and Exercise for Patients with Subacromial Impingement Syndrome: a Preliminary Trial. <i>J Manip Physiol Ther</i> 2014;37:422–32.
246.	Kaya E, Zinnuroglu M, Tugcu I. Kinesio taping compared to physical therapy modalities for the treatment of shoulder impingement syndrome. <i>Clin Rheumatol</i> 2011;30:201–7.
247.	Kearney R, Costa ML. Insertional Achilles Tendinopathy Management: A Systematic Review. <i>Foot Ankle Int</i> 2010;31:689–94.
248.	Kearney RS, Parsons N, Costa ML. Achilles tendinopathy management: A pilot randomised controlled trial comparing platelet-rich plasma injection with an eccentric loading programme. <i>Bone Joint Res</i> 2013;2:227–32.
249.	Kedia M, Williams M, Jain L, <i>et al.</i> The effects of conventional physical therapy and eccentric strengthening for insertional Achilles tendinopathy. <i>Int J Sports Phys Ther</i> 2014;9:488.

250.	Kelly SM, Wrightson PA, Meads CA. Clinical outcomes of exercise in the management of subacromial impingement syndrome: a systematic review. <i>Clin Rehabil</i> 2010;24:99–109.
251.	Kesikburun S, Tan AK, Yilmaz B, <i>et al.</i> Platelet-rich plasma injections in the treatment of chronic rotator cuff tendinopathy: a randomized controlled trial with 1-year follow-up. <i>Am J Sports Med</i> 2013;41:2609–16.
252.	Ketola S, Lehtinen J, Arnala I, <i>et al.</i> Does arthroscopic acromioplasty provide any additional value in the treatment of shoulder impingement syndrome?: a two-year randomised controlled trial. <i>J bone Jt surgeryBritish Vol</i> 2009;91:1326–34.
253.	Ketola S, Lehtinen J, Elo P, <i>et al.</i> No difference in long-term development of rotator cuff rupture and muscle volumes in impingement patients with or without decompression: A randomized MRI study of 140 patients. <i>Acta Orthop</i> 2016;87:351–5.
254.	Ketola S, Lehtinen J, Rousi T, <i>et al.</i> Which patients do not recover from shoulder impingement syndrome, either with operative treatment or with nonoperative treatment? <i>Acta Orthop</i> 2015;86:641–6.
255.	Ketola S, Lehtinen JT, Arnala I. Arthroscopic decompression not recommended in the treatment of rotator cuff tendinopathy. <i>Bone Joint J</i> 2017;99-B:799–805.
256.	Kim J, Lee SC, Chun Y, <i>et al.</i> Effects of a 4-Week Short-Foot Exercise Program on Gait Characteristics in Patients With Stage II Posterior Tibial Tendon Dysfunction. <i>J Sport Rehabil</i> 2021;30:120–8.
257.	Kim J, Shin D, Song C. Visual feedback to improve the effects of scapular stabilization exercises on pain intensity, range of motion, strength, and disability in patients with shoulder impingement syndrome. <i>Med Sci Technol</i> 2017;58:42–8.
258.	Kim S, Kwon O, Weon J, <i>et al.</i> The effect of the neurac training on shoulder isokinetic performance in patients with acute-phase subacromial impingement syndrome [Abstract]. <i>Man Ther</i> 2016;25:e59 https://www.infona.pl/resource/bwmeta1.element.elsevier-7217cec5-508b-3ebf-bb33-8aef41a575e1 (accessed 01 Jul 2020)
259.	Kim SJ, Yeo SM, Noh SJ, <i>et al.</i> Effect of platelet-rich plasma on the degenerative rotator cuff tendinopathy according to the compositions. <i>J Orthop Surg Res</i> 2019;14:408.
260.	Kim SY, Dvir Z, Oh JS. The application of the Neurac technique vs. manual therapy in patients during the acute phase of subacromial impingement syndrome: A randomized single-blinded controlled trial. <i>J Back Musculoskelet Rehabil</i> 2020;33:645–53.
261.	Kingma JJ, de Knikker R, Wittink HM, <i>et al.</i> Eccentric overload training in patients with chronic Achilles tendinopathy: a systematic review. <i>Br J Sports Med</i> 2007;41:e3 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2465314/ (accessed 16 Jun 2020)
262.	Knobloch K, Schreibmueller L, Kraemer R, <i>et al.</i> Gender and eccentric training in Achilles mid-portion tendinopathy. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2010;18:648–55.
263.	Knobloch K, Schreibmueller L, Longo UG, <i>et al.</i> Eccentric exercises for the management of tendinopathy of the main body of the Achilles tendon with or without an AirHeel™ Brace. A randomized controlled trial. B: Effects of compliance. <i>Disabil Rehabil</i> 2008;30:1692–6.

264.	Knobloch K, Schreibmueller L, Longo UG, <i>et al.</i> Eccentric exercises for the management of tendinopathy of the main body of the Achilles tendon with or without the AirHeel™ Brace. A randomized controlled trial. A: effects on pain and microcirculation. <i>Disabil Rehabil</i> 2008;30:1685–91.
265.	Knobloch K. Eccentric training in Achilles tendinopathy: is it harmful to tendon microcirculation?. <i>Br J Sports Med</i> 2007;41:e1–e5. https://bjsm.bmj.com/lookup/doi/10.1136/bjsem.2006.030437 (accessed 02 Jul 2020)
266.	Kongsgaard M, Kovanen V, Aagaard P, <i>et al.</i> Corticosteroid injections, eccentric decline squat training and heavy slow resistance training in patellar tendinopathy. <i>Scand J Med Sci Sports</i> 2009;19:790–802.
267.	Kongsgaard M, Qvortrup K, Larsen J, <i>et al.</i> Fibril morphology and tendon mechanical properties in patellar tendinopathy: effects of heavy slow resistance training. <i>Am J Sports Med</i> 2010;38:749–56.
268.	Korakakis V, Whiteley R, Tzavara A, <i>et al.</i> The effectiveness of extracorporeal shockwave therapy in common lower limb conditions: a systematic review including quantification of patient-rated pain reduction. <i>Br J Sports Med</i> 2018;52:387–407.
269.	Koszalinski A, Flynn T, Hellman M, <i>et al.</i> Trigger point dry needling, manual therapy and exercise versus manual therapy and exercise for the management of Achilles tendinopathy: a feasibility study. <i>J Man Manip Ther</i> 2020;28:212–21.
270.	Krämer R, Lorenzen J, Vogt PM, <i>et al.</i> Systematic review about eccentric training in chronic achilles tendinopathy. <i>Sportverletz Sportschaden</i> 2010;24:204–11.
271.	Kristensen J, Franklyn-Miller A. Resistance training in musculoskeletal rehabilitation: a systematic review. <i>Br J Sports Med</i> 2012;46:719–26.
272.	Kromer TO, de Bie A. R, Bastiaenen CHG. Effectiveness of physiotherapy and costs in patients with clinical signs of shoulder impingement syndrome: One-year follow-up of a randomized controlled trial. <i>J Rehabil Med</i> 2014;46:1029–36.
273.	Kromer TO, de Bie A. R, Bastiaenen CHG. Physiotherapy in patients with clinical signs of shoulder impingement syndrome: a randomized controlled trial. <i>J Rehabil Med</i> 2013;45:488–97.
274.	Kromer TO, Tautenhahn UG, de Bie A. R, <i>et al.</i> Effects of physiotherapy in patients with shoulder impingement syndrome: a systematic review of the literature. <i>J Rehabil Med</i> 2009;41:870–80.
275.	Kuhn JE. Exercise in the treatment of rotator cuff impingement: a systematic review and a synthesized evidence-based rehabilitation protocol. <i>J shoulder Elb Surg</i> 2009;18:138–60.
276.	Kulig K, Lederhaus ES, Reischl S, <i>et al.</i> Effect of eccentric exercise program for early tibialis posterior tendinopathy. <i>Foot ankle Int</i> 2009;30:877–85.
277.	Kulig K, Reischl SF, Pomrantz AB, <i>et al.</i> Nonsurgical management of posterior tibial tendon dysfunction with orthoses and resistive exercise: a randomized controlled trial. <i>Phys Ther</i> 2009;89:26–37.
278.	Kvalvaag E, Brox JI, Engebretsen KB, <i>et al.</i> Effectiveness of radial extracorporeal shock wave therapy (rESWT) when combined with supervised exercises in patients with subacromial shoulder pain. <i>Am J Sports Med</i> 2017;45:2547–54.

279.	Kvalvaag E, Roe C, Engebretsen KB, <i>et al.</i> One year results of a randomized controlled trial on radial Extracorporeal Shock Wave Treatment, with predictors of pain, disability and return to work in patients with subacromial pain syndrome. <i>Eur J Phys Rehabil Med</i> 2018;54:341–50.
280.	Laitinen S, Toivanen M. <i>PATELLA-, AKILLES-JA HAMSTRING-TENDINOPATIOIDEN HARJOITUSTERAPIA: Systemaattinen kirjallisuuskatsaus.</i> (Doctoral Thesis, Kaakkois-Suomen ammattikorkeakoulu). 2017.
281.	Land H, Gordon S, Watt K. Effect of manual physiotherapy in homogeneous individuals with subacromial shoulder impingement: A randomized controlled trial. <i>Physiother Res Int</i> 2019;24:e1768. https://onlinelibrary.wiley.com/doi/abs/10.1002/pri.1768 (accessed 19 Jun 2020)
282.	Langberg H, Ellingsgaard H, Madsen T, <i>et al.</i> Eccentric rehabilitation exercise increases peritendinous type I collagen synthesis in humans with Achilles tendinosis. <i>Scand J Med Sci Sports</i> 2007;17:61–6.
283.	Larsson MEH, Käll I, Nilsson-Helander K. Treatment of patellar tendinopathy—a systematic review of randomized controlled trials. <i>Knee surgery, Sport Traumatol Arthrosc</i> 2012;20:1632–46.
284.	Larsson R, Bernhardsson S, Nordeman L. Effects of eccentric exercise in patients with subacromial impingement syndrome: a systematic review and meta-analysis. <i>BMC Musculoskelet Disord</i> 2019;20:446.
285.	Leduc BE, Caya J, Tremblay S, <i>et al.</i> Treatment of calcifying tendinitis of the shoulder by acetic acid iontophoresis: a double-blind randomized controlled trial. <i>Arch Phys Med Rehabil</i> 2003;84:1523–7.
286.	Lee DR, Kim LJ. Internal- and External-Rotation Peak Torque in Little League Baseball Players With Subacromial Impingement Syndrome: Improved by Closed Kinetic Chain Shoulder Training. <i>J Sport Rehabil</i> 2016;25:263–5.
287.	Lee S, Ko Y, Lee W. Changes in pain, dysfunction, and grip strength of patients with acute lateral epicondylitis caused by frequency of physical therapy: A randomized controlled trial. <i>J Phys Ther Sci</i> 2014;26:1037–40.
288.	Lee WC, Ng GYF, Zhang ZJ, <i>et al.</i> Changes on Tendon Stiffness and Clinical Outcomes in Athletes Are Associated With Patellar Tendinopathy After Eccentric Exercise. <i>Clin J Sport Med</i> 2020;30:25–32.
289.	Lee WC. Chapter 5: Effects of a 12-week single-legged declined-board exercise as a single intervention and when combined with ESWT on tendon strain, pain and dysfunction. In: The mechanical, physiological and therapeutic effects of eccentric exercise combined with extracorporeal shockwave therapy in athletes with patellar tendinopathy (Doctoral dissertation, The Hong Kong Polytechnic University). 2017; 66.
290.	Levy AR, Polman RCJ, Nicholls AR, <i>et al.</i> Sport Injury Rehabilitation Adherence: Perspectives of Recreational Athletes. <i>Int J Sport Exerc Psychol</i> 2009;7:212–29.
291.	Lim HY, Wong SH. Effects of isometric, eccentric, or heavy slow resistance exercises on pain and function in individuals with patellar tendinopathy: A systematic review. <i>Physiother Res Int</i> 2018;23:e1721.
292.	Littlewood C, Ashton J, Chance-Larsen K, <i>et al.</i> Exercise for rotator cuff tendinopathy: a systematic review. <i>Physiotherapy</i> 2012;98:101–9.

293.	Littlewood C, Bateman M, Brown K, <i>et al.</i> A self-managed single exercise programme versus usual physiotherapy treatment for rotator cuff tendinopathy: a randomised controlled trial (the SELF study). <i>Clin Rehabil</i> 2016;30:686–96.
294.	Littlewood C, Malliaras P, Chance-Larsen K. Therapeutic exercise for rotator cuff tendinopathy: a systematic review of contextual factors and prescription parameters. <i>Int J Rehabil Res</i> 2015;38:95–106.
295.	Littlewood C, Malliaras P, Mawson S, <i>et al.</i> Patients with rotator cuff tendinopathy can successfully self-manage, but with certain caveats: a qualitative study. <i>Physiotherapy</i> 2014;100:80–5.
296.	Littlewood C, Malliaras P, Mawson S, <i>et al.</i> Self-managed loaded exercise versus usual physiotherapy treatment for rotator cuff tendinopathy: a pilot randomised controlled trial. <i>Physiotherapy</i> 2014;100:54–60.
297.	Littlewood C, Mawson S, May S, <i>et al.</i> Understanding the barriers and enablers to implementation of a self-managed exercise intervention: a qualitative study. <i>Physiotherapy</i> 2015;101:279–85.
298.	Littlewood C, May S, Walters S. A review of systematic reviews of the effectiveness of conservative interventions for rotator cuff tendinopathy. <i>Shoulder Elb</i> 2013;5:151–67.
299.	Long L, Briscoe S, Cooper C, <i>et al.</i> What is the clinical effectiveness and cost-effectiveness of conservative interventions for tendinopathy? An overview of systematic reviews of clinical effectiveness and systematic review of economic evaluations. <i>Health Technol Assess</i> 2015;19:5–73.
300.	López-de-Celis C, Barra-López ME, González-Rueda V, <i>et al.</i> Effectiveness of diacutaneous fibrolysis for the treatment of chronic lateral epicondylalgia: a randomized clinical trial. <i>Clin Rehabil</i> 2018;32:644–53.
301.	Ludewig PM, Borstad JD. Effects of a home exercise programme on shoulder pain and functional status in construction workers. <i>Occup Environ Med</i> 2003;60:841–9.
302.	Luginbuhl R, Brunner F, Schneeberger AG. No effect of forearm band and extensor strengthening exercises for the treatment of tennis elbow: a prospective randomised study. <i>Chir Organi Mov</i> 2008;91:35–40.
303.	Maenhout AG, Mahieu NN, De Muynck M, <i>et al.</i> Does adding heavy load eccentric training to rehabilitation of patients with unilateral subacromial impingement result in better outcome? A randomized, clinical trial. <i>Knee surgery, Sport Traumatol Arthrosc</i> 2013;21:1158–67.
304.	Maffulli N, Papalia R, D’Adamio S, <i>et al.</i> Pharmacological interventions for the treatment of Achilles tendinopathy: a systematic review of randomized controlled trials. <i>Br Med Bull</i> 2015;113:101–15.
305.	Maffulli N, Walley G, Sayana MK, <i>et al.</i> Eccentric calf muscle training in athletic patients with Achilles tendinopathy. <i>Disabil Rehabil</i> 2008;30:1677–84.
306.	Mafi N, Lorentzon R, Alfredson H. Superior short-term results with eccentric calf muscle training compared to concentric training in a randomized prospective multicenter study on patients with chronic Achilles tendinosis. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2001;9:42–7.
307.	Magnussen RA, Dunn WR, Thomson AB. Nonoperative treatment of midportion Achilles tendinopathy: a systematic review. <i>Clin J Sport Med</i> 2009;19:54–64.

308.	Malliaras P, Barton CJ, Reeves ND, <i>et al.</i> Achilles and Patellar Tendinopathy Loading Programmes. <i>Sport Med</i> 2013;43:267–86.
309.	Manias P, Stasinopoulos D. A controlled clinical pilot trial to study the effectiveness of ice as a supplement to the exercise programme for the management of lateral elbow tendinopathy. <i>Br J Sports Med</i> 2006;40:81–5 .
310.	Mani-Babu S, Morrissey D, Waugh C, <i>et al.</i> The Effectiveness of Extracorporeal Shock Wave Therapy in Lower Limb Tendinopathy: A Systematic Review. <i>Am J Sports Med</i> 2014;43:752–61.
311.	Marik TL, Roll SC. Effectiveness of Occupational Therapy Interventions for Musculoskeletal Shoulder Conditions: A Systematic Review. <i>Am J Occup Ther</i> 2017;71:7101180020p1-7101180020p11.
312.	Martinez-Silvestrini J, Newcomer KL, Gay RE, <i>et al.</i> Chronic lateral epicondylitis: comparative effectiveness of a home exercise program including stretching alone versus stretching supplemented with eccentric or concentric strengthening. <i>J Hand Ther</i> 2005;18:411–20.
313.	Marzetti E, Rabini A, Piccinini G, <i>et al.</i> Neurocognitive therapeutic exercise improves pain and function in patients with shoulder impingement syndrome: a single-blind randomized controlled clinical trial. <i>Eur J Phys Rehabil Med</i> 2014;50:255–64.
314.	Masood T, Kalliokoski K, Magnusson SP, <i>et al.</i> Effects of 12-wk eccentric calf muscle training on muscle-tendon glucose uptake and SEMG in patients with chronic Achilles tendon pain. <i>J Appl Physiol (Bethesda, Md 1985)</i> 2014;117:105–11.
315.	Mathew A, Afsaneh A. A Combination Approach using Manual Therapy and Exercise in the Treatment of Shoulder Impingement Syndrome. <i>Indian J Physiother Occup Ther</i> 2013;7:87–9.
316.	Mayer F, Hirschmüller A, Müller S, <i>et al.</i> Effects of short-term treatment strategies over 4 weeks in Achilles tendinopathy. <i>Br J Sports Med</i> 2007;41:e6–e6. https://bjsm.bmj.com/lookup/doi/10.1136/bjsm.2006.031732 (accessed 27 Jun 2020)
317.	Mc Auliffe S, Synott A, Casey H, <i>et al.</i> Beyond the tendon: Experiences and perceptions of people with persistent Achilles tendinopathy. <i>Musculoskeletal Sci Pract</i> 2017;29:108–14.
318.	McAleenan M, McVeigh JG, Cullen M, <i>et al.</i> The effectiveness of night splints in Achilles tendinopathy: a pilot study. <i>Physiother Irel</i> 2010;31(1)28–33 2010.
319.	McClure PW, Bialker J, Neff N, <i>et al.</i> Shoulder function and 3-dimensional kinematics in people with shoulder impingement syndrome before and after a 6-week exercise program. <i>Phys Ther</i> 2004;84:832–48.
320.	McCormack JR, Underwood FB, Slaven EJ, <i>et al.</i> Eccentric Exercise Versus Eccentric Exercise and Soft Tissue Treatment (Astym) in the Management of Insertional Achilles Tendinopathy. <i>Sport Heal A Multidiscip Approach</i> 2016;8:230–7.
321.	McDevitt AW, Snodgrass SJ, Cleland JA, <i>et al.</i> Treatment of individuals with chronic bicipital tendinopathy using dry needling, eccentric-concentric exercise and stretching; a case series. <i>Physiother Theory Pract</i> 2020;36:397–407.
322.	Melegati G, Tornese D, Bandi M. Effectiveness of extracorporeal shock wave therapy associated with kinesiotherapy in the treatment of subacromial

	impingement: a randomised, controlled study. / Efficacia della terapia con onde d'urto extracorporee associata a chinesiterapia nel trattamento. <i>Recreat Resour</i> 2000;22:58–64.
323.	Mellor R, Bennell K, Grimaldi A, <i>et al.</i> Education plus exercise versus corticosteroid injection use versus a wait and see approach on global outcome and pain from gluteal tendinopathy: prospective, single blinded, randomised clinical trial. <i>Br J Sports Med</i> 2018;52:1464–72.
324.	Mendonça LDM, Leite HR, Zwerver J, <i>et al.</i> How strong is the evidence that conservative treatment reduces pain and improves function in individuals with patellar tendinopathy? A systematic review of randomised controlled trials including GRADE recommendations. <i>Br J Sports Med</i> 2020;54:87–93.
325.	Menek B, Tarakci D, Algun ZC. The effect of Mulligan mobilization on pain and life quality of patients with Rotator cuff syndrome: A randomized controlled trial. <i>J Back Musculoskelet Rehabil</i> 2019;32:171-178.
326.	Menta R, Randhawa K, Côté P, <i>et al.</i> The effectiveness of exercise for the management of musculoskeletal disorders and injuries of the elbow, forearm, wrist, and hand: a systematic review by the Ontario Protocol for Traffic Injury Management (OPTIMA) collaboration. <i>J Manipulative Physiol Ther</i> 2015;38:507–20.
327.	Meyer A, Tumilty S, Baxter GD. Eccentric exercise protocols for chronic non-insertional Achilles tendinopathy: how much is enough? <i>Scand J Med Sci Sports</i> 2009;19:609–15.
328.	Miccinilli S, Bravi M, Morrone M, <i>et al.</i> A Triple Application of Kinesio Taping Supports Rehabilitation Program for Rotator Cuff Tendinopathy: a Randomized Controlled Trial. <i>Ortop Traumatol Rehabil</i> 2018;20:499–505.
329.	Michener LA, Walsworth MK, Burnet EN. Effectiveness of rehabilitation for patients with subacromial impingement syndrome: a systematic review. <i>J Hand Ther</i> 2004;17:152–64.
330.	Morgan BC, Deyle GD, Petersen EJ, <i>et al.</i> Dry Needling in the Management of Patients Meeting Clinical Diagnostic Criteria for Subacromial Pain Syndrome: a Case Series. <i>Int J Sports Phys Ther</i> 2019;14:637–54.
331.	Morton S, Chan O, King J, <i>et al.</i> High volume image-guided Injections for patellar tendinopathy: a combined retrospective and prospective case series. <i>Muscles Ligaments Tendons J</i> 2014;4:214–9.
332.	Morton S, Chan O, Price J, <i>et al.</i> High volume image-guided injections and structured rehabilitation improve greater trochanter pain syndrome in the short and medium term: a combined retrospective and prospective case series. <i>Muscles, Ligaments Tendons J</i> 2015;5:73–87.
333.	Mulligan EP, Huang M, Dickson T, <i>et al.</i> The Effect of Axioscapular and Rotator Cuff Exercise Training Sequence in Patients with Subacromial Impingement Syndrome: a Randomized Crossover Trial. <i>Int J Sports Phys Ther</i> 2016;11:94–107. Morgan
334.	Munteanu SE, Scott LA, Bonanno DR, <i>et al.</i> Effectiveness of customised foot orthoses for Achilles tendinopathy: a randomised controlled trial. <i>Br J Sports Med</i> 2015;49:989–94.
335.	Murphy M, Travers M, Gibson W, <i>et al.</i> Rate of Improvement of Pain and Function in Mid-Portion Achilles Tendinopathy with Loading Protocols: A Systematic Review and Longitudinal Meta-Analysis. <i>Sport Med</i> 2018;48:1875–91.

336.	Murphy MC, Travers MJ, Chivers P, <i>et al.</i> Efficacy of heavy eccentric calf training for treating mid-portion Achilles tendinopathy: a systematic review and meta-analysis. <i>Br J Sports Med</i> 2019;53:1070–7.
337.	Nazligul T, Akpınar P, Aktas I, <i>et al.</i> The effect of interferential current therapy on patients with subacromial impingement syndrome: a randomized, double-blind, sham-controlled study. <i>Eur J Phys Rehabil Med</i> 2018;54:351–7.
338.	Newcomer KL, Laskowski ER, Idank DM, <i>et al.</i> Corticosteroid injection in early treatment of lateral epicondylitis. <i>Clin J Sport Med</i> 2001;11:214–22.
339.	Nha Hong Q, Durand MJ, Loisel P. Physiotherapists' Management of Patients with Lateral Epicondylitis (Extensor Tendinosis): Results of a Provincial Survey. <i>Physiother Canada</i> 2004;56:215–25.
340.	Nilsson P, Thom E, Baigi A, <i>et al.</i> A prospective pilot study of a multidisciplinary home training programme for lateral epicondylitis. <i>Musculoskeletal Care</i> 2007;5:36–50.
341.	Nimgade A, Sullivan M, Goldman R. Physiotherapy, steroid injections, or rest for lateral epicondylitis? What the evidence suggests. <i>Pain Pract</i> 2005;5:203–15.
342.	Nishizuka T, Iwatsuki K, Kurimoto S, <i>et al.</i> Efficacy of a forearm band in addition to exercises compared with exercises alone for lateral epicondylitis: A multicenter, randomized, controlled trial. <i>J Orthop Sci</i> 2017;22:289–94.
343.	Nørregaard J, Larsen CC, Bieler T, <i>et al.</i> Eccentric exercise in treatment of Achilles tendinopathy. <i>Scand J Med Sci Sports</i> 2007;17:133–8.
344.	Notarnicola A, Maccagnano G, Tafuri S, <i>et al.</i> CHELT therapy in the treatment of chronic insertional Achilles tendinopathy. <i>Lasers Med Sci</i> 2014;29:1217–25.
345.	Nowotny J, El-Zayat B, Goronzy J, <i>et al.</i> Prospective randomized controlled trial in the treatment of lateral epicondylitis with a new dynamic wrist orthosis. <i>Eur J Med Res</i> 2018;23:43.
346.	Nyberg A, Jonsson P, Sundelin G. Limited scientific evidence supports the use of conservative treatment interventions for pain and function in patients with subacromial impingement syndrome: randomized control trials. <i>Phys Ther Rev</i> 2010;15:436–52.
347.	O'Neill S, Watson P, Barry S. Eccentric rehabilitation for runners with Achilles tendinopathy improves endurance capacity of the plantarflexors [Abstract]. <i>Physiotherapy</i> 2015;101:e1143–4.
348.	Ohberg L, Alfredson H. Effects on neovascularisation behind the good results with eccentric training in chronic mid-portion Achilles tendinosis? <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2004;12:465–70.
349.	Ohberg L, Lorentzon R, Alfredson H. Eccentric training in patients with chronic Achilles tendinosis: normalised tendon structure and decreased thickness at follow up. <i>Br J Sports Med</i> 2004;38:8–11.
350.	Oken O, Kahraman Y, Ayhan F, <i>et al.</i> The Short-term Efficacy of Laser, Brace, and Ultrasound Treatment in Lateral Epicondylitis: A Prospective, Randomized, Controlled Trial. <i>J Hand Ther</i> 2008;21:63–8.
351.	Olaussen M, Holmedal O, Lindbaek M, <i>et al.</i> Treating lateral epicondylitis with corticosteroid injections or non-electrotherapeutical physiotherapy: a systematic review. <i>BMJ Open</i> 2013;3:e003564. https://bmjopen.bmj.com/content/3/10/e003564 (accessed 7 Jul 2020)

352.	Olaussen M, Holmedal Ø, Mdala I, <i>et al.</i> Corticosteroid or placebo injection combined with deep transverse friction massage, Mills manipulation, stretching and eccentric exercise for acute lateral epicondylitis: a randomised, controlled trial. <i>BMC Musculoskelet Disord</i> 2015;16:122.
353.	Örsçelik A, Seven MM, Yıldız Y. Kronik Lateral Epikondilit Tedavisinde Proloterapi Uygulamaları. / Prolotherapy Interventions in Treatment of Chronic Lateral Epicondylitis. <i>Spor Hekim Dergisi/Turkish J Sport Med</i> 2016;51:111–6.
354.	Ortega-Castillo M, Medina-Porqueres I. Effectiveness of the eccentric exercise therapy in physically active adults with symptomatic shoulder impingement or lateral epicondylar tendinopathy: a systematic review. <i>J Sci Med Sport</i> 2016;19:438–53.
355.	Østerås H, Arild Torstensen T, Arntzen G, <i>et al.</i> A comparison of work absence periods and the associated costs for two different modes of exercise therapies for patients with longstanding subacromial pain. <i>J Med Econ</i> 2008;11:371–81.
356.	Østerås H, Myhr G, Haugerud L, <i>et al.</i> Clinical and MRI findings after high dosage medical exercise therapy in patients with long lasting subacromial pain syndrome: a case series on six patients. <i>J Bodyw Mov Ther</i> 2010;14:352–60.
357.	Østerås H, Torstensen TA, Haugerud L, <i>et al.</i> Dose-response effects of graded therapeutic exercises in patients with long-standing subacromial pain. <i>Adv Physiother</i> 2009;11:199–209.
358.	Østerås H, Torstensen TA, Østerås B. High-dosage medical exercise therapy in patients with long-term subacromial shoulder pain: a randomized controlled trial. <i>Physiother Res Int</i> 2010;15:232–42.
359.	Özgen M, Fırat S, Sarsan A, <i>et al.</i> Short- and long-term results of clinical effectiveness of sodium hyaluronate injection in supraspinatus tendinitis. <i>Rheumatol Int</i> 2012;32:137–44.
360.	Paavola M, Malmivaara A, Taimela S, <i>et al.</i> Subacromial decompression versus diagnostic arthroscopy for shoulder impingement: randomised, placebo surgery controlled clinical trial. <i>BMJ</i> 2018;362:k2860. https://www.bmj.com/lookup/doi/10.1136/bmj.k2860 (accessed 8 Jul 2020)
361.	Page MJ, Green S, McBain B, <i>et al.</i> Manual therapy and exercise for rotator cuff disease. <i>Cochrane Database Syst Rev</i> 2016. https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012224/full (accessed 1 Jul 2020)
362.	Page MJ, Green S, Mrocki MA, <i>et al.</i> Electrotherapy modalities for rotator cuff disease. <i>Cochrane Database Syst Rev</i> 2016. https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012225/full (accessed 1 Jul 2020)
363.	Panni AS, Tartarone M, Maffulli N. Patellar tendinopathy in athletes: outcome of nonoperative and operative management. / Tendinite rotulienne chez des athletes: resultats d'une therapie operateire et non operateire. <i>Am J Sports Med</i> 2000;28:392–7.
364.	Paoloni JA, Appleyard RC, Nelson J, <i>et al.</i> Topical Glyceryl Trinitrate Treatment of Chronic Noninsertional Achilles Tendinopathy. <i>J Bone Jt Surg</i> 2004;86:916–22.

365.	Park JY, Park HK, Choi JH, <i>et al.</i> Prospective evaluation of the effectiveness of a home-based program of isometric strengthening exercises: 12-month follow-up. <i>Clin Orthop Surg</i> 2010;2:173–8.
366.	Parle PJ, Riddiford-Harland D, Howitt CD, <i>et al.</i> Acute rotator cuff tendinopathy: does ice, low load isometric exercise, or a combination of the two produce an analgaesic effect? <i>Br J Sport Med</i> 2017;51:208–9.
367.	Pasin T, Ataoglu S, Pasin O, <i>et al.</i> Comparison of the effectiveness of platelet-rich plasma, corticosteroid, and physical therapy in subacromial impingement syndrome. <i>Arch Rheumatol</i> 2019;34:308–16.
368.	Payne C (a). The effects of a 12 week eccentric exercise programme on clinical outcome measures and Achilles tendon stiffness measured by shear wave elastography. In: Clinical applications of shear wave elastography to Achilles tendon imaging and the monitoring of a rehabilitation protocol for Achilles tendinopathy [Doctoral dissertation, University of Brighton]. 2018:131-170.
369.	Payne C (b). Alterations within the Achilles tendon following cessation and resumption of an eccentric exercise programme: Impact on clinical outcome measures and tendon stiffness measured with shear wave elastography. In: Clinical applications of shear wave elastography to Achilles tendon imaging and the monitoring of a rehabilitation protocol for Achilles tendinopathy [Doctoral dissertation, University of Brighton]. 2018:171-200.
370.	Pearson J, Rowlands D, Highet R. Autologous Blood Injection to Treat Achilles Tendinopathy? A Randomized Controlled Trial. <i>J Sport Rehabil</i> 2012;21:218–24.
371.	Pearson SJ, Stadler S, Menz H, <i>et al.</i> Immediate and Short-Term Effects of Short- and Long-Duration Isometric Contractions in Patellar Tendinopathy. <i>Clin J Sport Med</i> 2018;00:1–6.
372.	Pekyavas NO, Baltaci G. Short-term effects of high-intensity laser therapy, manual therapy, and Kinesio taping in patients with subacromial impingement syndrome. <i>Lasers Med Sci</i> 2016;31:1133–41.
373.	Penderghest CE, Kimura IF, Gulick DT. Double-blind clinical efficacy study of pulsed phonophoresis on perceived pain associated with symptomatic tendinitis. <i>J Sport Rehabil</i> 1998;7:9–19.
374.	Pérez-Merino L, Casajuana MC, Bernal G, <i>et al.</i> Evaluation of the effectiveness of three physiotherapeutic treatments for subacromial impingement syndrome: a randomised clinical trial. <i>Physiotherapy</i> 2016;102:57–63.
375.	Petersen W, Welp R, Rosenbaum D. Chronic Achilles tendinopathy: a prospective randomized study comparing the therapeutic effect of eccentric training, the AirHeel brace, and a combination of both. <i>Am J Sports Med</i> 2007;35:1659–67.
376.	Peterson M, Butler S, Eriksson M, <i>et al.</i> A randomized controlled trial of eccentric vs. concentric graded exercise in chronic tennis elbow (lateral elbow tendinopathy). <i>Clin Rehabil</i> 2014;28:862–72.
377.	Peterson M, Butler S, Eriksson M, <i>et al.</i> A randomized controlled trial of exercise versus wait-list in chronic tennis elbow (lateral epicondylitis). <i>Ups J Med Sci</i> 2011;116:269–79.
378.	Peterson M, Elmfeldt D, Svärdsudd K. Treatment practice in chronic epicondylitis: a survey among general practitioners and physiotherapists in Uppsala County, Sweden. <i>Scand J Prim Health Care</i> 2005;23:239–41.

379.	Pienimäki T, Karinen P, Kemilä T, <i>et al.</i> Long-term follow-up of conservatively treated chronic tennis elbow patients. A prospective and retrospective analysis. <i>Scand J Rehabil Med</i> 1998;30:159–66.
380.	Pieters L, Lewis J, Kuppens K, <i>et al.</i> An Update of Systematic Reviews Examining the Effectiveness of Conservative Physical Therapy Interventions for Subacromial Shoulder Pain. <i>J Orthop Sport Phys Ther</i> 2020;50:131–41.
381.	Praet S, Alzyadat T, Purdam C, <i>et al.</i> Oral supplementation of specific collagen peptides accelerates improvement in Achilles tendon pain and function in combination with a tailored exercise program. <i>J Bodyw Mov Ther</i> 2018;22:862–3.
382.	Praet SFE, Purdam CR, Welvaert M, <i>et al.</i> Oral Supplementation of Specific Collagen Peptides Combined with Calf-Strengthening Exercises Enhances Function and Reduces Pain in Achilles Tendinopathy Patients. <i>Nutrients</i> 2019;11:76.
383.	Prat PI, Cibrowski D, Zuliani A, <i>et al.</i> Efficacy of fascial manipulation and eccentric exercise for lateral elbow pain. <i>J Bodyw Mov Ther</i> 2018;22:855.
384.	Pribicevic M, Pollard H. A multi-modal treatment approach for the shoulder: a 4 patient case series. <i>Chiropr Osteopat</i> 2005;13:1–9.
385.	Punnoose A, Norrish A, Wellwood I, <i>et al.</i> The effectiveness of shockwave therapy on achilles and patellar tendinopathy: a systematic review and meta-analysis [Abstract]. <i>Physiotherapy</i> 2015;101:e1240.
386.	Purdam CR, Jonsson P, Alfredson H, <i>et al.</i> A pilot study of the eccentric decline squat in the management of painful chronic patellar tendinopathy. <i>Br J Sports Med</i> 2004;38:395–7.
387.	Queiros da Silva C, Cotte T, Vicard L, <i>et al.</i> Contribution of eccentric isokinetic work in the treatment of calcaneal tendinopathy and thigh muscle injury: Results of a prospective study. <i>J Traumatol du Sport</i> 2005;22:219–25.
388.	Rabello LM, van den Akker-Scheek I, Brink MS, <i>et al.</i> Association Between Clinical and Imaging Outcomes After Therapeutic Loading Exercise in Patients Diagnosed With Achilles or Patellar Tendinopathy at Short- and Long-Term Follow-up. <i>Clin J Sport Med</i> 2018;30:390–403.
389.	Radovanovic G, Wolfarth B, Legerlotz K. Interleukin-6 levels drop after a 12 week long physiotherapeutic intervention in patients with Achilles tendinopathy-a pilot study. <i>Transl Sport Med</i> 2019;2:227–33.
390.	Radpasand M, Owens E. Combined Multimodal Therapies for Chronic Tennis Elbow: Pilot Study to Test Protocols for a Randomized Clinical Trial. <i>J Manipulative Physiol Ther</i> 2009;32:571–85.
391.	Ram R, Meeuwisse W, Patel C, <i>et al.</i> The Limited Effectiveness of a Home-Based Eccentric Training for Treatment of Achilles Tendinopathy. <i>Clin Investig Med</i> 2013;36:197.
392.	Razavi M, Jansen GB. Effects of acupuncture and placebo TENS in addition to exercise in treatment of rotator cuff tendinitis. <i>Clin Rehabil</i> 2004;18:872–8.
393.	Resteghini P, Khanbhai TA, Mughal S, <i>et al.</i> Double-Blind Randomized Controlled Trial: Injection of Autologous Blood in the Treatment of Chronic Patella Tendinopathy-A Pilot Study. <i>Clin J Sport Med</i> 2016;26:17-23.

394.	Reyhan AC, Sindel D, Dereli EE. The effects of Mulligan's mobilization with movement technique in patients with lateral epicondylitis. <i>J Back Musculoskelet Rehabil</i> 2020;33:99–107.
395.	Riley SP, Cote MP, Leger RR, <i>et al.</i> Short-term effects of thoracic spinal manipulations and message conveyed by clinicians to patients with musculoskeletal shoulder symptoms: a randomized clinical trial. <i>J Man Manip Ther</i> 2015;23:3–11.
396.	Rio E, Kidgell D, Purdam C, <i>et al.</i> Isometric exercise induces analgesia and reduces inhibition in patellar tendinopathy. <i>Br J Sports Med</i> 2015;49:1277–1283.
397.	Rio E, Purdam C, Girdwood M, <i>et al.</i> Isometric Exercise to Reduce Pain in Patellar Tendinopathy In-Season: Is It Effective “on the Road”? <i>Clin J Sport Med</i> 2019;29:188–92.
398.	Rio E, van Ark M, Docking S, <i>et al.</i> Isometric Contractions Are More Analgesic Than Isotonic Contractions for Patellar Tendon Pain. <i>Clin J Sport Med</i> 2017;27:253–9.
399.	Røe C, Brox JI, Bøhmer AS, <i>et al.</i> Muscle activation after supervised exercises in patients with rotator tendinosis. <i>Arch Phys Med Rehabil</i> 2000;81:67–72.
400.	Røe C, Ødegaard TT, Hilde F, <i>et al.</i> No effect of supplement of essential fatty acids on lateral epicondylitis. <i>Tidsskr Nor Laegeforen</i> 2005;125:2615–8.
401.	Romero-Morales C, Javier Martín-Llantino P, Calvo-Lobo C, <i>et al.</i> Ultrasonography effectiveness of the vibration vs cryotherapy added to an eccentric exercise protocol in patients with chronic mid-portion Achilles tendinopathy: A randomised clinical trial. <i>Int Wound J</i> 2019;16:542–9.
402.	Romero-Morales C, Martín-Llantino PJ, Calvo-Lobo C, <i>et al.</i> Effectiveness of Eccentric Exercise and a Vibration or Cryotherapy Program in Enhancing Rectus Abdominis Muscle Thickness and Inter-Rectus Distance in Patients with Chronic Mid-Portion Achilles Tendinopathy: A Randomized Clinical Trial. <i>Int J Med Sci</i> 2018;15:1764–70.
403.	Romero-Rodriguez D, Gual G, Tesch PA. Efficacy of an inertial resistance training paradigm in the treatment of patellar tendinopathy in athletes: a case-series study. <i>Phys Ther Sport</i> 2011;12:43–8.
404.	Rompe JD, Furia J, Maffulli N. Eccentric loading versus eccentric loading plus shock-wave treatment for midportion achilles tendinopathy: a randomized controlled trial. <i>Am J Sports Med</i> 2009;37:463–70.
405.	Rompe JD, Nafe B, Furia JP, <i>et al.</i> Eccentric loading, shock-wave treatment, or a wait-and-see policy for tendinopathy of the main body of tendo Achillis: a randomized controlled trial. <i>Am J Sports Med</i> 2007;35:374–83.
406.	Rompe JD, Segal NA, Cacchio A, <i>et al.</i> Home Training, Local Corticosteroid Injection, or Radial Shock Wave Therapy for Greater Trochanter Pain Syndrome. <i>Am J Sports Med</i> 2009;37:1981–90.
407.	Roos EM, Engstrom M, Lagerquist A, <i>et al.</i> Clinical improvement after 6 weeks of eccentric exercise in patients with mid-portion Achilles tendinopathy - a randomized trial with 1-year follow-up. <i>Scand J Med Sci Sport</i> 2004;14:286–95.

408.	Rosety-Rodriguez M, Ordonez-Munoz F, Huesa-Jimenez F, <i>et al.</i> Eccentric training programs for infrapatellar tendinopathy: new strategies for an old problem. <i>Patologia del Apar Locomot</i> 2006;4:105–7.
409.	Ross MH, Smith MD, Mellor R, <i>et al.</i> Exercise for posterior tibial tendon dysfunction: a systematic review of randomised clinical trials and clinical guidelines. <i>BMJ Open Sport Exerc Med</i> 2018;4:e000430. https://bmjopensem.bmj.com/lookup/doi/10.1136/bmjsem-2018-000430 (accessed 11 Jun 2020)
410.	Rowe V, Hemmings S, Barton C, <i>et al.</i> (a). Conservative Management of Midportion Achilles Tendinopathy: A mixed methods study, Integrating Systematic Review. <i>Sport Med</i> 2012;42:941–67.
411.	Rowe V, Hemmings S, Barton C, <i>et al.</i> (b). Conservative Management of Midportion Achilles Tendinopathy: A mixed methods study, Integrating Clinical Reasoning. <i>Sport Med</i> 2012;42:941–67.
412.	Roy JS, Moffet H é, Hébert J. L, <i>et al.</i> Effect of motor control and strengthening exercises on shoulder function in persons with impingement syndrome: a single-subject study design. <i>Man Ther</i> 2009;14:180–8.
413.	Roy JS, Moffet H, McFadyen BJ. The effects of unsupervised movement training with visual feedback on upper limb kinematic in persons with shoulder impingement syndrome. <i>J Electromyogr Kinesiol</i> 2010;20:939–46.
414.	Saggini R, Di Stefano A, Galati V, <i>et al.</i> Long-term effectiveness of combined mechanotransduction treatment in jumper’s knee. <i>Eur J Inflamm</i> 2012;10:515–24.
415.	Saithna A, Gogna R, Baraza N, <i>et al.</i> Eccentric Exercise Protocols for Patella Tendinopathy: Should we Really be Withdrawing Athletes from Sport? A Systematic Review. <i>Open Orthop J</i> 2012;6:553–7.
416.	Saltychev M, Äärimaa V, Virolainen P, <i>et al.</i> Conservative treatment or surgery for shoulder impingement: systematic review and meta-analysis. <i>Disabil Rehabil</i> 2015;37:1–8.
417.	Sancho I, Morrissey D, Willy RW, <i>et al.</i> Education and exercise supplemented by a pain-guided hopping intervention for male recreational runners with midportion Achilles tendinopathy: A single cohort feasibility study. <i>Phys Ther Sport</i> 2019;40:107–16.
418.	Sanderson LM, Bryant A. Effectiveness and safety of prolotherapy injections for management of lower limb tendinopathy and fasciopathy: a systematic review. <i>J Foot Ankle Res</i> 2015;8:57.
419.	Sandford FM, Sanders TA, Wilson H, <i>et al.</i> A randomised controlled trial of long-chain omega-3 polyunsaturated fatty acids in the management of rotator cuff related shoulder pain. <i>BMJ Open Sport Exerc Med</i> 2018;4:e000414. https://bmjopensem.bmj.com/lookup/doi/10.1136/bmjsem-2018-000414 (accessed 6 Jul 2020)
420.	Sandford FM, Sanders TAB, Lewis JS. Exploring experiences, barriers, and enablers to home-and class-based exercise in rotator cuff tendinopathy: a qualitative study. <i>J Hand Ther</i> 2017;30:193–9.
421.	Santamato A, Panza F, Notarnicola A, <i>et al.</i> Is Extracorporeal Shockwave Therapy Combined With Isokinetic Exercise More Effective Than Extracorporeal Shockwave Therapy Alone for Subacromial Impingement Syndrome? A Randomized Clinical Trial. <i>J Orthop Sport Phys Ther</i> 2016;46:714–25.

422.	Saracoglu I, Emuk Y, Taspinar F. Does taping in addition to physiotherapy improve the outcomes in subacromial impingement syndrome? A systematic review. <i>Physiother Theory Pract</i> 2018;34:251–63.
423.	Satyendra L, Byl N. Effectiveness of physical therapy for Achilles tendinopathy: an evidence based review of eccentric exercises. <i>Isokinet Exerc Sci</i> 2006;14:71–80.
424.	Savoie A, Mercier C, Desmeules F, <i>et al.</i> Effects of a movement training oriented rehabilitation program on symptoms, functional limitations and acromiohumeral distance in individuals with subacromial pain syndrome. <i>Man Ther</i> 2015;20:703–8.
425.	Say F, Gurler D, Bulbul M. Platelet-rich plasma versus steroid injection for subacromial impingement syndrome. <i>J Orthop Surg (Hong Kong)</i> 2016;24:62–6.
426.	Sayana MK, Maffulli N. Eccentric calf muscle training in non-athletic patients with Achilles tendinopathy. <i>J Sci Med Sport</i> 2007;10:52–8.
427.	Saylor-Pavkovich E. Strength Exercises Combined with Dry Needling with Electrical Stimulation Improve Pain and Function in Patients with Chronic Rotator Cuff Tendinopathy: a Retrospective Case Series. <i>Int J Sports Phys Ther</i> 2016;11:409–22.
428.	Scott A, LaPrade RF, Harmon KG, <i>et al.</i> Platelet-rich plasma for patellar tendinopathy: a randomized controlled trial of leukocyte-rich PRP or leukocyte-poor PRP versus saline. <i>Am J Sports Med</i> 2019;47:1654–61.
429.	Scott LA, Munteanu SE, Menz HB. Effectiveness of Orthotic Devices in the Treatment of Achilles Tendinopathy: A Systematic Review. <i>Sport Med</i> 2015;45:95–110.
430.	Seitz AL, Podlecki LA, Melton ER, <i>et al.</i> Neuromuscular Adaptions Following a Daily Strengthening Exercise in Individuals with Rotator Cuff Related Shoulder Pain: a Pilot Case-Control Study. <i>Int J Sports Phys Ther</i> 2019;14:74–87.
431.	Selvanetti A, Barrucci A, Antonaci A, <i>et al.</i> L'esercizio eccentrico nella rieducazione funzionale dell' epicondilitis: studio randomizzato controllato (Role of the eccentric exercise in the functional reeducation of lateral epicondylitis: a randomised controlled clinical trial) [Italian]. <i>Med Dello Sport</i> 2003;56:103–13.
432.	Sen U, Karagülle M, Erkorkmaz Ü. The efficacy of balneotherapy in the patients with subacromial impingement syndrome. <i>Turkiye Klin J Med Sci</i> 2010;30:906–13.
433.	Senbursa G, Baltacı G, Atay A. Comparison of conservative treatment with and without manual physical therapy for patients with shoulder impingement syndrome: a prospective, randomized clinical trial. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2007;15:915–21.
434.	Şenbursa G, Baltacı G, Atay ÖA. The effectiveness of manual therapy in supraspinatus tendinopathy. <i>Acta Orthop Traumatol Turc</i> 2011;45:162–7.
435.	Seven MM, Ersen O, Akpancar S, <i>et al.</i> Effectiveness of prolotherapy in the treatment of chronic rotator cuff lesions. <i>Orthop Traumatol Surg Res</i> 2017;103:427–33.
436.	Sevier TL, Stegink-Jansen CW. Astym treatment vs. eccentric exercise for lateral elbow tendinopathy: a randomized controlled clinical trial. <i>PeerJ</i> 2015;3:e967. https://peerj.com/articles/967 (accessed 6 Jul 2020)

437.	Shalabi A, Kristoffersen-Wilberg M, Svensson L, <i>et al.</i> Eccentric training of the gastrocnemius-soleus complex in chronic Achilles tendinopathy results in decreased tendon volume and intratendinous signal as evaluated by MRI. <i>Am J Sports Med</i> 2004;32:1286–96.
438.	Shire AR, Stæhr A.B. T, Overby JB, <i>et al.</i> Specific or general exercise strategy for subacromial impingement syndrome-does it matter? A systematic literature review and meta analysis. <i>BMC Musculoskelet Disord</i> 2017;18:158.
439.	Silbernagel KG, Brorsson A, Lundberg M. The majority of patients with Achilles tendinopathy recover fully when treated with exercise alone: a 5-year follow-up. <i>Am J Sports Med</i> 2011;39:607–13.
440.	Silbernagel KG, Thomeé R, Eriksson BI, <i>et al.</i> Continued sports activity, using a pain-monitoring model, during rehabilitation in patients with Achilles tendinopathy: a randomized controlled study. <i>Am J Sports Med</i> 2007;35:897–906.
441.	Silbernagel KG, Thomeé R, Eriksson BI, <i>et al.</i> Full symptomatic recovery does not ensure full recovery of muscle-tendon function in patients with Achilles tendinopathy. <i>Br J Sports Med</i> 2007;41:276–80.
442.	Silbernagel KG, Thomeé R, Thomeé P, <i>et al.</i> Eccentric overload training for patients with chronic Achilles tendon pain--a randomised controlled study with reliability testing of the evaluation methods. <i>Scand J Med Sci Sports</i> 2001;11:197–206.
443.	Simpson M, Smith TO. Quadriceps tendinopathy — a forgotten pathology for physiotherapists? A systematic review of the current evidence-base. <i>Phys Ther Rev</i> 2011;16:455–61.
444.	Şimşek HH, Balki S, Keklik SS, <i>et al.</i> Does Kinesio taping in addition to exercise therapy improve the outcomes in subacromial impingement syndrome? A randomized, double-blind, controlled clinical trial. <i>Acta Orthop Traumatol Turc</i> 2013;47:104–10.
445.	Skovlund S V, Aagaard P, Larsen P, <i>et al.</i> The effect of low-load resistance training with blood flow restriction on chronic patellar tendinopathy — A case series. <i>Transl Sport Med</i> 2020;3:342–52.
446.	Smidt N, Assendelft WJJ, Arola H, <i>et al.</i> Effectiveness of physiotherapy, for lateral epicondylitis: A systematic review. <i>Ann Med</i> 2003;35:51–62.
447.	Smidt N, van der Windt DA, Assendelft WJ, <i>et al.</i> Corticosteroid injections, physiotherapy, or a wait-and-see policy for lateral epicondylitis: a randomised controlled trial. <i>Lancet</i> 2002;359:657–62.
448.	Söderberg J, Grooten WJ, Äng BO. Effects of eccentric training on hand strength in subjects with lateral epicondylalgia: a randomized-controlled trial. <i>Scand J Med Sci Sports</i> 2012;22:797–803.
449.	Solomons L, Lee JJY, Bruce M, <i>et al.</i> Intramuscular stimulation vs sham needling for the treatment of chronic midportion Achilles tendinopathy: A randomized controlled clinical trial. <i>PloS One</i> 2020;15: e0238579
450.	Sosa C, Lorenzo A, Jimenez SL, Bonfanti N, <i>et al.</i> Eccentric exercise in treatment of patellar tendinopathy in high level basketball players. A randomized clinical trial [Abstract]. <i>J Strength Cond Res</i> 2014;28:1.
451.	Stasinopoulos D (a). A critical review of the literature to establish treatment protocols based on the claims of manufacturers and anecdotal reports from therapists for Cyriax physiotherapy, a supervised exercise programme and

	polarised polychromatic non-coherent light (Biopttron light) for the management of pain and functional impairment of lateral epicondylitis. In: <i>Cyriax physiotherapy, a supervised exercise programme and Biopttron light for the treatment of lateral epicondylitis</i> [Doctoral dissertation, Leeds Beckett University] 2005:68.
452.	Stasinopoulos D (b). A questionnaire survey to establish current clinical practice of Cyriax physiotherapy, a supervised exercise programme and polarised polychromatic non-coherent light (Biopttron light) for the management of pain and functional impairment on lateral epicondylitis in Athens. In: <i>Cyriax physiotherapy, a supervised exercise programme and Biopttron light for the treatment of lateral epicondylitis</i> [Doctoral dissertation, Leeds Beckett University]. 2005:133.
453.	Stasinopoulos D, Manias P. Comparing two eccentric exercise programmes for the management of Achilles tendinopathy. A pilot trial. <i>J Bodyw Mov Ther</i> 2013;17:309–15.
454.	Stasinopoulos D, Stasinopoulos I, Pantelis M, <i>et al.</i> Comparing the effects of exercise program and low-level laser therapy with exercise program and polarized polychromatic non-coherent light (Biopttron light) on the treatment of lateral elbow tendinopathy. <i>Photomed Laser Surg</i> 2009;27:513–20.
455.	Stasinopoulos D, Stasinopoulos I, Pantelis M, <i>et al.</i> Comparison of effects of a home exercise programme and a supervised exercise programme for the management of lateral elbow tendinopathy. <i>Br J Sports Med</i> 2010;44:579–83.
456.	Stasinopoulos D, Stasinopoulos I, Stasinopoulou K. A pilot trial to study the effectiveness of an exercise programme in the treatment of rotator cuff tendinopathy. <i>J Biol Exerc</i> 2014;10:69–77.
457.	Stasinopoulos D, Stasinopoulos I. Comparison of effects of Cyriax physiotherapy, a supervised exercise programme and polarized polychromatic non-coherent light (Biopttron light) for the treatment of lateral epicondylitis. <i>Clin Rehabil</i> 2006;20:12–23.
458.	Stasinopoulos D, Stasinopoulos I. Comparison of effects of eccentric training, eccentric-concentric training, and eccentric-concentric training combined with isometric contraction in the treatment of lateral elbow tendinopathy. <i>J Hand Ther</i> 2017;30:13–9.
459.	Stasinopoulos D, Stasinopoulos I. Comparison of effects of exercise programme, pulsed ultrasound and transverse friction in the treatment of chronic patellar tendinopathy. <i>Clin Rehabil</i> 2004;18:347–52.
460.	Stefansson SH, Brandsson S, Langberg H, <i>et al.</i> Using Pressure Massage for Achilles Tendinopathy: A Single-Blind, Randomized Controlled Trial Comparing a Novel Treatment Versus an Eccentric Exercise Protocol. <i>Orthop J Sport Med</i> 2019;7:232596711983428. http://journals.sagepub.com/doi/10.1177/2325967119834284 (accessed 6 Jul 2020)
461.	Stephens G, O'Neill S, Fearon A, <i>et al.</i> A survey of physiotherapy practice in the United Kingdom for patients with Greater Trochanteric Pain syndrome. <i>Physiotherapy</i> 2019;105:e122–3. https://pubmed.ncbi.nlm.nih.gov/30660989/ (accessed 7 Jul 2020)
462.	Stergioulas A, Stergioula M, Aarskog R, <i>et al.</i> Effects of low-level laser therapy and eccentric exercises in the treatment of recreational athletes with chronic achilles tendinopathy. <i>Am J Sports Med</i> 2008;36:881–7.

463.	Stergioulas A. Effects of Low-Level Laser and Plyometric Exercises in the Treatment of Lateral Epicondylitis. <i>Photomed Laser Surg</i> 2007;25:205–13.
464.	Steunebrink M, Zwerver J, Brandsema R, <i>et al.</i> Topical glyceryl trinitrate treatment of chronic patellar tendinopathy: a randomised, double-blind, placebo-controlled clinical trial. <i>Br J Sports Med</i> 2013;47:34–9.
465.	Steuri R, Sattelmayer M, Elsig S, <i>et al.</i> Effectiveness of conservative interventions including exercise, manual therapy and medical management in adults with shoulder impingement: a systematic review and meta-analysis of RCTs. <i>Br J Sport Med</i> 2017;51:1340–7.
466.	Stevens M, Tan CW. Effectiveness of the Alfredson Protocol Compared With a Lower Repetition-Volume Protocol for Midportion Achilles Tendinopathy: A Randomized Controlled Trial. <i>J Orthop Sport Phys Ther</i> 2014;44:59–67.
467.	Struijs PAA, Damen P, Bakker EWP, <i>et al.</i> Manipulation of the wrist for management of lateral epicondylitis: a randomized pilot study. <i>Phys Ther</i> 2003;83:608–16.
468.	Struijs PAA, Kerkhoffs GMMJ, Assendelft WJJ, <i>et al.</i> Conservative Treatment of Lateral Epicondylitis: Brace Versus Physical Therapy or a Combination of Both—A Randomized Clinical Trial. <i>Am J Sports Med</i> 2004;32:462–9.
469.	Struijs PAA, Korthals-de Bos IBC, van Tulder MW, <i>et al.</i> Cost effectiveness of brace, physiotherapy, or both for treatment of tennis elbow. <i>Br J Sports Med</i> 2006;40:637–43.
470.	Struyf F, Nijs J, Mollekens S, <i>et al.</i> Scapular-focused treatment in patients with shoulder impingement syndrome: a randomized clinical trial. <i>Clin Rheumatol</i> 2013;32:73–85.
471.	Subaşı V, Çakır T, Arıca Z, <i>et al.</i> Comparison of efficacy of kinesiological taping and subacromial injection therapy in subacromial impingement syndrome. <i>Clin Rheumatol</i> 2016;35:741–6.
472.	Subaşı V, Toktaş H, Demirdal ÜS, <i>et al.</i> Water-Based versus Land-Based Exercise Program for the Management of Shoulder Impingement Syndrome. / Omuz Subakromiyal Sıkışma Sendromunun Tedavisinde Su İçi Egzersizler ile Kara Egzersizlerinin Karşılaştırılması. <i>Turkish J Phys Med Rehabil</i> 2012;58:79–84.
473.	Sussmilch-Leitch S, Collins NJ, Bialocerkowski AE, <i>et al.</i> Physical therapies for Achilles tendinopathy: systematic review and meta-analysis. <i>J Foot Ankle Res</i> 2012;5:15.
474.	Svernlöv B, Adolfsson L (a). Non-operative treatment regime including eccentric training for lateral humeral epicondylalgia (Pilot Study). <i>Scand J Med Sci Sports</i> 2001;11:328–34.
475.	Svernlöv B, Adolfsson L (b). Non-operative treatment regime including eccentric training for lateral humeral epicondylalgia (Clinical Study). <i>Scand J Med Sci Sports</i> 2001;11:328–34.
476.	Sweeting KR, Whitty JA, Scuffham PA, <i>et al.</i> Patient Preferences for Treatment of Achilles Tendon Pain. <i>Patient Patient-Centered Outcomes Res</i> 2011;4:45–54.
477.	Syverson P, Dietz E, Matocha M, <i>et al.</i> A Treatment-Based Classification Algorithm to Treat Achilles Tendinopathy: An Exploratory Case Series. <i>J Sport Rehabil</i> 2017;26:260–8.

478.	Szczurko O, Cooley K, Mills EJ, <i>et al.</i> Naturopathic treatment of rotator cuff tendinitis among Canadian postal workers: A randomized controlled trial. <i>Arthritis Rheum</i> 2009;61:1037–45.
479.	Tahran Ö, Yeşilyaprak SS. Effects of Modified Posterior Shoulder Stretching Exercises on Shoulder Mobility, Pain, and Dysfunction in Patients With Subacromial Impingement Syndrome. <i>Sports Health</i> 2020;12:139–48.
480.	Taskaynatan MA, Ozgul A, Ozdemir A, <i>et al.</i> Effects of Steroid Iontophoresis and Electrotherapy on Bicipital Tendonitis. <i>J Musculoskelet Pain</i> 2007;15:47–54.
481.	Taunton JE, Ryan MB, Wong T. Eccentric-only heel drop training: Examining a sode response in patients with Achilles tenidonosis [Abstract]. <i>Clin J Sport Med</i> 2004;14:382–3.
482.	Thanasas C, Papadimitriou G, Charalambidis C, <i>et al.</i> Platelet-rich plasma versus autologous whole blood for the treatment of chronic lateral elbow epicondylitis: a randomized controlled clinical trial. <i>Am J Sports Med</i> 2011;39:2130–4.
483.	Thijs KM, Zwerver J, Backx FJG, <i>et al.</i> Effectiveness of shockwave treatment combined with eccentric training for patellar tendinopathy: a double-blinded randomized study. <i>Clin J Sport Med</i> 2017;27:89–96.
484.	Thompson G, Pearson JF. No attributable effects of PRP on greater trochanteric pain syndrome. <i>N Z Med J</i> 2019;132:22–32.
485.	Tonks JH, Pai SK, Murali SR. Steroid injection therapy is the best conservative treatment for lateral epicondylitis: a prospective randomised controlled trial. <i>Int J Clin Pract</i> 2007;61:240–6.
486.	Tonks JH. <i>Evaluation of short-term conservative treatment in patients with tennis elbow (lateral epicondylitis): A prospective randomised, assessor-blinded trial</i> (Doctoral dissertation, University of Central Lancashire) 2012.
487.	Townsend C, Von Rickenbach KJ, Bailowitz Z, <i>et al.</i> Post-Procedure Protocols Following Platelet-Rich Plasma Injections for Tendinopathy: A Systematic Review. <i>PM&R</i> 2020;12:904–15.
488.	Trampas A, Kitsios A. Exercise and manual therapy for the treatment of impingement syndrome of the shoulder: a systematic review. <i>Phys Ther Rev</i> 2006;11:125–42.
489.	Trudel D, Duley J, Zastrow I, <i>et al.</i> Rehabilitation for patients with lateral epicondylitis: A systematic review. <i>J Hand Ther</i> 2004;17:243–66.
490.	Tsehaie J, Poot DHJ, Oei EHG, <i>et al.</i> Value of quantitative MRI parameters in predicting and evaluating clinical outcome in conservatively treated patients with chronic midportion Achilles tendinopathy: a prospective study. <i>J Sci Med Sport</i> 2017;20:633–7.
491.	Tumilty S, Baxter GD. Heavy load eccentric exercise for Achilles tendinopathy; too much of a good thing? [Abstract]. <i>Physiotherapy</i> 2015;101:e1546–7.
492.	Tumilty S, Mani R, Baxter GD. Photobiomodulation and eccentric exercise for Achilles tendinopathy: a randomized controlled trial. <i>Lasers Med Sci</i> 2016;31:127–135.
493.	Tumilty S, McDonough S, Hurley DA, <i>et al.</i> Clinical effectiveness of low-level laser therapy as an adjunct to eccentric exercise for the treatment of Achilles' tendinopathy: a randomized controlled trial. <i>Arch Phys Med Rehabil</i> 2012;93:733–9.

494.	Tumilty S, Munn J, Abbott JH, <i>et al.</i> Laser Therapy in the Treatment of Achilles Tendinopathy: A Pilot Study. <i>Photomed Laser Surg</i> 2008;26:25–30.
495.	Turgut E, Duzgun I, Baltaci G. Effects of Scapular Stabilization Exercise Training on Scapular Kinematics, Disability, and Pain in Subacromial Impingement: A Randomized Controlled Trial. <i>Arch Phys Med Rehabil</i> 2017;98:1915.
496.	Turgut E, Duzgun I, Baltaci G. Stretching Exercises for Subacromial Impingement Syndrome: Effects of 6-Week Program on Shoulder Tightness, Pain, and Disability Status. <i>J Sport Rehabil</i> 2018;27:132–7.
497.	Turgut E, Duzgun I. AB1428-HPR Two-year follow-up of the therapeutic exercise program for patients with rotator cuff tendinopathy: a single group study to investigate the effects on pain and disability. In: <i>Saturday, 16 JUNE 2018</i> . BMJ Publishing Group Ltd and European League Against Rheumatism 2018. 1847.3-1848.
498.	Tyler TF, Thomas GC, Nicholas SJ, <i>et al.</i> Addition of isolated wrist extensor eccentric exercise to standard treatment for chronic lateral epicondylitis: a prospective randomized trial. <i>J Shoulder Elb Surg</i> 2010;19:917–22.
499.	Valera-Garrido F, Minaya-Munoz F, Medina-Mirapeix F. Ultrasound-guided percutaneous needle electroysis in chronic lateral epicondylitis: Short-term and long-term results. <i>Acupunct Med</i> 2014;32:446–54.
500.	Vallés-Carrascosa E, Gallego-Izquierdo T, Jiménez-Rejano JJ, <i>et al.</i> Pain, motion and function comparison of two exercise protocols for the rotator cuff and scapular stabilizers in patients with subacromial syndrome. <i>J Hand Ther</i> 2018;31:227–37.
501.	van Ark M, Cook JL, Docking SI, <i>et al.</i> Do isometric and isotonic exercise programs reduce pain in athletes with patellar tendinopathy in-season? A randomised clinical trial. <i>J Sci Med Sport</i> 2016;19:702–6.
502.	van Ark M, Rio E, Cook J, <i>et al.</i> Clinical improvements are not explained by changes in tendon structure on UTC following an exercise program for patellar tendinopathy. <i>Am J Phys Med</i> 2018;97:708–14.
503.	van Ark M, van den Akker-Scheek I, Meijer LTB, <i>et al.</i> An exercise-based physical therapy program for patients with patellar tendinopathy after platelet-rich plasma injection. <i>Phys Ther Sport</i> 2013;14:124–30.
504.	van der Plas A, de Jonge S, de Vos RJ, <i>et al.</i> A 5-year follow-up study of Alfredson’s heel-drop exercise programme in chronic midportion Achilles tendinopathy. <i>Br J Sport Med</i> 2012;46:214–8.
505.	van der Vlist AC, Veldhoven PLJ, Oosterom RF, <i>et al.</i> Isometric exercises do not provide immediate pain relief in Achilles tendinopathy: A quasi-randomized clinical trial. <i>Scand J Med Sci Sports</i> 2020;30:1712–21.
506.	van der Vlist AC, Winters M, Weir A, <i>et al.</i> Which treatment is most effective for patients with Achilles tendinopathy? A living systematic review with network meta-analysis of 29 randomised controlled trials. <i>Br J Sports Med</i> 2020;55:249–56.
507.	van der Worp H, Zwerver J, Hamstra M, <i>et al.</i> No difference in effectiveness between focused and radial shockwave therapy for treating patellar tendinopathy: a randomized controlled trial. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2014;22:2026–32.

508.	van Rijn D, van den Akker-Scheek I, Steunebrink M, <i>et al.</i> Comparison of the effect of 5 different treatment options for managing patellar tendinopathy: a secondary analysis. <i>Clin J Sport Med</i> 2019;29:181–7.
509.	van Usen C, Pumberger B. Effectiveness of eccentric exercises in the management of chronic Achilles tendinosis. <i>Internet J Allied Heal Sci Pract</i> 2007;5:1–14.
510.	Vander Doelen T, Jelley W. Non-surgical treatment of patellar tendinopathy: A systematic review of randomized controlled trials. <i>J Sci Med Sport</i> 2020;23:118–24.
511.	Verrall G, Schofield S, Brustad T, <i>et al.</i> Chronic Achilles tendinopathy treated with eccentric stretching program. <i>Foot ankle Int</i> 2011;32:843–9.
512.	Vinuesa-Montoya S, Aguilar-Ferrándiz ME, Matarán-Peñarrocha GA, <i>et al.</i> A Preliminary Randomized Clinical Trial on the Effect of Cervicothoracic Manipulation Plus Supervised Exercises vs a Home Exercise Program for the Treatment of Shoulder Impingement. <i>J Chiropr Med</i> 2017;16:85–93.
513.	Virta L, Mortensen M, Eriksson R, <i>et al.</i> How many patients with subacromial impingement syndrome recover with physiotherapy? A follow-up study of a supervised exercise programme. <i>Adv Physiother</i> 2009;11:166–73.
514.	Visnes H, Hoksrud A, Cook J, <i>et al.</i> No Effect of Eccentric Training on Jumper’s Knee in Volleyball Players During the Competitive Season. <i>Clin J Sport Med</i> 2005;15:227–34.
515.	von Wehren L, Pokorny K, Blanke F, <i>et al.</i> Injection with autologous conditioned serum has better clinical results than eccentric training for chronic Achilles tendinopathy. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2019;27:2744–53.
516.	Vuvan V, Vicenzino B, Mellor R, <i>et al.</i> Unsupervised Isometric Exercise versus Wait-and-See for Lateral Elbow Tendinopathy. <i>Med Sci Sport Exerc</i> 2020;52:287–95.
517.	Walsh N, Phelan M. THU0634-HPR An Investigation of an Exercise Class Versus Individual Exercise Sessions in the Management of Rotator Cuff Impingement Syndrome [Abstract]. <i>Ann Rheum Dis</i> 2015;74(SUPPL 2):1320.
518.	Wang CJ, Ko JY, Chan YS, <i>et al.</i> Extracorporeal shockwave for chronic patellar tendinopathy. <i>Am J Sports Med</i> 2007;35.
519.	Wang TL, Fu BM, Ngai G, <i>et al.</i> Effect of isokinetic training on shoulder impingement. <i>Genet Mol Res</i> 2014;13:744–57.
520.	Warden SJ, Metcalf BR, Kiss ZS, <i>et al.</i> Low-intensity pulsed ultrasound for chronic patellar tendinopathy: a randomized, double-blind, placebo-controlled trial. <i>Rheumatology</i> 2008;47:467–71.
521.	Wasielewski NJ, Kotsko KM. Does eccentric exercise reduce pain and improve strength in physically active adults with symptomatic lower extremity tendinosis? A systematic review. <i>J Athl Train</i> 2007;42:409–21.
522.	Wegener RL, Brown T, O’Brien L. A randomized controlled trial of comparative effectiveness of elastic therapeutic tape, sham tape or eccentric exercises alone for lateral elbow tendinosis. <i>Hand Ther</i> 2016;21:131–9.
523.	Wegener RL, Brown T, O’Brien L. The use of elastic therapeutic tape and eccentric exercises for lateral elbow tendinosis: a case series. <i>Hand Ther</i> 2015;20:56–63.

524.	Weir A, Jansen J, Van de Port IGL, <i>et al.</i> Manual or exercise therapy for long-standing adductor-related groin pain: a randomised controlled clinical trial. <i>Man Ther</i> 2011;16:148–54.
525.	Wen DY, Schultz BJ, Schaal B, <i>et al.</i> Eccentric strengthening for chronic lateral epicondylitis: a prospective randomized study. <i>Sports Health</i> 2011;3:500–3.
526.	Werner A, Walther M, Ilg A, <i>et al.</i> Self-training versus conventional physiotherapy in subacromial impingement syndrome. <i>Z Orthop Ihre Grenzgeb</i> 2002;140:375–80.
527.	Wesner M, Defreitas T, Bredy H, <i>et al.</i> (a). A Pilot Study Evaluating the Effectiveness of Platelet-Rich Plasma Therapy for Treating Degenerative Tendinopathies: A Randomized Control Trial with Synchronous Observational Cohort. <i>PLoS One</i> 2016;11:e0147842. https://dx.plos.org/10.1371/journal.pone.0147842 (accessed 3 Jul 2020)
528.	Wesner M, Defreitas T, Bredy H, <i>et al.</i> (b). A Pilot Study Evaluating the Effectiveness of Platelet-Rich Plasma Therapy for Treating Degenerative Tendinopathies: A Randomized Control Trial with Synchronous Observational Cohort. <i>PLoS One</i> 2016;11:e0147842. https://dx.plos.org/10.1371/journal.pone.0147842 (accessed 3 Jul 2020)
529.	Wetke E, Johannsen F, Langberg H. Achilles tendinopathy: A prospective study on the effect of active rehabilitation and steroid injections in a clinical setting. <i>Scand J Med Sci Sports</i> 2015;25:e392–9. https://pubmed.ncbi.nlm.nih.gov/25367547/ (accessed 3 Jul 2020)
530.	Whalley RL, McQueen K, Powell R. A Self-Management Program for Lateral Epicondyle Tendinopathy [Abstract]. <i>J Hand Ther</i> 2019;32:570–571.
531.	Wheeler PC, Tattersall C. Novel Interventions for Recalcitrant Achilles Tendinopathy. <i>Clin J Sport Med</i> 2020;30:14–9.
532.	Wheeler PC. Extracorporeal Shock Wave Therapy Plus Rehabilitation for Insertional and Noninsertional Achilles Tendinopathy Shows Good Results Across a Range of Domains of Function. <i>J Foot Ankle Surg</i> 2019;58:617–22.
533.	Wiedmann M, Mauch F, Huth J, <i>et al.</i> Treatment of mid-portion Achilles tendinopathy with eccentric training and its effect on neovascularization. <i>Sport Orthop Traumatol</i> 2017;33:278–85.
534.	Wiegerinck JJ, Kerkhoffs GM, van Sterkenburg MN, <i>et al.</i> Treatment for insertional Achilles tendinopathy: a systematic review. <i>Knee Surgery, Sport Traumatol Arthrosc</i> 2013;21:1345–55.
535.	Wiener M, Mayer F. Effects of physiotherapy on peak torque and pain in patients with tendinitis of the supraspinatus muscle. <i>Dtsch Z Sportmed</i> 2005;56:383–7.
536.	Wilson F, Walshe M, O'Dwyer T, <i>et al.</i> Exercise, orthoses and splinting for treating Achilles tendinopathy: a systematic review with meta-analysis. <i>Br J Sports Med</i> 2018;52:1564–74.
537.	Wilson JK, Sevier TL, Helfst R, <i>et al.</i> Comparison of rehabilitation methods in the treatment of patellar tendinitis. <i>J Sport Rehabil</i> 2000;9:304–14.
538.	Woodley BL, Newsham-West RJ, Baxter GD, <i>et al.</i> Chronic tendinopathy: effectiveness of eccentric exercise. <i>Br J Sports Med</i> 2007;41:188–98.
539.	Worsley P, Warner M, Mottram S, <i>et al.</i> Motor control retraining exercises for shoulder impingement: Effects on function, muscle activation, and biomechanics in young adults. <i>J Shoulder Elb Surg</i> 2013;22:e11–9.

	https://www.jshoulderelbow.org/article/S1058-2746(12)00273-X/fulltext (accessed 12 Jun 2020)
540.	Wright AA, Donaldson M, Wassinger CA, <i>et al.</i> Subacute effects of cervicothoracic spinal thrust/non-thrust in addition to shoulder manual therapy plus exercise intervention in individuals with subacromial impingement syndrome: a prospective, randomized controlled clinical trial pilot study. <i>J Man Manip Ther</i> 2017;25:190–200.
541.	Yazmalar L, Sarıyıldız MA, Batmaz İ, <i>et al.</i> Efficiency of therapeutic ultrasound on pain, disability, anxiety, depression, sleep and quality of life in patients with subacromial impingement syndrome: A randomized controlled study. <i>J Back Musculoskelet Rehabil</i> 2016;29:801–7.
542.	Yeldan I, Cetin E, Ozdinler AR. The effectiveness of low-level laser therapy on shoulder function in subacromial impingement syndrome. <i>Disabil Rehabil</i> 2009;31:935–40.
543.	Yelland M, Rabago D, Ryan M, <i>et al.</i> Prolotherapy injections and physiotherapy used singly and in combination for lateral epicondylalgia: a single-blinded randomised clinical trial. <i>BMC Musculoskelet Disord</i> 2019;20:509.
544.	Yelland MJ, Sweeting KR, Lyftogt JA, <i>et al.</i> Prolotherapy injections and eccentric loading exercises for painful Achilles tendinosis: a randomised trial. <i>Br J Sports Med</i> 2011;45:421–428.
545.	Yerlikaya M, Talay Çalış H, Tomruk Sütbeyaz S, <i>et al.</i> Comparison of Effects of Leukocyte-Rich and Leukocyte-Poor Platelet-Rich Plasma on Pain and Functionality in Patients With Lateral Epicondylitis. <i>Arch Rheumatol</i> 2018;33:73–9.
546.	Yildirim MA, Ones K, Celik EC. Comparison of ultrasound therapy of various durations in the treatment of subacromial impingement syndrome. <i>J Phys Ther Sci</i> 2013;25:1151–4.
547.	Yılmaz A, Tuncer S. The Effectiveness of Conservative Treatment on Subacromial Shoulder Pain: A Prospective and Observational Study for Functional Outcome. <i>J Phys Med Rehabil Sci</i> 2015;18:146–55.
548.	Young JL, Rhon DI, Cleland JA, <i>et al.</i> The Influence of Exercise Dosing on Outcomes in Patients With Knee Disorders: A Systematic Review. <i>J Orthop Sport Phys Ther</i> 2018;48:146–61.
549.	Young JL, Rhon DI, de Zoete RMJ, <i>et al.</i> The influence of dosing on effect size of exercise therapy for musculoskeletal foot and ankle disorders: a systematic review. <i>Brazilian J Phys Ther</i> 2017;22:20–32.
550.	Young M, Cook J, Purdam C, <i>et al.</i> Conservative treatment of patellar tendinopathy: A randomised trial comparing two treatment regimes [Abstract]. <i>J Sci Med Sport</i> 2002;5:120.
551.	Young MA, Cook JL, Purdam CR, <i>et al.</i> Eccentric decline squat protocol offers superior results at 12 months compared with traditional eccentric protocol for patellar tendinopathy in volleyball players <i>Br J Sports Med</i> 2005;39:102–5.
552.	Yu H, Randhawa K, Côté P, <i>et al.</i> The Effectiveness of Physical Agents for Lower-Limb Soft Tissue Injuries: A Systematic Review. <i>J Orthop Sport Phys Ther</i> 2016;46:523–54.

553.	Yu J, Park D, Lee G. Effect of eccentric strengthening on pain, muscle strength, endurance, and functional fitness factors in male patients with achilles tendinopathy. <i>Am J Phys Med Rehabil</i> 2013;92:68–76.
554.	Yuksel E, Yesilyaprak SS. The Effectiveness of Scapular Stabilization Exercises in Patients with Subacromial Impingement Syndrome and Scapular Dyskinesis. <i>Ann Rheum Dis</i> 2015;74:1316.
555.	Yuruk ZO, Kirdi N, Şimşek N. Effects of Radial Extracorporeal Shock Wave Therapy on Pain, Grip Strength, and Functionality in Patients with Lateral Epicondylitis: A Randomized Controlled Study. <i>Clin Exp Health Sci</i> 2016;6:107-115.