

Study	N	Clinical Focus	Study design	Level
Akbaba et al. 2019	46	Standardized conservative vs myofascial trigger point therapy	Randomized Controlled Clinical Trial	2
Aksan Sadigoklu et al. 2022	46	Ischemic Compression vs Softtissue Mobilization (MTrPs or IASTM Method)	Randomized Controlled Clinical Trial	2
Cai et al. 2019	184	Sodium Hyaluronate and Platelet-Rich Plasma (Saline, sodium hyaluronate (SH), platelet rich plasma (PRP) or SH and PRP)	Randomized Controlled Clinical Trial	2
Chou et al. 2010	51	Sodium Hyaluronate (SH)(25mg/wk) or Saline (2,5mL)	Randomized Controlled Clinical Trial	2
Chun et al. 2022	24	Stemm Cell Injection (Saline, fibrin glue and saline or stem cells and fibrin glue)	Randomized Controlled Clinical Trial	2
Coory et al. 2019	48	Suprascapular Nerve Block vs Subacromial Injection (9mL of 1% Ropivacaine and 1mL of Betamethasone)	Randomized Controlled Clinical Trial	2
Godek et al. 2022	90	Collagen and Platelet Rich Plasma (Collagen and PRP GLOFINN, Collagen alone or PRP GLOFINN alone)	Randomized Controlled Clinical Trial	2
Hurd et al. 2020	20	Fresh, uncultured, unmodified, autologous adipose-derived regenerative cells (11,4x10 ⁶ UA-ADRCs in 5mL liquid) vs 80 mg of Methylprednisolone + 3mL of 0,25% Bupivacaine (subacromial)	Randomized Controlled Clinical Trial	2
Ilhanli et al. 2015	70	Platelet Rich Plasma (6mL) with Physical Therapy (hot pack for 15 min and US 1,5watt/cm ² for 5 min)	Randomized Controlled Clinical Trial	2
Kim, J.H. et al. 2020	114	Atelocollagen Injections (0,5mL and 1mL)	Randomized Controlled Clinical Trial	2
Ko et al. 2020	37	Extracorporeal Shock Wave (ESWT: 3000 impulse 24kV) or Sham Therapy	Randomized Controlled Clinical Trial	2
Kwong et al. 2021	104	Platelet Rich Plasma (3 to 5mL PRP) vs Corticosteroids (1mL of 40mg/mL Triamcinolone in 2mL of 0,5% Bupivacaine)	Randomized Controlled Clinical Trial	2
Lundeen et al. 2023	20	Fresh, uncultured, unmodified, autologous adipose-derived regenerative cells (UA-ADRCs: 11,4x10 ⁶ in 5mL liquid) vs 80mg Methylprednisolon + 3mL of 0,25% Bupivacaine	Randomized Controlled Clinical Trial	2

Macias-Hernandez et al. 2021	26	Eccentric vs Concentric Muscle Strengthening	Randomized Controlled Clinical Trial	2
Menek et al. 2022	48	Closed Kinetic Chain and Video-Based Game Exercise Programs	Randomized Controlled Clinical Trial	2
Moghtaderi et al. 2013	40	Subacromial Sodium Hyaluronate Injection (20mg sodium hyaluronate (2mL Fermathron)) vs. 0,9% normal saline	Randomized Controlled Clinical Trial	2
Shams et al. 2016	40	Platelet Rich Plasma vs Corticosteroids	Randomized Controlled Clinical Trial	2
Tanpowpong et al. 2023	30	Platelet Rich Plasma (5mL Leukocyte Pure PRP) vs. Corticosteroids (1mL of 40mg/mL Triamcinolone mixed with 4mL of 1% Lidocaine)	Randomized Controlled Clinical Trial	2
Thepsoparn et al. 2021	32	Platelet Rich Plasma (5mL) vs Corticosteroids (1mL of 40mg/mL Triamcinolone with 4mL of 1% Lidocaine)	Randomized Controlled Clinical Trial	2
Türkmen et al. 2020	33	Video Based Rehabilitation Program	Randomized Controlled Clinical Trial	2
Kim, S.J. et al. 2018	24	Bone Marrow Aspirate Concentrate and Platelet Rich Plasma (BMAC-PRP)	Cohort Study	3
Jo et al. 2018	19	Autologous Adipose Tissue-Derives Mesenchymal Stem Cells (AD MSCs: 1×10^7 , 5×10^7 und 1×10^8 cells in 3mL of saline	Case Series	4