

Supplementary Material S2: Characteristics of the intervention

Author	Groups	Intervention	Structure	Intensity	Reps/sets	Frequency	Duration
<i>Dimitrios et al. 2012</i>	ET+ES	<ul style="list-style-type: none"> • Static stretching • Single-leg squat on a 25° inclined plane 	Quadriceps muscle and patellar tendon.	No pain, little pain	<ul style="list-style-type: none"> • 30" • 1' rest • 3x15 • 2' rest 	5 times/wk	4 weeks
	GC	<ul style="list-style-type: none"> • Single-leg squat on a 25° inclined plane 			<ul style="list-style-type: none"> • 3x15 • 2' rest 		
<i>Dragoo et al. 2014</i>	DN	<ul style="list-style-type: none"> • Eco-guided dry needling • 5-phase eccentric exercise program 	Quadriceps muscle and patellar tendon.	n/m	<ul style="list-style-type: none"> • 10 punctures • n/m 	n/m 2 times/wk	12 weeks
	GC*	<ul style="list-style-type: none"> • 5-phase eccentric exercise program 			n/m	2 times/wk	
<i>Jadhav et al. 2014</i>	MFT	<ul style="list-style-type: none"> • Transverse friction massage • Quadriceps and hamstring stretching • Bilateral squat with 25° inclined plane 	Quadriceps muscle and patellar tendon.	n/m	<ul style="list-style-type: none"> • 10' • 3x20" • 3x15 	5 times/wk	12 weeks
	GC	<ul style="list-style-type: none"> • Cryotherapy • Quadriceps and hamstring stretching • Bipodal squat with a 25° inclined plane 			<ul style="list-style-type: none"> • 10' • 3x20" • 3x15 	5 times/wk	

Author	Groups	Intervention	Structure	Intensity	Reps/sets	Frequency	Duration
<i>Abat et al. 2016</i>	EPI	<ul style="list-style-type: none"> Eco-guided EPI Single-leg squat on a 25° inclined plane 	Quadriceps muscle and patellar tendon.	2 mA n/m	<ul style="list-style-type: none"> 3 punctures 3x15,3' rest 	every 2 weeks 3 times/wk	8 weeks
	GC**	<ul style="list-style-type: none"> Single-leg squat on a 25° inclined plane 		n/m	<ul style="list-style-type: none"> 3x15,3' rest 	3 times/wk	
<i>López-Royo et al. 2021</i>	DN	<ul style="list-style-type: none"> Eco-guided dry needling Single-leg squat on a 25° inclined plane 	Quadriceps muscle and patellar tendon.	n/m pain 5/10	<ul style="list-style-type: none"> 3 punctures of 3" 3x15 	every 2 weeks 2 times a day	8 weeks
	EPI	<ul style="list-style-type: none"> Eco-guided EPI Single-leg squat on a 25° inclined plane 		3mA pain 5/10	<ul style="list-style-type: none"> 1 punctures of 3" 3x15 	every 2 weeks 2 times a day	
	GC	<ul style="list-style-type: none"> Single-leg squat on a 25° inclined plane 		pain 5/10	<ul style="list-style-type: none"> 3x15 	2 times a day	
<i>Sharif et al. 2023</i>	DN	<ul style="list-style-type: none"> Eco-guided dry needling Bilateral and unilateral squat with 25° inclined plane plus conventional physiotherapy. 	Quadriceps muscle and patellar tendon.	No pain, little pain	<ul style="list-style-type: none"> 20-30 punctures of 3" 3x15 	2 times/wk	4 weeks
	GC	<ul style="list-style-type: none"> Bilateral and unilateral squat with 25° inclined plane plus conventional physiotherapy. 			<ul style="list-style-type: none"> 3x15 		

DN: Dry needling; **EPI:** Percutaneous Electrolysis Guided by Ultrasound; **ES:** Stretching; **ET:** Therapeutic Exercise; **GC:** Control Group; **MFT:** transverse friction massage; **n/m:** not mentioned; *6 ml of leukocyte-rich PRP was also applied; **ultrasound, laser, and interferential current were also applied.