

Supplementary material

Appendix 1. Search strategies

PubMed

| Recent queries in pubmed | | |
|--------------------------|---|-------------|
| Search | Query | Items found |
| #8 | #4 AND #7 | 331 |
| #7 | #5 OR #6 | 438307 |
| #6 | Search exercise[MeSH Terms] | 210808 |
| #5 | Search "eccentric exercise" OR eccentric OR exercise OR strengthening | 325467 |
| #4 | #1 OR #2 OR #3 | 5782 |
| #3 | Search tennis elbow[MeSH Terms] | 1728 |
| #2 | Search elbow tendinopathy[MeSH Terms] | 1758 |
| #1 | Search ("lateral epicondylitis" OR "elbow pain" OR “tennis elbow” OR epicondyl* OR “elbow tend*”) | 5536 |

EMBASE

| No. | Query | Results |
|-----|--|---------|
| #3 | #1 AND #2 | 417 |
| #2 | strengthening exercise'/exp OR 'eccentric exercise'/exp OR 'eccentric exercise':ab,ti OR eccentric:ab,ti OR exercise:ab,ti OR strengthening:ab,ti | 423877 |
| #1 | lateral epicondylitis'/exp OR 'elbow pain'/exp OR 'tennis elbow'/exp OR 'lateral epicondylitis':ab,ti OR 'elbow pain':ab,ti OR 'tennis elbow':ab,ti OR epicondyl*:ab,ti OR 'elbow tend*':ab,ti | 7788 |

Cochrane Central Register of Controlled Trials (CENTRAL)

- #1 "lateral epicondylitis" OR "elbow pain" OR “tennis elbow” OR epicondyl* OR “elbow tend*” 1320
- #2 MeSH descriptor: [Tennis Elbow] explode all trees 400
- #3 MeSH descriptor: [Elbow Tendinopathy] explode all trees 404
- #4 #1 OR #2 OR #3 1321
- #5 "eccentric exercise" OR eccentric OR exercise OR strengthening 109388

| | | |
|----|---|--------|
| #6 | MeSH descriptor: [Exercise] explode all trees | 25628 |
| #7 | #5 OR #6 | 112453 |
| #8 | #4 AND #7 | 276 |