

Supplementary Table S1. PICOS criteria used to define the research question

Acronym	Definiton	Description
P	Participants	Individuals diagnosed with patellar tendinopathy
I	Intervention	Administration of injections
C	Comparison	The comparison can occur through a placebo group or a group that has received a treatment other than injection
O	Outcomes	Either patient-reported outcomes or biological and clinical markers of the tendon healing
S	Study design	Randomized Clinical Trials