

Supplementary Table 1 Primary studies included in each meta-analysis

Sl.No	Primary study author	Year	Nature of Study	Chahal (2012)	Morae s (2013)	Zhang (2013)	Li (2014)	Zhao (2015)	Warth (2015)	Vavken (2015)	Cai (2015)	Xiao (2016)	Hurley (2018)	Han (2019)	Wang (2019)	Chen (2019)	Cavendish (2020)	Hurley (2020)	Yang (2020)
1	Everts <i>et al</i> ^[1]	2008	RCT		✓														
2	Orrego <i>et al</i> ^[2]	2008	RCT		✓														
3	Valenti Nin <i>et al</i> ^[3]	2009	RCT		✓														
4	De Vos <i>et al</i> ^[4]	2010	RCT		✓														
5	Schepull <i>et al</i> ^[5]	2010	RCT		✓														
6	Vogrin <i>et al</i> ^[6]	2010	RCT		✓														
7	Castricini <i>et al</i> ^[7]	2011	RCT	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓		
8	Randelli <i>et al</i> ^[8]	2011	RCT	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
9	SánchezMarquez <i>et al</i> ^[9]	2011	CCT					✓	✓			✓	✓	✓					
10	Jo <i>et al</i> ^[10]	2011	CCT	✓					✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
11	Barber <i>et al</i> ^[11]	2011	RCS	✓						✓							✓		
12	Buford <i>et al</i> ^[12]	2011	RCT							✓									
13	Longo <i>et al</i> ^[13]	2011	RCT							✓									
14	Creaney <i>et al</i> ^[14]	2011	RCT		✓														
15	Thanasas <i>et al</i> ^[15]	2011	RCT		✓														
16	Gumina <i>et al</i> ^[16]	2012	RCT		✓	✓	✓	✓	✓			✓	✓	✓		✓	✓		
17	Weber <i>et al</i> ^[17]	2012	RCT			✓	✓	✓	✓	✓	✓	✓	✓	✓		✓			

18	Rodeo <i>et al</i> ^[18]	2012	CCT		✓	✓	✓	✓	✓		✓	✓	✓					
19	Bergeson <i>et al</i> ^[19]	2012	CCT	✓														
20	Scott <i>et al</i> ^[20]	2012	RCT			✓												
21	Almeida <i>et al</i> ^[21]	2012	RCT		✓													
22	Cervellin <i>et al</i> ^[22]	2012	RCT		✓													
23	Jo <i>et al</i> ^[23]	2013	RCT			✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
24	Ruiz-Moneo <i>et al</i> ^[24]	2013	RCT				✓	✓	✓		✓	✓	✓		✓		✓	
25	Rha <i>et al</i> ^[25]	2013	RCT												✓			
26	Kesikburun <i>et al</i> ^[26]	2013	RCT												✓			
27	Antunna <i>et al</i> ^[27]	2013	RCT		✓		✓		✓		✓							
28	Krogh <i>et al</i> ^[28]	2013	RCT		✓													
29	Vadala <i>et al</i> ^[29]	2013	RCT		✓													
30	Wasterlain <i>et al</i> ^[30]	2013	RCT		✓													
31	Charousset <i>et al</i> ^[31]	2014	RCT														✓	
32	Malavolta <i>et al</i> ^[32]	2104	RCT					✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
33	Werthel <i>et al</i> ^[33]	2014	CCT							✓								
34	Hak <i>et al</i> ^[34]	2015	CCT							✓	✓							✓
35	Wang <i>et al</i> ^[35]	2015	RCT							✓	✓				✓			✓
36	Carr <i>et al</i> ^[36]	2015	RCT												✓			
37	Flury <i>et al</i> ^[37]	2016	RCT								✓	✓	✓	✓	✓	✓	✓	✓

38	Holtby <i>et al</i> ^[38]	2016	RCT			✓	✓		✓	✓		
39	Pandey <i>et al</i> ^[39]	2016	RCT			✓	✓	✓	✓	✓	✓	
40	Zhang <i>et al</i> ^[40]	2016	RCT			✓		✓	✓	✓	✓	
41	D'Ambrosi <i>et al</i> ^[41]	2016	RCT			✓			✓	✓	✓	
42	Zumstein <i>et al</i> ^[42]	2016	RCT		✓	✓			✓			
43	Gwinner <i>et al</i> ^[43]	2016	RCT							✓		
44	Ebert <i>et al</i> ^[44]	2017	RCT					✓	✓	✓		
45	Walsh <i>et al</i> ^[45]	2018	RCT									
46	Snow <i>et al</i> ^[46]	2020	RCT								✓	
47	Malavolta <i>et al</i> ^[47]	2020	RCT									✓

RCT: Randomized controlled trial; CCT: Controlled clinical trial; RCS: Retrospective cohort study. *References are available in Supplementary File 2.

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Full text article excluded with reasons (n=13)

1. Meta-analysis on PRP as the primary source of treatment for rotator cuff tear (n=4)
 - a. A Hamid MS, Sazlina SG. Platelet-rich plasma for rotator cuff tendinopathy: A systematic review and meta-analysis. *PLoS One*. 2021 May 10;16(5):e0251111. doi: 10.1371/journal.pone.0251111. PMID: 33970936; PMCID: PMC8109792.
 - b. Chen X, Jones IA, Togashi R, Park C, Vangsness CT Jr. Use of Platelet-Rich Plasma for the Improvement of Pain and Function in Rotator Cuff Tears: A Systematic Review and Meta-analysis With Bias Assessment. *Am J Sports Med*. 2020 Jul;48(8):2028-2041. doi: 10.1177/0363546519881423. Epub 2019 Nov 19. PMID: 31743037; PMCID: PMC7234896.
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- d. Fu CJ, Sun JB, Bi ZG, Wang XM, Yang CL. Evaluation of platelet-rich plasma and fibrin matrix to assist in healing and repair of rotator cuff injuries: a systematic review and meta-analysis. *Clin Rehabil*. 2017 Feb;31(2):158-172. doi: 10.1177/0269215516634815. Epub 2016 Jul 10. PMID: 26928856.
2. Meta-analysis on PRP for rotator cuff tendinopathy (n=6)
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 - b. Chen X, Jones IA, Park C, Vangsness CT Jr. The Efficacy of Platelet-Rich Plasma on Tendon and Ligament Healing: A Systematic Review and Meta-analysis With Bias Assessment. *Am J Sports Med*. 2018 Jul;46(8):2020-2032. doi: 10.1177/0363546517743746. Epub 2017 Dec 21. PMID: 29268037; PMCID: PMC6339617.
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 - d. Lin MT, Wei KC, Wu CH. Effectiveness of Platelet-Rich Plasma Injection in Rotator Cuff Tendinopathy: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Diagnostics (Basel)*. 2020 Mar 28;10(4):189. doi: 10.3390/diagnostics10040189. PMID: 32231127; PMCID: PMC7235747.
 - e. Wang C, Zhang Z, Ma Y, Liu X, Zhu Q. Platelet-rich plasma injection vs corticosteroid injection for conservative treatment of rotator cuff lesions: A protocol for systematic review and meta-analysis. *Medicine (Baltimore)*. 2021 Feb 19;100(7):e24680. doi: 10.1097/MD.00000000000024680. Erratum in: *Medicine (Baltimore)*. 2021 Apr 16;100(15):e25595. PMID: 33607808; PMCID: PMC7899870.
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 3. Qualitative reviews (n=3)
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