

ALEXANDER, L., HARRISON, I., MORRISSEY, D., SWINTON, P., MOSS, R., GREIG, L. and COOPER, K. 2021. Exercise therapy for the treatment of tendinopathies: a scoping review. Presented at *2021 Virtual physiotherapy UK (VPUK 2021)*, 5-6 November 2021, [virtual conference].

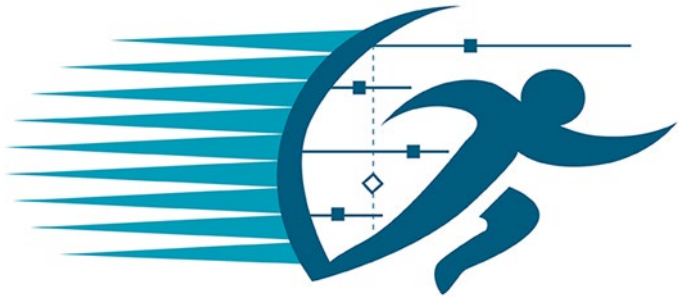
# Exercise therapy for the treatment of tendinopathies: a scoping review.

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GREIG, L. and COOPER, K.

2021



# Exercise therapy for the treatment of tendinopathies: A scoping review



Exercise therapy for the treatment  
of tendinopathies:  
A mixed methods evidence synthesis

Alexander L, Morrissey D, Swinton P, Pavlova A, Moss R, Shim J, Harrison I, Greig L, Parkinson E, MacLean C, Mitchell L, Brandie D, Tzortziou Brown V, Cooper K

This project is funded by the National Institute for Health Research (NIHR) [HTA - Project: NIHR129388]. The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.

K Cooper & L Alexander are Director and Deputy director (respectively) of Scottish Centre for Evidence-based Multi-professional Practice: a JBI Centre of Excellence

## Background & research question:

Tendinopathy is common  
Exercise is most common treatment.

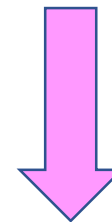
Need for mapping of evidence to inform research and evidence synthesis

Review question:

**What evidence has been reported on exercise interventions and outcomes for the treatment of tendinopathy?**

- JBI Scoping Review Methodology<sup>1</sup>  
Participants – all tendinopathy, any age, gender  
Concept – Exercise  
Context – Any setting, Very high HDI<sup>2</sup>
- 9 databases; 5 trial registries; 6 grey literature sources  
1998-2020; all languages
- Iterative data extraction
- Synthesis guided by ICON health related domains & TIDieR checklist

**22,550 studies identified**



**555 included** (119 SR; 436 primary)

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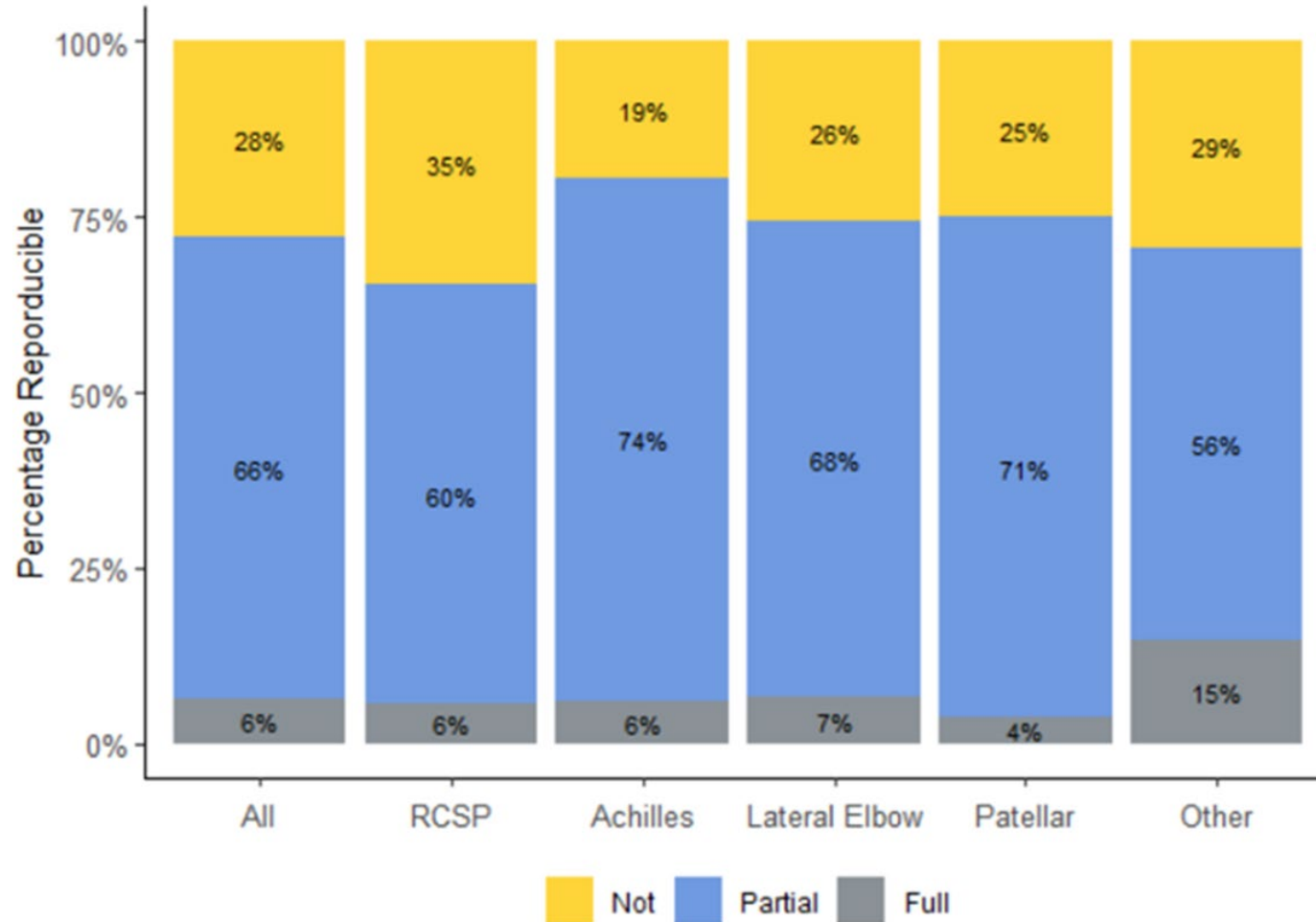
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<sup>1</sup> Peters et al 2020

<sup>2</sup> Human Development Index 2019

# Results

- 25,490 participants, mean age range 15-65 years
- Main tendinopathies: rotator cuff, achilles, patellar & lateral elbow



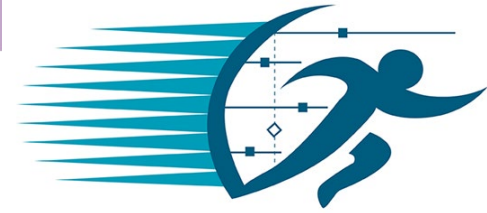
**66% partially reproducible**

**28% not reproducible**

Reproducibility of exercise across tendinopathy (TIDieR checklist)

# Results

- Adherence – planned 152 (35%), reported in 89 (20%)
  - Self report
  - Mean adherence range 16-100%, average 77%
  - Varied subjective ratings for “excellent”, “good”, “moderate”, “Poor”
- Outcomes
  - Disability most common domain – rotator cuff, achilles & patellar
  - Physical function capacity – lateral elbow
  - Most common outcome tools – VAS, VISA scales, SPADI, Dynamometer, goniometer, CMS, DASH, Ultrasonography, PRTEE, NPRS



# Conclusion

- **First comprehensive map of exercise for tendinopathy and outcomes reported**

## Research recommendations:

1. Transparent participant reporting
2. Compliance with reporting checklist required esp adherence
3. Capturing Lived experience of patient (& practitioner)
4. Conduct adequately powered studies

Lyndsay Alexander: [l.a.alexander@rgu.ac.uk](mailto:l.a.alexander@rgu.ac.uk)



@lynzalexander  
@Ex4Tendinopathy

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