**Supplemental Materials: Appendix 1-4**

Article: <http://doi.org/10.14218/ERHM.2021.00059>

**Appendix 1: Comparator(s)/control**

The following comprehensive list of common treatment methods will be included as comparators to combined ESWT and exercise:

1. Self-management, education and advice;

2. Corticosteroid injection or topical corticosteroid;

3. Stem-cell injection therapies;

4. Blood derived injection therapies: platelet-rich-plasma or autologous conditioned plasma;

5. Radial or focused ESWT (not combined with exercise);

6. Exercise intervention: including any type of single exercise (cardiovascular, stretching, strengthening, plyometric, heavy slow resistance training) or combined exercise approach (not combined with ESWT);

7. Standard/usual care or physiotherapy;

8. Ultrasound;

9. Low-level laser therapy (LLLT) or photo-biomodulation therapy;

10. Dry needling;

11. Acupuncture;

12. Manual/manipulative therapy or massage;

13. Custom or standard orthotics, insoles or heel cups;

14. Botulinum toxin type A injection;

15. Taping, bracing, or splinting;

16. Surgery, including endoscopic plantar fasciotomy, open plantar fascia release or radiofrequency ablation;

17. Combinations of two or more of treatments (1-16);

18. Combined ESWT and exercise further combined with one or more of treatments (1-16).

Trials with two or more arms will be included. The use of active co-interventions such as pain medication (NSAIDs), education, advice, orthotics, insoles and any type of exercise or physical activity will be accepted if used in all arms of the trial.

**Appendix 2: MEDLINE search strategy**

Full search strategy for Medline (EBSCOhost). Search conducted on 11th September 2021.

|  |  |  |
| --- | --- | --- |
| Search | Query | Records retrieved |
| #1 | MH extracorporeal shockwave therapy OR KW shock wave therapy OR KW shockwave therapy OR KW shock wave treatment OR KW shockwave\* OR KW ESWT | 4,025 |
| #2 | MH fasciitis, plantar OR KW plantar OR KW heel pain OR KW plantar fasciitis OR KW plantar fasciopathy | 14,669 |
| #3 | MH exercise OR MH physical therapy modalities OR MH physical therapy specialty OR KW physiotherapy OR KW physical therapy OR KW usual care OR KW standard care OR KW stretching OR KW strengthening OR KW corticosteroid | 350,869 |
| #4 | #1 AND #2 AND #3 | 112 |
|  | Limited to English language, year 2000 - 2020 |  |

**Appendix 3: Search strategy by database**

**Medline search strategy**

(MH extracorporeal shockwave therapy OR TX (shock wave therapy OR shockwave therapy OR shock wave treatment OR shockwave\* OR ESWT)) AND (MH fasciitis, plantar OR TX (OR plantar OR heel pain OR plantar fasciitis OR plantar fasciopathy)) AND (MH (exercise OR physical therapy modalities OR physical therapy specialty) OR TX (physiotherapy OR physical therapy OR usual care OR standard care OR stretching OR strengthening OR corticosteroid))

Studies found: 112

**CINAHL search strategy**

(MH ultrasonics OR TX (extracorporeal shockwave therapy OR shock wave therapy OR shockwave therapy OR shock wave treatment OR shockwave\* OR ESWT)) AND (MH plantar fasciitis OR TX (OR plantar OR heel pain OR plantar fasciitis OR plantar fasciopathy)) AND (MH (exercise OR stretching OR physical therapy OR physical therapy practice, research-based) OR TX (physiotherapy OR usual care OR standard care OR strengthening OR corticosteroid))

Studies found: 127

**SPORTDiscus search strategy**

(MH extracorporeal shock wave therapy OR TX (extracorporeal shockwave therapy OR shock wave therapy OR shockwave therapy OR shock wave treatment OR shockwave\* OR ESWT)) AND (MH PLANTAR fasciitis OR TX (OR plantar OR heel pain OR plantar fasciitis OR plantar fasciopathy)) AND (MH (exercise OR stretch (physiology) OR static stretching (physiology) OR physical therapy) OR TX (physiotherapy OR usual care OR standard care OR strengthening OR stretching OR corticosteroid))

Studies found: 147

**AMED search strategy**

(MH shockwave therapy OR TX (extracorporeal shockwave therapy OR extracorporeal shock wave therapy OR shock wave therapy OR shockwave therapy OR shock wave treatment OR shockwave\* OR ESWT)) AND (MH plantar fasciitis OR TX (OR plantar OR heel pain OR plantar fasciitis OR plantar fasciopathy)) AND (MH (exercise OR exercise therapy OR stretching OR physiotherapy physical therapy modalities OR physical therapy specialty OR physical therapy techniques) OR TX (physical therapy OR usual care OR standard care OR strengthening OR stretching OR corticosteroid))

Studies found: 19

**Total studies included for screening: 405**

**Appendix 4: Studies excluded on full text review**

1. Akinoglu B, Kose N. A comparison of the acute effects of radial extracorporeal shockwave therapy, ultrasound therapy, and exercise therapy in plantar fasciitis. J Exerc Rehabil. 2018 Apr 26;14(2):306-12.

**Reason for exclusion: Duplication of data**

2. Eun SS, Chachan S, Lee SH. Effectiveness of a double air-cushioned shoe compared with physiotherapy in the treatment of plantar fasciitis. Biomed Res Int. 2020 04/02;2020:9468302.

**Reason for exclusion: Wrong study design**

3. Greve JM, Grecco MV, Santos-Silva PR. Comparison of radial shockwaves and conventional physiotherapy for treating plantar fasciitis. Clinics (Sao Paulo). 2009;64(2):97-103.

**Reason for exclusion: Duplication of data**

4. Krukowska J, Wrona J, Sienkiewicz M, Czernicki J. A comparative analysis of analgesic efficacy of ultrasound and shock wave therapy in the treatment of patients with inflammation of the attachment of the plantar fascia in the course of calcaneal spurs. Arch Orthop Trauma Surg. 2016 Sep;136(9):1289-96.

**Reason for exclusion: Wrong intervention**

5. Melegati G, Tornese D, Bandi M, Caserta A. The influence of local steroid injections, body weight and the length of symptoms in the treatment of painful subcalcaneal spurs with extracorporeal shock wave therapy. Clin Rehabil. 2002 11;16(7):789-94.

**Reason for exclusion: Wrong study design**

6. Porter MD, Shadbolt B. Intralesional corticosteroid injection versus extracorporeal shock wave therapy for plantar fasciopathy. Clin J Sport Med. 2005 May;15(3):119-24.

**Reason for exclusion: Wrong outcome: did not measure function**

7. Wheeler PC, Tattersall C. Extracorporeal shockwave therapy plus rehabilitation for patients with chronic plantar fasciitis might reduce pain and improve function but still not lead to increased activity: A case-series study with multiple outcome measures. J Foot Ankle Surg. 2018 Mar - Apr;57(2):339-45.

**Reason for exclusion: Wrong study design**

8. Uğurlar M, Sönmez MM, Uğurlar ÖY, Adıyeke L, Yıldırım H, Eren OT. Effectiveness of four different treatment modalities in the treatment of chronic plantar fasciitis during a 36-month follow-up period: A randomized controlled trial. J Foot Ankle Surg. 2018 09/20;57(5):913-8.

**Reason for exclusion: Wrong intervention**