Author	Treatment group	Injections N°	Dosage	N° pts	Women	Men	Age	BMI	K-L grade
Arora 2023 [1]	CS (Methylprednisolone)	1	80 mg	41	25	16	54.5 ± 8.2	27.1 ± 2.0	2-3
	PRP	1	3 ml	46	33	13	54.1 ± 9.6	27.2 ± 3.7	2-3
Tschopp 2023 [2]	CS (Triamcinolone)	1	1 ml	30	16	14	59.0	27.0	1-2-3
	PRP	1	3 ml	30	13	17	62.0	26.0	1-2-3
	HA (Sodium hyaluronate)	1	6 ml	30	11	19	64.0	25.5	1-2-3
Aakash 2022 [3]	CS (Triamcinolone)	1	40 mg/1ml	15	8	7	54.7 ± 9.7	NR	2-3
	PRP	1	3 ml	15	7	8	55.0 ± 9.9	NR	2-3
Nunes-Tamashiro 2022 [4]	CS (Triamcinolone)	1	40 mg/2 ml	33	30	3	65.8 ± 6.1	29.6 ± 4.5	2-3
	PRP	1	NR	34	30	4	67.6 ± 7.4	29.2 ± 3.2	2-3
Pretorius 2022 [5]	CS (Methylprednisolone)	1	80 mg/2 ml	29	17	12	63.8 ± 9.7	32.7 ± 4.9	2-3
	PRP	1	5 ml	29	17	12	63.8 ± 9.7	32.7 ± 4.9	2-3
Szwedowski 2022 [6]	CS (Betamethasone)	1	6.43 mg/ml + 2.63 mg/ml	24	19	6	57.3 ± 7.6	25.1 ± 3.3	2-3
	PRP	1	7-8 ml	25	20	5	57.9 ± 9.7	27.5 ± 5.0	2-3
	HA (Cross-linked Sodium HA)	1	30 mg/ml	24	20	5	52.6 ± 7.4	26.8 ± 3.8	2-3
Elksnins-Finogejevs 2020 [7]	CS (Triamcinolone)	1	40 mg	19	5	15	70.2 ± 9.2	30.5 ± 5.8	2-3
	PRP	1	8 ml	17	3	17	66.4 ± 8.4	28.6 ± 5.0	2-3
Freire 2020 [8]	CS (Triamcinolone)	1	50 mg/2.5 ml	25	NR	NR	60.2 ± 5.9	NR	1-2-3-4
	PRP	1	5 ml	25	NR	NR	64.2 ± 8.0	NR	1-2-3-4
Aamir 2019 [9]	CS (Methylprednisolone)	1 or 2	80 mg	40	NR	NR	59.6 ± 7.6	NR	1-2-3
	HA	3	NR	40	NR	NR	59.4 ± 8.3	NR	1-2-3
Huang 2019 [10]	CS (not specified)	3	1 ml	40	19	21	54.3 ± 1.4	24.6 ± 3.6	1-2
	PRP	3	4 ml	40	15	25	54.5 ± 1.2	25.2 ± 4.2	1-2
	HA (Sodium hyaluronate)	3	2 ml	40	21	19	54.8 ± 1.1	24.5 ± 3.1	1-2
Maia 2019 [11]	CS (Dexamethasone)	1	4 mg/ml	12	11	1	60.3 ± 1.7	31.4 ± 1.8	1-2
	HA (Sodium hyaluronate)	1	90 mg/6 ml	16	10	6	56.6 ± 1.0	31.9 ± 1.3	1-2
Khan 2018 [12]	CS (Triamcinolone)	1	40 mg	51	39	12	52.1 ± 12.1	26.0 ± 5.0	2
	PRP	1	5 ml	52	38	13	50.9 ± 13.1	28.0 ± 4.0	2
Nabi 2018 [13]	CS (Triamcinolone)	3	40 mg	34	27	7	58.6 ± 8.8	27.8 ± 3.3	2-3
	PRP	3	5 ml	33	28	5	59.1 ± 7.8	28.4 ± 2.8	2-3
Phul 2018 [14]	CS (Triamcinolone)	1	40 mg/2 ml	40	26	14	57.7 ± 10.4	NR	2-3-4
	PRP	1	4-6 ml	40	28	12	54.5 ± 4.5	NR	2-3-4
Uslu Guvendi 2018 [15]	CS (Betamethasone)	1	(6.43 mg + 2.63 mg)/1 ml	17	15	2	62.8 ± 1.7	31.1 ± 1.0	3
	PRP	1	NR	19	18	1	62.3 ± 1.6	31.4 ± 0.7	3
	PRP	3	NR	14	13	1	60.4 ± 1.7	31.0 ± 1.0	3
Campos 2017 [16]	CS (Triamcinolone)	1	20 mg	51	NR	NR	NR	NR	4
	HA (Hylan G-F 20)	1	6 ml	46	NR	NR	NR	NR	4
Joshi Jubert 2017 [17]	CS (Betamethasone)	1	6 mg/2 ml	30	24	6	68.0 ± 7.2	31.0 ± 4.2	3-4
	PRP	1	4 ml	35	23	12	65.6 ± 8.6	31.2 ± 4.4	3-4
Siddharth 2017 [18]	CS (Methylprednisolone)	1	80 mg	65	37	38	69.5 ± 1.7	27.3 ± 1.4	NR

	HA	1	NR	70	45	30	71.4 ± 1.4	29.3 ± 1.2	NR
Vaishya 2017 [19]	CS (Triamcinolone)	1	40 mg	40	25	15	NR	NR	2-3
	HA (Hylan G-F 20)	1	48 mg/ ml	42	29	13	NR	NR	2-3
Askari 2016 [20]	CS (not specified)	1	40 mg	69	57	12	57.0 ± 9.1	NR	2-3
	HA (Sodium salt of HA)	1	2 ml	71	62	9	58.5 ± 8.3	NR	2-3
Bisicchia 2016 [21]	CS (Methylprednisolone)	2	40 mg	75	50	25	68.6 ± 9.9	NR	2-3
	HA (HYADD 4)	2	NR	75	53	22	71.5 ± 10.6	NR	2-3
Forogh 2016 [22]	CS (Methylprednisolone)	1	40 mg	23	15	9	61.1 ± 6.7	29.2 ± 3.4	2-3
	PRP	1	5 ml	16	17	7	59.1 ± 7.0	28.9 ± 2.8	2-3
Tammachote 2016 [23]	CS (Triamcinolone)	1	40 mg	49	36	13	61.0	25.8	1-2-3-4
	HA (Hylan G-F 20)	1	6 ml	50	43	7	62.6	26.3	1-2-3-4
Trueba Davalillo 2015 [24]	CS (Betamethasone)	2	(5 mg + 2 mg)/1 ml	91	57	41	62.8 ± 0.6	26.3 ± 0.4	2-3
	HA (Sodium Hyaluronate)	5	2.5 ml	89	59	38	62.7 ± 0.6	28.3 ± 0.5	2-3
Habib 2014 [25]	CS (Methylprednisolone)	1	80 mg	17	8	12	53.3 ± 13.1	29.0 ± 2.9	1-2-3-4
	HA (Sodium Hyaluronate)	1	6 ml/60 mg	16	5	15	50.9 ± 11.8	27.8 ± 4.2	1-2-3-4
Housman 2014 [26]	CS (Methylprednisolone)	1	40 mg	112	91	41	60.1 ± 9.3	30.8 ± 6.5	1-2-3
	HA (Hylastan SGL-80)	1	4 ml	106	79	51	60.6 ± 9.9	31.2 ± 6.4	1-2-3
	HA (Hylastan SGL-80)	2	4 ml	108	91	38	62.0 ± 9.7	31.7 ± 6.6	1-2-3
Leighton 2014 [27]	CS (Methylprednisolone)	1	40 mg/ml	215	102	113	61.5 ± 9.9	28.3 ± 4.1	2-3
	HA (NASHA)	1	60 mg/3 ml	218	111	107	61.9 ± 9.6	28.2 ± 4.2	2-3
Shimizu 2010 [28]	CS (Dexamethasone)	1 + 1 if pain	4 mg	25	18	7	75.3 ± 4.9	24.4 ± 3.9	2-3
	HA (Sodium Hyaluronate)	5	25 mg	26	20	6	75.9 ± 5.9	24.4 ± 3.8	2-3
Skwara 2009 [29]	CS (Triamcinolone)	5	10 mg	15	12	9	61.3 ± 6.7	29.5 ± 3.8	2-3
	HA (Sodium Hyaluronate)	5	20 mg/2 ml	20	13	8	60.8 ± 7.0	28.6 ± 4.0	2-3
Caborn 2003 [30]	CS (Triamcinolone)	1	40 mg/2 ml	103	56	47	63.7 ± 11.6	31.1 ± 6.0	NR
	HA (Hylan G-F 20)	3	2 ml	113	67	46	62.5 ± 12.1	30.8 ± 6.7	NR
Leopold 2003 [31]	CS (Betamethasone)	1	2 ml	42	28	22	64.0	29.3	NR
	HA (Hylan G-F 20)	3	16 mg/2 ml	38	26	24	66.0	28.8	NR
Guidolin 2001 [32]	CS (Methylprednisolone)	3	40 mg/1 ml	13	6	7	57.0 ± 1.7	NR	1-2-3
	HA (Sodium Hyaluronate)	5	20 mg/2 ml	11	7	4	51.5 ± 2.8	NR	1-2-3
Ronchetti 2001 [33]	CS (Methylprednisolone)	3	40 mg/1 ml	21	NR	NR	NR	NR	NR
	HA (Sodium Hyaluronate)	5	20 mg/2 ml	27	NR	NR	NR	NR	NR
Jones 1995 [34]	CS (Triamcinolone)	1	20 mg	27	10	21	69.5 ± 1.7	NR	NR
	HA (Sodium Hyaluronate)	5	20 mg	29	14	18	71.4 ± 1.4	NR	NR
Leardini 1991 [35]	CS (Methylprednisolone)	3	40 mg	20	18	2	64.9 ± 7.9	NR	NR
	HA (Sodium Hyaluronate)	3	20 mg	20	17	3	64.6 ± 10.1	NR	NR

Supplementary Table 1.

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