**Supplementary Digital Content 4:**

**Rehabilitation schedule for patients participating in RCT of Injection of Autologous Blood for Chronic Knee Tendinopathy**

***All exercises prescribed will be demonstrated in clinic and patients provided with this instruction***

1. **Knee Rehabilitation Programme**

A 12 week course to be carried out 2 x per day

Stand on a decline slope (25O approximately) with feet shoulder width apart

Drop to approximately 600  flexion with your weight mainly through the painful leg. Straighten up using the other leg.

3 sets of 15 repetitions. Expect some discomfort. Gradually progress to single leg.