

Table 1. Summary of quality appraisal for individual studies (Achilles tendon)

Question		Scoring criteria	Arampatzis et al. (2007)	Arampatzis et al. (2010)	Burgess et. al. (2007)	Duclay et al. (2009)	Fouré et al. (2010)	Fouré et al. (2013)	Hansen et al. 2003	Houghton et al. (2013)	Kubo et al. (2002)	Kubo et al. (2007)	Kubo et al. (2010)	Kubo et al. (2012)	Mahieu et al. 2008	Morrissey et al. 2012	Wu et al. (2010)	Arampatzis et al. (2007)	Karamanidis et al. (2006)	Kubo et al. (2011)	Kongsgaard et al. (2005)	Magnusson et al. (2003)	Rosager et al. (2002)	Westh et al. (2008)	Average Score	
1.	Research aims or questions stated clearly	1=yes, 0.5 yes, lacking detail or clarity; 0 -no	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1.0	
2.	Participants detailed	Number	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1.0	
		Age	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1.0	
		Sex	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1.0	
		Height	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1.0	
		Mass	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1.0	
		Sub Total	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1.0
3.	Recruitment and sampling methods described	1=yes, 0.5 yes, lacking detail or clarity; 0 -no	0.5	0.5	0	0.5	0	0	0	0.5	0	0	0	0	0	0	0	1	0.5	0	0	0.5	0	1	0	0.2
4.	Inclusion and exclusion criteria detailed	1=yes, 0.5 yes, lacking detail or clarity; 0 -no	0.5	0.5	0.5	0.5	0.5	0.5	1	0.5	0.5	0.5	0	0.5	0.5	1	0.5	0.5	0.5	0.5	0.5	0.5	1	1	0.7	
5.	Controlled co-variables	Height	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0
		Age	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0
		Sex	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0.1
		Strength	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0
		Sub Total	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.25	0	0	0.0
		6.	Reliability of the methodology stated	1=yes, 0.5 yes, lacking detail or clarity; 0 -no	0	0.5	0.5	1	1	0.5	0.5	0	0.5	0.5	1	1	0.5	0.5	0.5	0	0	1	0	0.5	0	1
7.	Internal validity of the methodology stated	1- yes, 0 - no	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0	
8.	Research questions answered adequately in the discussion	1- yes, 0 - no	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1.0	
9.	Key findings supported by the results	1- yes, 0 - no	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1.0	
10.	Key finding interpreted in a logical manner which is supported by references	1- yes, 0 - no	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1.0	
		Total (/10)	5.0	5.0	5.0	6.0	6.0	5.0	6.0	5.0	5.0	5.0	6.0	6.0	5.0	6.0	6.0	5.0	5.0	6.0	5.0	5.3	7.0	7.0	5.0	