

S6 Appendix. The Information of included cohort study

Study ID	Study type	Intervention method	Participants	Target disease	Outcome	Main result
James SL (2007) [110]	Prospective cohort study	Dry needling (US guided) and autologous blood injection	44(47 knees in 44 patients')	patellar tendinosis	Pre- and post-procedure VISA	Pre-procedure mean score 39.8 points (range 8–72 points) vs. post-procedure mean score 74.3 points (range 29-100 points), $p<0.001$ mean follow-up period 14.8 months (range 6-22 months): with therapeutic intervention. VISA scores improved
Hameed M (2016) [111]	Prospective cohort study	Ultrasound-guided dry needling and percutaneous high volume stripping	64	Achilles tendinopathy	Pain score, Patient's satisfaction	54 out of 64 tendons were successfully treated improved in pain scores and the majority of the patients (>85%) are satisfied.