

# INPLASY

## Efficacy of high-volume injections for Achilles tendinopathy: A Systematic Review and Meta-Analysis

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### ADMINISTRATIVE INFORMATION

**Support** - None.

**Review Stage at time of this submission** - Data extraction.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY2024100006

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 01 October 2024 and was last updated on 01 October 2024.

### INTRODUCTION

**Review question / Objective** What is the efficacy of high volume injections for mid-portion Achilles tendinopathy?

**Condition being studied** Mid-portion Achilles tendinopathy.

### METHODS

**Participant or population** Patients with Achilles tendinopathy, usually refractory to first-line treatments. The patient population is varied based on inclusion criteria from the studies.

**Intervention** High-volume injection with and without steroid (usually 40mL).

**Comparator** Compared to themselves versus sham control.

**Study designs to be included** RCT, case series, prospective.

**Eligibility criteria** No other inclusion or exclusion criteries.

**Information sources** Electronic databases: PubMed, Embase, Web of Science.

**Main outcome(s)** Function (with VISA-A score) and pain (VAS).

**Quality assessment / Risk of bias analysis** Risk of bias will be assessed on 5 domains:  
D1: bias due to deviations from intended intervention  
D2: Bias arising from the randomization process  
D3: Bias due to missing outcome data  
D4: Bias in measurement of the outcome  
D5: Bias in selection of the reported result.

**Strategy of data synthesis** Data will be analyzed in R for a meta-analysis.

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**Subgroup analysis** No subgroup analysis. will control based on sex, length of symptoms, concurrent rehabilitation.

**Sensitivity analysis** Meta-analysis.

**Country(ies) involved** United States.

**Keywords** high volume; ultrasound; injection; systematic review; meta-analysis; Achilles tendinopathy; mid-portion.

**Contributions of each author**

Author 1 - Connie Hsu - Author 1 initiated the project, voted on articles, data analysis, writing of the report.

Author 2 - John Walton - Author 2 voted on articles, data analysis, writing of the report.

Author 3 - Rajiv Verma.