Records identified through database searching (n = 1,532)

Additional records identified through other sources (n = 0)

Record after duplicates removed (n = 1,477)

Record screened (n = 1,477)

Records excluded (n = 1,458)

Full-text articles assessed for eligibility (n = 19)

Full-text articles excluded, with reasons (n = 4) (1, study on Achilles tendon, 1 reliability study, 1 correlation study, 1 unpublished study)

Studies included in qualitative synthesis (n = 15)

Studies included in quantitative synthesis (meta-analysis) (n = 15)