Web-based screening for athletes with high likelihood for patellar tendinopathy (Questionnaire for basketball, handball and volleyball players)

Ineligible - Fail inclusion criteria - Meet exclusion criteria

Phone or e-mail screening
Invitation for physical screening

Ineligible - Fail inclusion criteria - Meet exclusion criteria

Physical screening by sports medicine physician

Ineligible - Fail inclusion criteria - Meet exclusion criteria

Informed consent
Baseline measurements

Randomisation at team level

Allocation to intervention (ESWT) group
3 ESWT treatments at weekly interval
Registration of athletic activity and concurrent treatment in web based log

Allocation to control (placebo) group
3 sham-ESWT treatments (placebo) at weekly interval
Registration of athletic activity and concurrent treatment in web based log

In season evaluations one, twelve and twenty-two weeks after ESWT or placebo treatment