

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

Allocation to control (placebo) group

3 ESWT treatments at weekly interval

Registration of athletic activity and
concurrent treatment in web based log

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