

Supplementary Table 1. Characteristics of included studies.

Reference	Study design and level	Participants	Study setting	Diagnosis	Type of surgical treatment	Type of rehabilitation	Follow-up	Time loss injury	Outcome	Complication
Akermark and Johansson ¹²	Observational cross-sectional study (Level IV)	16 subjects	Sport type: soccer (4), ice hockey (4), running (3), orienteering (2), bandy (1), cross-country skiing (1), handball (1). Sport level: competitive athletes. Gender: males. Mean age: 28.5 years (range 20-42)	Chronic adductor related GPS refractory to conservative treatment	AL total monolateral (affected side) tenotomy, 1 cm from muscle origin, tendon distal end sutured 5-5 cm distal	Not specified	35 months (range 4-84)	10.23±5.23 weeks	Free symptoms (10-63%). Improved (6-37.5%). 10/16 returned to full activity (63%), 5/16 reduced level (31%), 1/16 discontinued sport activity for other causes	1 (6%) subject with persistent pain for 2 months after surgery
Atkinson et al ²⁰	Observational cross-sectional study (Level IV)	48 subjects	Sport type: Australian football (31), cricket (5), soccer (4), hockey (2), basket (1), lacrosse (1), swimming (1), tennis (1), weightlifting (1), athletics (1). Sport level: not specified. Gender: males. Mean age: not specified	Chronic adductor related GPS	AL total tenotomy	Based on early stretching	36 months (range 25-108)	18.5±6.2 weeks	26 subjects (54%) returned to their pre-injury activity level, 18 subjects (37.5) returned to our sport activity at lower level, 4 subjects (8%) were unable to perform athletic activities	1(2%) patient underwent a revision of AL tenotomy after 39 months

Dojčinović et al ⁶	Observational prospective study (Level IV)	5 subjects	Sport type: soccer players Sport level: competitive and recreational athletes Gender: males. Mean age: 32.9 years (range 17-42)	Chronic adductor related GPS	AL bilateral total tenotomy	Based on early isometric exercises and stretching	4-8-12 weeks and 1 years	13.4 weeks (range 12-16)	Preoperative VAS score: 7.2. Postoperative VAS score at 4-8-12 weeks and 1 years of follow-up respectively: 2.5, 2, 1.4, 0.4.	No postoperative complications
Maffulli et al ¹⁷	Case series (Level of evidence IV)	29 subjects	Sport type: soccer (10), martial arts (6), racquet sport (4), rugby (4), indoor soccer (3), triathlon (1), hurdling (1) Sport level: not specified. Gender: 26 males and 3 females Mean age: 28 years (range 22-38)	Chronic adductor related GPS	AL bilateral total tenotomy	Based on early stretching	2 and 6 weeks, 3, 6 and 12 months, 4 years	11 weeks (range 10-15)	20 subjects (69%) returned to pre-injury level, 2 subjects (7%) returned to higher level compared to pre-injury status, 4 subjects (14%) returned to lower level and 3 subjects (10%) did not participate in any sport	3 (5%) wound infections, 2 subjects (3%) developed monolateral weakness of adduction, 1 (3%) hematoma with bruising, 1 (3%) numbness around the wound, 1 (3%) painful scar, 1 (3%) painful intercourse for 3 weeks
Mei-Dan et al ¹⁰	Case control (Level III)	Study group: 96 subjects Control group 59 subjects	Sport type: soccer Sport level: professional and recreational players	Recalcitrant adductor related GPS	Study group: AL total bilateral tenotomy	Based on early stretching avoiding adductor concentric motion	Not specified	Study group: 11.6 weeks Control group: 10.3	98% (94) of the subjects belonging from both group (belonging	Study group: hematoma 1 (1%) Control group: hematoma 3 (5%),

			Gender: males Mean age: Study group 22.8±4.2 years, Control group: 23.3±3.0 years.		Control group: combined AL total bilateral tenotomy and hernioplasty			weeks (n.s.)	group not specified) returned to same or higher level of competition. Study group subjective outcome: 4.4±0.9 Control group subjective outcome: 4.3±0.1.0 (n.s.) Subjective outcome. 1=worst; 5=excellent	infection 3 (5%)
Sansone et al ²¹	Retrospective case series (Level IV)	32 subjects	Sport type: soccer players (29), high level hockey players (2), long distance runner (1) Sport level: medium and high level Gender: males Mean age:30 years (range 21-56)	Long standing adductor related GPS	AL total tenotomy	Based on early stretching	6 years (range 1-25)	Not specified	24 (75%) able to return to sport, 8 not satisfied	2 (6%) subjects underwent new surgical procedure (Cam-Fai) and 4 (12%) subjects repeated tenotomy at same location
Robertson et al ¹⁶	Case series (Level of evidence IV)	109 subjects	Sport type: Gaelic football (74), soccer (19) hurling (15), rugby (1) Sport level: amateurs Gender: males	Chronic adductor origin pain	AL monolateral partial tenotomy (just below the pelvic attachment)	Not specified	26 months (range 12-33)	15 weeks	99 subjects (91%) reported improvement. 3 subjects (3%) reported no improvement, 7 subjects	3 (2.75%) subjects had an exaggerated reformation of tendon that was excised in a second surgery

			Mean age: 25.9 years (range 16-44)						(6.5%) reported deterioration	
Schilders et al ¹¹	Case series (Level of evidence IV)	43 subjects	Sport type: soccer (39), rugby (4). Sport level: professional players Gender: males Mean age: Study group 22.8±4.2 years, Control group: 23.3±3.0 years.	Chronic AL dysfunction (more than 3 months)	10 subjects (23%) bilateral AL partial tenotomy (2 to 4 cm to tendon origin). 33 subjects (77%) monolateral AL partial tenotomy (2 to 4 cm to tendon origin)	Based on early stretching	40.2 months (range 25-72)	9.21±4.68 weeks (range 4-24)	42 subjects (97.7%) returned to their pre-injury level Pre-operative VAS: 5.76±1.08 range 3-8. Post-operative VAS: 0.23±0.61 (range 0-3)	No postoperative complications
Garvey and Hazard ¹⁹	Case series (Level of evidence IV)	3 subjects	Sport type: soccer Sport level: amateurs Gender: males Mean age: 33 years	Chronic adductor tendinopathy	AL partial tenotomy (2 to 4 cm to tendon origin) not specified if monolateral or bilateral	Not specified	13 years	Not specified	Positive for 1 subject (33%) after first tenotomy. Positive for all patient (100%) after second tenotomy	2 subjects (66%) recurrent adductor tendinopathy for which performed revision of AL tenotomy
De Queiroz et al ¹⁸	Case series (Level of evidence IV)	30 subjects	Sport type: soccer players Sport level: professional players Gender: males Mean age: 24.4 years (range 13-28).	Chronic adductor tendinopathy	AL partial bilateral tenotomy at tendon origin	Use of abduction wedge while walking, sitting and sleeping until the third week	36 months	16 weeks	Positive in 100% of the cases. All the players returned to competitive practice	4 (13.3%) patients presented dysuria in the first post-surgical week that improved in the second post-surgical week