

PROJECT WORKPLAN													
TIMELINE	PRE-START (From notice of award up to the beginning of the project)	2	4	6	8	10	12	14	16	18	20	22	24
MS 1													
MS 2													
MS 3													
MS 4													
MS 5													
MS 6													
MS 7													
MS 8													

- MS1** Ethics approval, registration, and publication of randomised controlled trial protocol (WP1)  
**MS2** Participant recruitment and screening for TF vs. EE randomised controlled trial (WP1)  
**MS3** Data collection/participant training – TF vs. EE randomised controlled trial (WP1)  
**MS4** Collection of healthy control data (WP2)  
**MS5** Data analysis – Case-control study (Healthy control vs patellar tendinopathy comparison) (WP2)  
**MS6** Article preparation-submission/conference presentation – Healthy control vs patellar tendinopathy comparison (WP2)  
**MS7** Close randomised controlled trial – extraction of results and analysis (WP1)  
**MS8** Dissemination: PPI group and clinical seminar presentation/conference presentation/final manuscript preparation/update for stakeholders (WP1)

WP1 = working package 1

WP2 = working package 2