**Appendix 1: Sample of search strategies for two databases**

**PubMed**

1. (“posture” [MeSH] OR “postures” [tiab] OR “proprioception” [tiab] OR “proprioception” [MeSH] OR “posture balance” [tiab] OR “postures” [tiab] OR “poses” [tiab]).
2. (Posture OR ‘stance’ OR postures OR ‘carriage’ OR position OR ‘pose)
3. ‘Position’ OR ‘Posture’ OR ‘Pose’ OR ‘Standpoint’ OR ‘Bearing’ OR ‘Proprioception’
4. #1 OR #2 OR #3
5. “back pain” [MeSH] OR “back pain” [tiab]OR “spinal pain” [tiab]OR “back pains” [tiab] OR“neck pain” [MeSH] OR “neck pain” [tiab]OR “spinal pains” [tiab] OR “back ache” [tiab]
6. “low back pain” [MeSH] OR “low back pain” [tiab] OR “back pain” [tiab] OR “low back pain” [tiab] OR “back pain” [tiab] OR “backache” [tiab] OR “back ache” [tiab] OR “back strain”. [tiab] OR “lumbago”[tiab] OR“lumbar pain” [tiab] OR “lumbar disorder” [tiab]OR “lumbar disorders” [tiab] OR “lumbar dysfunction”[tiab] OR “dorsalgia” [tiab] OR “spinal pain” [tiab] OR “spinal disorder” [tiab] OR “spinal disorders” [tiab] OR “spinal dysfunction” [tiab] OR “spinal dysfunctions” [tiab] OR “postural pain” [tiab] OR “spine” [tiab]
7. (‘low back pain’ OR ‘back pain’ OR ‘back strain’ OR ‘simple back pain’ OR ‘non-specific back pain’ OR ‘low back syndrome’ OR ‘low back dysfunction’ OR ‘lumbar pain’ OR ‘backache’ OR ‘lumbago’ OR ‘sciatica’ OR ‘radiculopathy’)
8. MeSH: (MH ‘Back Pain’) OR (MH ‘Neck Pain’) OR (MH ‘Pain, Back’) OR (MH ‘Spinal Pain’) OR (MH ‘Pain, Spine’) OR (MH ‘Pain, Neck’) OR (MH ‘lumbar, pain’) OR (MH ‘Postural Pain’) OR (MH ‘Pain, Cervical’) OR (MH ‘Low Back Pain’) OR (MH ‘Back Pain’) OR (MH ‘Neck Pain’) OR (MH ‘Radiating Pain’) OR (MH ‘Spinal Pain’) OR (MH ‘Nociceptive Pain’) OR (MH ‘neuralgic Pain’)
9. #5 OR #6 OR #7 OR #8
10. “postural re-education” [tiab]OR “prevention” [tiab] OR “postural hygiene”[tiab] OR “physical education”[tiab] OR “back education” [tiab] OR “posture education”[tiab] OR “back function” [tiab] OR physiotherapy [tiab] OR ergonomics [MeSH] OR ”physical therapy” [tiab] OR “exercise therapy” [MeSH] OR “back care” [tiab]
11. (Back Care\*[tw] OR Preventive Control\*[tw] OR "Back Function"[tw] OR "Postural Education"[tw] OR "Ergonomics"[mesh])
12. Postural rehabilitat\* OR physiotherapy\* OR physical therapy\* OR postural control\* OR postural care OR postural training\* OR occupational re-education\*
13. #10 OR #11 OR #12
14. Outcome measures\* OR Outcome assessment\* OR Outcome tools\*
15. “Assessment tool” OR “measures, outcome” OR “Tools, assessment”OR “assessment, outcome”
16. #14 OR #15
17. #4 AND #9 AND #13 AND #16

**Search Strategy for CINAHL**

1. (MH "Posture+")
2. TI postur\* OR pose\* OR standpoin\* OR proprioception OR movement OR sustained posture OR lifting OR stooped OR trunk flexion
3. S1 OR S2
4. (MH "back pain+")
5. (MH "neck pain+")
6. TI back pain OR low back pain OR back injuries OR spinal injuries OR cumulative trauma disorder OR spine injur\* OR back disabilit\* OR low back dysfunction OR neck pain
7. "low back pain" [ab] OR "back pain" [ab] OR “lumbago” [ab] OR dorsalgia [ab] OR "spinal pain" [ab] OR "spinal disorder" [ab]"spinal dysfunction" [ab] OR "lumbar pain"[ab] OR "lumbar disorder" [ab] OR "lumbar dysfunction" [ab] OR "postural pain" [ab] OR backache [ab] OR "back ache" [ab] OR “back strain” [ab] OR spine [ab]
8. S4 OR S5 OR S6 OR S7
9. TI posture\* OR position\* OR sitting OR stooped OR standing\* OR lying\* OR walking\*
10. postural rehabilitat\* OR postural control\* ORpostural care ORpostural training\* OR occupational re-education\*
11. S9 OR S10
12. (MH "outcome measures")
13. TI meaures\* OR assessment OR tools, outcome OR outcome measures
14. S12 OR S13
15. S3 AND S8 AND S11 AND S14