

Supplemental Table 2: Risk of bias assessment

Study	PEDro final score	Eligibility criteria specified	Random allocation	Concealed allocation	Similar groups at baseline	Blinding of therapists	Blinding of assessors	Blinding of subjects	Measure one key outcome from 85% subjects	Intention-to-treat analysis	Between group statistical analysis for at least one outcome	Variability and point measurements for at least one outcome
Salehzadeh (2015)	6/10	Yes	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes
Brennan et al. (2018)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tiollier et al. (2007)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Huang et al. (2019)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Gill et al. (2016a)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Gill et al. (2016b)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Haywood et al. (2014)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Sashihara et al. (2013)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Shing et al. (2014)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
West et al. (2011)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Townsend et al. (2018)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Gepner et al. (2017)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Carbuhn et al. (2018)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Charlesson et al. (2013)	5/10	Yes	No	No	Yes	No	No	No	Yes	Yes	Yes	Yes
Strasser et al. (2016)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Marshall et al. (2017)	6/10	Yes	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes
Salarkia et al. (2013)	6/10	Yes	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes
Cox et al. (2010)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Michalickova et al. (2017)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Michalickova et al. (2016)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
O'Brien et al. (2015)	6/10	Yes	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes

Gleeson et al. (2016)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Lamprecht et al. (2012)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pumpa et al. (2019)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Jäger et al. (2016)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Vaisberg et al. (2019)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Komano et al. (2018)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pugh et al. (2019)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Martarelli et al. (2011)	6/10	Yes	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes
Moreira et al. (2007)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Kekkonen et al. (2007)*	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Välimäki et al. (2012)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Roberts et al. (2016)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Gleeson et al. (2011)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hoffmann et al. (2019)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Meng et al. (2016)	8/10	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes
Mooren et al. (2020)	5/10	Yes	No	No	Yes	No	No	No	Yes	Yes	Yes	Yes
Muhamad & Gleeson (2014)	5/10	Yes	No	No	Yes	No	No	No	Yes	Yes	Yes	Yes
Ibrahim et al. (2018)	6/10	Yes	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes
West et al. (2012)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
West et al. (2014)	10/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

* Identical participants reported by Moreira et al. (2007).