Supplemental material 1. Search strategies used in the respective databases.

**MeSH terms and key-words**


**Database: EBSCO= AMED, CINAHL, SPORTDiscus**

**Search Strategy:**

S1 = Rotator Cuff  
S2 = Shoulder  
S3 = Rehabilitation*  
S4 = Physiotherapy*  
S5 = Physical Therapy  
S6 = Immobilization  
S7 = Stiffness  
S8 = Acceleration*  
S9 = S1 OR S2  
S10 = S3 OR S4 OR S5  
S11 = S6 OR S7  
S12 = S9 AND S10 AND S11

**Database: EMBASE**

**Search Strategy:**

1 = *rotator cuff/  
2 = shoulder/  
3 = rehabilitation/ or therapy/  
4 = physiotherapy/  
5 = physical therapy.mp.  
6 = immobilization/
7= Stiffness.mp. or rigidity/
8= 1 or 2
9= 3 or 4 or 5
10= 6 or 7
11= 8 and 9 and 10

Database: Cochrane

Search strategy:
#1 = Rotator Cuff
#2= Shoulder
#3= Rehabilitat* 
#4= Physiother*
#5= Physical Therapy
#6= Immobilization
#7= Stiffness
#8= #1 OR #2
#9= #3 OR #4 OR #5
#10= #6 OR #7
#11= #8 AND #9 AND #10
Database: LILACS

Search Strategy:

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Database: Medline

Search Strategy:

"rotator cuff"[MeSH Terms] OR ("shoulder"[MeSH Terms] OR "shoulder"[All Fields]) AND ("physical therapy modalities"[MeSH Terms] OR "physiotherapy"[All Fields]) AND "immobilization"[MeSH Terms]
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Search strategy:
Database: Scielo

Search Strategy:

(Rotator cuff Tears) OR (Shoulder) AND (Rehabilitat*) OR (Physiother*) OR (Physical Therapy) AND (Immobilization) OR (Stiffness)

Database: SCOPUS

Search Strategy:

TITLE-ABS-KEY(Rotator cuff) OR TITLE-ABS-KEY(Shoulder) AND TITLE-ABS-KEY(Rehabilit*) OR TITLE-ABS-KEY(Physioter*) OR TITLE-ABS-KEY(Physical Therapy) AND TITLE-ABS-KEY(Immobilization)

Database: Web of Knowledge (320)

Search Strategy

#1 = Rotator Cuff
#2 = Shoulder
#3 = Rehabilitat*
#4 = Physiother*
#5 = Physical Therapy
#6 = Immobilization
#7 = Stiffness
#8 = #1 OR #2
#9 = #3 OR #4 OR #5
#10 = #6 OR #7
#11 = #8 AND #9 AND #10