

**Supplementary File 3**  
**Characteristics of the included studies**

Author, year	Trial duration, weeks	Trial size	Number randomised	Mean disease duration, weeks	Desease description	Intervention	Control intervention	Outcome scale	Risk of bias¶	Number of patients in intervention group	Number of patients in control group
<b>Frost,2004</b>	8	286	286	Na	Low back pain	Joint mobilisation, McKenzie and strengtheing exercises	No_intervention	SF-36 BodilyPain	LLHHLU	144	142
<b>Hughes,2004</b>	8	150	150	Na	Osteoarthritis	Resistance training and fitness walking	No_intervention	WOMAC	LLHHHU	60	70
<b>Ilbuldu,2004</b>	4	60	60	140	Myofascial Pain Syndrome	Laser therapy	Sham	VAS	HHHHHU	20	20
						Acupuncture - dry needling				20	
<b>Korthals-de Bos,2004</b>	6	185	123	Na	Lateral epicondylitis	Ultrasound (2 W/cm2), deep friction massage and an exercise program.	No_intervention	NRS	UHHHLU	64	59
<b>Kurtais,Gursel,2004</b>	2	40	40	33,8	Soft Tissue Disorders of the shoulder	Continuous ultrasound 1,5 W/cm <sup>2</sup>	Sham	Likert	LLUHHU	20	20
<b>Ploughman,2004</b>	7	27	27	Na	Stroke	Forced use therapy	No intervention	CMII	LHHHHH	13	14
<b>Razavi,2004</b>	6	37	37	52	Rotator cuff tendinitis	Manual acupuncture supplementary to training	Sham	VAS	LHLHHH	16	17
<b>Tsui,2004</b>	4	42	42	40	Chronic low back pain	Electro-acupuncture	No intervention	NRS	UHHHHU	14	14
						Electrical heat acupuncture.				14	
<b>Bennell,2005</b>	12	140	140	478,4	Knee osteoarthritis	Exercise, massage, taping, and mobilisation,	Sham	VAS	LLLUUL	73	67
<b>Bennett,2005</b>	1	147	147	Na	Total Knee Arthroplasty	Continous passive motion standard treatment	No intervention	VAS	LHLHLU	47	52
						Continous passive motion early treatment				48	

<b>Chiu,2005</b>	6	145	145	Na	Chronic neck pain.	Dynamic neck muscle training.	No intervention	NRS	LUHHLU	67	78
<b>Cleland,2005</b>	0,14	36	36	13	Neck pain	Thoracic cervical manipulation.	Sham	VAS	LLLHHU	19	17
<b>Defrin,2005</b>	8	33	33	780	Chronic Low back Pain	Shoe insert	No intervention	VAS	HUHHHU	22	11
<b>Elden,2005</b>	6	386	231	Na	Pelvic girdle pain	Stabilizing exercise + exercise	No intervention	VAS	UUHHHU	131	130
<b>Hakkinen,2005</b>	52	126	126	48	Lumbar disc surgery	Home Strength training and stretching.	No intervention	VAS	UHHHUU	65	61
<b>Lim,2005</b>	8	58	58	Na	Ankylosing spondylitis	Exercises for muscle relaxation, flexibility, muscular strength, stronger breathing, and straight posture.	No intervention	VAS	UHHHUU	30	28
<b>Ryans,2005</b>	6	80	40	13	Shoulder capsulitis	Neuromuscular facilitation, Maitland mobilizations, interferential currents and exercise therapy.	No intervention	VAS	LLUHHU	20	20
						Exercise therapy				20	
<b>Shaw,2005</b>	2	103	103	Na	Anterior cruciate ligament reconstruction	Additional static quadriceps and straight leg raises.	No intervention	VAS	LLHHUU	48	55
<b>Sherman,2005</b>	12	101	65	Na	Chronic Low back Pain	Aerobic and strengthening exercises emphasizing leg-abdominal- and back muscles.	No intervention	NRS	LLHHUH	35	30
<b>Thorstensson,2005</b>	6	61	61	Na	Knee osteoarthritis	Weight-bearing exercises aimed at increasing postural control and endurance/strength in lower extremity.	No intervention	KOOS	ULHHLH	30	31
<b>Zammit,2005</b>	2	34	22	0,5	Lateral ligament sprains of the ankle joint	Ultrasound therapy 0,25 W for treatment 1-3 and - 0,5 W for treatment 4-6.	Sham	VAS	UHLHHU	12	10

<b>Bastiaenen,2006</b>	9	126	126	Na	Pregnancy related low back pain	Education focusing on promotion of an active life style	No intervention	VAS	LHUHUL	62	64
<b>Bisset,2006</b>	6	133	133	21	Lateral epicondylitis	Elbow manipulation and therapeutic exercise.	No intervention	VAS	LLHHLU	66	67
<b>Calis,2006</b>	1,5	95	41	Na	Adhesive capsulitis of the shoulder	Electrotherapeutic_modalities	no intervention	VAS	UHHHHH	21	20
<b>D'Vaz,2006</b>	12	55	55	34	Lateral epicondylitis	Pulsed low intensity ultrasound.	Sham	VAS	LLUHHH	25	23
<b>Goldby,2006</b>	10	213	213	609,44	Chronic low back pain	Retraining of the transversus abdominis the pelvic floor and diaphragm muscles.	No intervention	NRS	LHHHHU	78	37
						Manual therapy				86	
<b>Hall,2006</b>	0,14	24	24	Na	Low back pain	Mulligan bent leg raise technique.	Sham	VAS	LLLHUU	12	12
<b>Hyland,2006</b>	1	41	41	Na	Plantar heel pain	Stretching	Sham	VAS	LUUHHU	10	10
						Calcaneal taping	No intervention			11	10
<b>Johnston,2006</b>	Na	25	25	6	Shin Splints	Leg orthoses	No intervention	VAS	LHHUHH	12	13
<b>Kofotolis,2006</b>	4	86	86	32,5	Chronic low back pain	Group 1: rhythmic stabilization training	No intervention	BRPP	UHHHHU	28	30
						Group 2: combination of isotonic exercises				28	
<b>Kulich,2006</b>	1	62	62	Na	Chronic low back pain	Nuclear ressonance therapy	Sham	VAS	LUUUHU	30	32
<b>Nikander,2006</b>	52	180	180	Na	Chronic neck pain	Strength training. Isometric and dynamic shoulder, neck and trunk exercises.	No intervention	VAS	UHHHHU	54	60
						Endurance training. The same exercise with more repetitions and lower				56	

						weigth						
<b>Nordeman,2006</b>	4	60	60	Na	Low back pain	Individualized exercise therapy based on history and physical examination	No intervention	BRPP	LLHHLU	32	28	
<b>Ozturk,2006</b>	3	46	46	Na	Disc herniation	Continuous lumbar traction	No intervention	VAS	UHHHHU	24	22	
<b>Rooks,2006</b>	6	108	63	Na	Total hip arthroplasty	Water and land based exercise	No intervention	WOMAC	LHHUUU	25	24	
					Total Knee Arthroplasty	Water and land based exercise				14	15	
<b>Suni,2006</b>	52	106	106	Na	Low back pain	Neuromuscular training and counseling for improved movement patterns.	No intervention	VAS	LHHUUU	52	54	
<b>Sutbeyaz,2006</b>	3	34	34	Na	Cervical osteoarthritis	Whole body electromagnetic field therapy	Sham	VAS	LLUHHU	17	15	
<b>Warke,2006</b>	6	90	90	520	Chronic Low back pain in patients with multiple sclerosis	Low frequency TENS (4 Hz, 200 ms)	Sham	VAS	LLLULHU	30	30	
						High frequency TENS (110 Hz, 200 ms);				30		
<b>Anderson,2007</b>	75	52	52	Na	Widespread pain	Psychomotor physiotherapy program	No intervention	VAS	LHHHLU	26	26	
<b>Babu,2007</b>	1	30	30	Na	Fibromyalgia syndrome	Electromyography biofeedback	Sham	VAS	UHLULU	15	15	
<b>Beurskens,2007</b>	12	30	30	Na	Axillary dissection due to breast cancer	Exercise for arm, shoulder and posture	No intervention	VAS	LUHHUL	15	15	
<b>Buchbinder,2007</b>	6	156	156	25	Adhesive Capsulitis	Passive and self-executed muscle stretching techniques	Sham	VAS	LLLHLU	78	78	
<b>Di,Lorenzo,2007</b>	4	37	37	5,5	Low back pain after extracapsular hip fractures	Back exercise, postural reeducation and back stretching	No intervention	VAS	LHHHHU	18	19	

<b>Erdogmus,2007</b>	12	80	80	Na	Disc Herniation Operation	Isometric strengthening exercises for the back, hip and abdominal muscles and education in ergonomics.	Sham	LBPRS	LLHHLU	40	40
<b>Fransen,2007</b>	12	96	96	Na	Osteoarthritis of the hip or knee	Hydrotherapy	No intervention	WOMAC	LUHHLL	55	41
<b>Hancock,2007</b>	4	240	120	1	Low back pain	spinal manipulative therapy mobilisation or high velocity thrust procedures of the lumbar spine and pelvis.	Sham	NRS	LLUHLU	59	60
<b>Herrington,2007</b>	6	45	45	Na	Patellofemoral pain	Single-joint quadriceps exercise.	No intervention	VAS	ULHHUH	15	15
						Weight-bearing multiple-joint quadriceps exercise.				15	
<b>Hinman,2007</b>	6	71	71	416	Hip and knee osteoarthritis	Aquatic physical therapy progressive exercises feedback was provided on posture, transversus abdominis muscle contraction and trunc control.	No intervention	VAS	LLHHLU	36	35
<b>Hurley,2007</b>	6	418	418	Na	Chronic Knee Pain	Individual rehabilitation. Integrating Exercise, Self-Management, and Active Coping Strategies	No intervention	WOMAC	LHHHLU	278	140
<b>Isma,2007</b>	25	72	72	Na	Deep venous thrombosis	Exercise focusing on the lower limbs	No intervention	VAS	UHHHHH	36	36
<b>Johnson,2007</b>	6	234	234	Na	Low back pain	Active Exercise, and Cognitive Behavioral Education	No intervention	VAS	LHHHLU	116	118
<b>Konstantinou,2007</b>	0,14	26	26	107,2	Low back pain	Flexion mobilizations with movement techniques.	Sham	VAS	LHLHLU	15	11
<b>Mannion,2007</b>	12	159	159	Na	Surgical decompression of the lumbar spine	Isometric spine stabilisation exercises	No intervention	NRS	LLUHLH	56	54

						Physiotherapy, mixed techniques "reflecting daily practice"				49	
<b>Rompe,2007</b>	12	75	75	45	Achillis tendinopathy	Eccentric strength exercise of gastrocnemius and calf muscles.	No intervention	VAS	LLHHLU	25	25
						Repetitive low-energy shock-wave therapy (SWT)				25	
<b>Stewart,2007</b>	6	134	134	Na	Whiplash-associated disorders	Aerobic exercise, stretches and functional activities.	No intervention	VAS	ULHHLU	66	68
<b>Tsang,2007</b>	2	30	30	Na	Total knee arthroplasty	Acupuncture	No intervention	NRS	LLUHLU	18	18
<b>Williamson,2007</b>	6	181	181	Na	Knee osteoarthritis	Strength training of hip and leg.	No intervention	VAS	LLHHLU	60	61
						Acupuncture				60	
<b>Zambito,2007</b>	2	115	105	Na	Chronic low back pain	Interferential currents placed in a standard dermatomal pattern	Sham	VAS	LHLHLU	35	35
						Horizontal Therapy in the lumbar zone and posterior proximal site of the thighs,				35	
<b>Brodin,2008</b>	52	228	228	85	Reumathoid Arthritis	Implementation of healthy physical activity.	No intervention	VAS	LHHHLU	94	134
<b>Cheing,2008</b>	4	70	70	Na	Frozen shoulder	Electro-acupuncture plus shoulder mobilization exercises.	No intervention	VAS	UHHHHU	24	23
						Interferential electrotherapy plus shoulder mobilization exercises				23	
<b>Dogru,2008</b>	Na	49	49	22,8	Adhesive capsulitis	Continuous ultrasound 1,5 W/cm <sup>2</sup>	Sham	VAS	LHUHHU	25	24
<b>Ferrara,2008</b>	4	23	23	Na	Hip osteoarthritis	Strength and flexibility training of leg and hip muscles.	No intervention	WOMAC	LHHHLU	11	12
<b>Jan,2008</b>	8	102	102	156	Knee osteoarthritis	High resistance training knee resistance training in a sitting position.	No intervention	WOMAC	LHHHUU	34	34

						Low resistance knee resistance training in a sitting position.				34	
<b>Kachingwe,2008</b>	6	33	26	140	Shoulder Impingement	Supervised exercise with glenohumeral mobilizations.	No intervention	VAS	LUUHHU	9	8
						Supervised exercise with a mobilization-with-movement (MWM) technique,				9	
<b>Kay,2008</b>	6	56	56	6,2	Distal radius fracture	Active range of motion exercises, advice and soft tissue stretches.	No intervention	VAS	LLHHUL	28	28
<b>Kennedy,2008</b>	6	48	48	Na	Low back pain	Acupuncture	Sham	VAS	LLLHLU	24	24
<b>Kofotolis,2008</b>	4	92	92	34	Chronic low back pain	Rythmic stablization alternating (trunk flexion-extension) isometric contractions against resistance	Sham	NRS	UHLHHU	23	21
						Tens 4 Hz				23	
						Combination of TENS and exercise				21	
<b>Krauss,2008</b>	0,14	32	32	Na	Cervical Pain	Spinal manipulation	No intervention	9 point faces scale	ULHHLU	22	10
<b>Lau,2008</b>	0,14	110	110	Na	Low back pain	Mobility training, education, walking aids and interferential therapy	No intervention	VAS	LLHHLU	55	55
<b>Lim,2008</b>	12	107	107	371,8	Medial knee osteoarthritis and varus malalignment	Quadriceps strengthening exercises	No intervention	WOMAC	LLHHLH	26	26
				312	Medial knee osteoarthritis with neutral alignment	Quadriceps strengthening exercises				27	28
<b>Lombardi,2008</b>	8	60	60	55,2	Shoulder Impingement Syndrome	Progressive resistance training	No intervention	VAS	LLHHLU	30	30

<b>Lubbert,2008</b>	4	102	102	Na	Clavicle fractures	Low-intensity pulsed ultrasound 30 mW	Sham	VAS	LLUUUU	52	49
<b>Lund,2008</b>	8	79	79	312	Knee osteoarthritis	Aquatic exercise - stretching, strengthening and endurance.	No intervention	VAS	LLHHLU	27	27
						Land based exercise - stretching, strengthening and endurance.				25	
<b>Magnusson,2008</b>	4	47	47	650	Chronic low back pain	Exercise with additional biofeedback	No intervention	VAS	UHHHHH	24	23
<b>Manzano,2008</b>	0,5	31	31	Na	Upper abdominal surgery	Chest physiotherapy	No intervention	VAS	LHHHLU	15	16
<b>Paatelma,2008</b>	12	134	134	Na	Low back pain	Orthopedic manual therapy	No intervention	VAS	LLHHLU	45	37
						Mc-Kenzie treatment				52	
<b>Rattanachaiyanont,2008</b>	3	113	113	258	Knee osteoarthritis	Continuous shortwave diathermy 3,2 W on the affected knee.	Sham	WOMAC	LLUHUL	53	60
<b>Reid,2008</b>	4	34	34	Na	Cervicogenic dizziness	Sustained natural apophyseal glides (mulligan)	Sham	VAS	LLLHLH	17	17
<b>Reza,Nourbakhsh,2008</b>	3	18	18	74,2	Lateral epicondylitis	Electrical stimulation 4 Hz on tender points.	Sham	NRS	LLUHLU	10	8
<b>Sikiru,2008</b>	4	24	16	Na	Chronic prostatitis/Chronic pelvic pain syndrome	Transcutaneous Electrical Nerve stimulation.	Sham	NIH-CP pain	UHUHHU	8	8
<b>Tsauo,2008</b>	8	60	60	Na	Knee osteoarthritis	Sensorimotor training of the knee	No intervention	WOMAC	LHHHHU	30	30
<b>Bialosky,2009</b>	3	40	40	156	Carpal Tunnel Syndrome	Splint treatment	Sham	NRS	LULHUU	20	20
<b>Cacchio,2009</b>	4	48	48	Na	Stroke Patients	Mirror therapy program consisting of unaffected upper limb movements	Sham	VAS	UHUHLU	24	24
<b>Costa,2009</b>	8	154	154	331	Chronic Low back Pain	Motor control exercise of the low back.	Sham	NRS	LLUHLL	77	77



<b>Garbossa,2009</b>	0,14	51	51	12	Cardiovascular diseases,	Guidance and Explanation regarding the sternotomy and the importance of pulmonary ventilation	No intervention	VAS	LHHHLU	24	27
<b>Hallegraeff,2009</b>	2,5	64	64	2	Acute low back pain	High and low velocity thrusts manipulative therapy	No intervention	VAS	LUHHHU	33	31
<b>Koc,2009</b>	2	19	19	286	Lumbar spinal stenosis	Ultrasound 1.5 W/cm <sup>2</sup> and TENS to the lumbar region.		VAS	UHHHHH	10	9
<b>Kuijper,2009</b>	6	205	205	2,9	Cervical radiculopathy	Semi hard collar immobilization	No intervention	VAS	LLHHHU	69	66
						Graded activity exercises to strengthen the superficial and deep neck muscles				69	
<b>Mannerkorpi,2009</b>	20	166	166	543,4	Fibromyalgia or Chronic widespread pain	Aerobic and stretching aquatic exercises.	No intervention	FIQ-pain	LLHHLU	81	85
<b>Miller,2009</b>	2	22	22	16,5	Shoulder Impingement Symptoms	Scapula taping	No intervention	SPADI	LLHHHU	10	12
<b>Ozgonenel,2009</b>	2	67	67	Na	Knee osteoarthritis	Ultrasound on both patellofemoral and tibiofemoral borders	Sham	VAS	UHUUHU	34	33
<b>Schenkman,2009</b>	6	61	61	Na	Recurrent low Back Pain	Standard exercise intervention impairment-based interventions, mobilization and core stability exercises.	No intervention	VAS	LUUHHU	21	20
						Exercise method training core stability during performance of actual functional activities				20	
<b>Schimmel,2009</b>	14	60	60	Na	Low back pain	Non-invasive traction therapy	Sham	VAS	LLLHLU	31	29
<b>Song,2009</b>	8	89	89	432	Patellofemoral Pain Syndrome	Hip adduction cobined with exercise combined with leg-press exercise.	No intervention	VAS	LLHHLU	29	30
						Leg-press exercise only				30	

<b>Syme,2009</b>	8	69	69	196	Patellofemoral Pain Syndrome	Physiotherapy with emphasis on selectively retraining the VMO	No intervention	NRS	LLHHUU	23	23
						Physiotherapy with emphasis on strengthening of the quadriceps femoris muscles				23	
<b>Tsauo,2009</b>	12	37	37	Na	Low back pain	Strengthening exercise, work/activity simulation training, fitness and endurance training	No intervention	ODI - pain	LHHHHU	20	17
<b>Albaladejo,2010</b>	25	348	239	12	Low back pain	Booklet on postural hygiene and exercises	No intervention	VAS	LLHHHH	100	139
<b>Barros,2010</b>	Na	46	46	Na	Coronary arterial bypass graft	Respiratory muscle training	No intervention	VAS	LHHHHH	23	23
<b>Bautmans,2010</b>	12	48	48	Na	Osteoporosis	Manual mobilisation, taping and exercises	No intervention	VAS	ULHHLU	29	19
<b>Bennell,2010</b>	10	120	120	80	Chronic rotator cuff disease	Manual therapy and a home exercise programme	No intervention	SPADI	LLH HLL	59	61
<b>Bennell,2010</b>	10	20	20	Na	Osteoporotic vertebral fracture	Postural taping and exercises	Sham	NRS	LLUHLU	11	9
<b>Bennell,2010</b>	12	89	89	12	Medial knee osteoarthritis and varus malalignment	Strengthening exercises for the hip muscles	No intervention	VAS	LLH HUL	45	44
<b>Gorodetskyi,2010</b>	2	60	60	Na	Surgically Repaired Bimalleolar Ankle Fractures	Noninvasive interactive neurostimulation	Sham	VAS	LULHLU	30	30
<b>Gutke,2010</b>	12	86	86	12	Postpartum pelvic girdle pain	Stabilizing exercises focused on the transversely oriented abdominal, the lumbar multifidus, and the pelvic floor muscles.	No intervention	VAS	UUHHHU	32	54

<b>Hoogbeem,2010</b>	3	21	21	12	Hip osteoarthritis	Tailor-made training which integrates functional physical activities into the patient's daily living (moderate to high intensity)	No intervention	HOOS	ULHHUU	10	11
<b>Liebs,2010</b>	3	362	203	Na	Hip arthroplasty	Ergometer cycling	No intervention	WOMAC	LLH HUU	99	104
<b>Liebs,2010</b>			159	Na	Knee arthroplasty	Ergometer cycling				85	74
<b>Meireles,2010</b>	8	82	82	613,6	Rheumatoid arthritis	Low level lazer therapy on the arm and wrist.	Sham	VAS	LLH LLU	41	41
<b>Nerbass,2010</b>	0,5	40	40	Na	Coronary artery bypass graft surgery	Massage neck, shoulder and back massages, traction and mobilizations.	No intervention	VAS	HHHHLH	20	20
<b>Ozguclu,2010</b>	2	40	40	108	Knee osteoarthritis	Pulsed electromagnetic field therapy	Sham	WOMAC	UHLHLU	20	20
<b>Reeve,2010</b>	1	76	76	Na	Open thoracotomy surgery	Progressive shoulder and thoracic cage exercises and breathing and coughing exercises.	No intervention	NRS	LLHHUU	32	34
<b>Tascioglu,2010</b>	2	90	90	338	Knee osteoarthritis	Group 1: Continous ultrasound	Sham	VAS	ULLHHU	27	27
						Group 2: Pulsed ultrasound				28	
<b>Thackeray,2010</b>	4	44	44	Na	Lumbar Radicular Pain From Disk Herniation	End range directional exercises or traction	No intervention	NRS	LLHHLU	21	23
<b>Tough,2010</b>	6	41	41	Na	Whiplash associated pain	Myofascial trigger point needling	Sham	VAS	LLLHUU	20	21
<b>Valtonen,2010</b>	12	50	50	12	Knee osteoarthritis	Aqua jogging, lower-leg muscle stretching and resistance training.	No intervention	WOMAC	UUHHLL	26	24
<b>Amer-Cuenca,2011</b>	0,14	90	90	Na	Unsedated colonoscopy	Tens during colonoscopy	Sham	VAS	LHLLLH	30	30
							No intervention			30	
<b>Andersen,2011</b>	10	198	198	27	Shoulder and neck pain	Progressive resistance training with elastic tubing	No intervention	NRS	LLHHUU	66	66

						2 min./day					
						Progressive resistance training with elastic tubing 12 min./day				66	
<b>Ay,2011</b>	3	60	60	4	Myofascial pain syndrome	Conventional ultrasound with normal gel	Sham	VAS	UULHHU	20	20
						Diclophenac phonophoresis and ultrasound				20	
<b>Barra,2011</b>	0,14	50	50	64	Patients suffering from painful shoulder	Diacutaneous fibrolysis	Sham	VAS	LHUHLL	25	25
<b>Bongi,2011</b>	5	35	35	410,8	Systemic Sclerosis	Manual lymph draenage	No intervention	VAS	LLHHHU	20	15
<b>Chan,2011</b>	8	46	46	Na	Chronic low back pain	Aerobic exercise training.	No intervention	VAS	LLHHLL	24	22
<b>Cuesta-Vargas,2011</b>	15	49	49	Na	Chronic low back pain	High-Intensity Deep-Water Running (additional)	No intervention	VAS	UUHLHU	25	24
<b>Damian,2011</b>	6	26	26	Na	Shoulder and neck pain	Radial chock waves on trigger points	Sham	VAS	UHHHHU	11	12
<b>Daniels,2011</b>	6	57	57	Na	Patients undergoing subcutaneous CRMD implantation	Exercises for scapula or rotator cuff muscles	No intervention	VAS	HHHHUH	29	28
<b>Facci,2011</b>	2	150	150	Na	Chronic low back pain	TENS	No intervention	VAS	LLHHLL	50	50
						Interferential currents				50	
<b>Fary,2011</b>	26	70	70	Na	Osteoarthritis of the Knee	Pulsed electrical stimulation. Asymmetrically biphasic, exponentially decreasing waveform - 100 Hz	Sham	VAS	LLLLHU	34	36

<b>Frasca,2011</b>	3	22	22	156	Mild to moderate carpal tunnel syndrome	Hyperthermia, induced by local microwave diathermy,	Sham	VAS	LUUHUU	11	11
<b>Fukuda,2011</b>	3	121	121	Na	Knee osteoarthritis	Group 1 low dose PSW 14.5 W	Sham	KOOS	LLUUUL	32	23
						High dose PSW (14,5 W)	No intervention			31	35
<b>Lamina ,2011</b>	4	40	26	Na	Chronic Pelvic Inflammatory Disease	Short Wave Diathermy	Sham	VAS	UHUHHU	13	13
<b>Nassif,2011</b>	8	75	75	Na	Chronic Low back Pain	Muscle strengthening, flexibility training, and cardiovascular endurance	No intervention	NRS	LHHHHU	32	28
<b>Sherman,2011</b>	12	228	136	10,8	Chronic Low back Pain	Aerobic and strengthening exercises and stretching	No intervention	NRS	LUHHHL	91	45
<b>Vong,2011</b>	8	76	76	Na	Acute sciatica	Exercise therapy, information and advice about lbp. Physiotherapists acted as coaches.	No intervention	VAS	LHLHLU	45	43
<b>Akyol,2012</b>	3	40	40	12	Subacromial impingement syndrome	Microwave diathermy	Sham	VAS	HLUHHU	20	20
<b>Alfredo,2012</b>	3	46	46	Na	Knee osteoarthritis	Low level laser therapy	Sham	VAS	LLUHHL	24	22
<b>Alves de Araujo,2012</b>	Na	31	31	Na	Non-structural scoliosis	Pilates exercise	No intervention	VAS	LUHHUU	20	11
<b>Arndt,2012</b>	6	92	92	21	Endoscopic supraspinatus tendon repair	Passive motion therapy	No intervention	Constant shoulder score pain subscale	UHHUHU	46	46
<b>Atamaz,2012</b>	3	203	203	160	Knee osteoarthritis	Transcutaneous electrical nerve stimulation	Sham	VAS	UHUHUU	37	37
						Interferential currents	Sham			31	35
						Shortwave diathermy	Sham			31	32
<b>Cantarero-Villanueva,2012</b>	8	66	66	Na	Myofascial trigger points	Water physical therapy, stretching and endurance.	No intervention	VAS	LLHHUU	33	33

<b>Castro-Sanchez,2012</b>	1	60	60	Na	Chronic low back pain	Kinesiotaping of the lumbar part of the back.	Sham	VAS	LLLHLL	30	30
<b>Coban,2012</b>	4	58	58	156	Irritable bowel syndrome	Interferential electrical stimulation	Sham	VAS	HHLHHU	29	29
<b>Craane,2012</b>	6	53	53	16	Masticatory muscle pain	Stretching, relaxation and education of rest positions.	No intervention	VAS	LLUHUU	26	27
<b>Ebadi,2012</b>	4	50	50	338	Chronic low back pain	Continuous ultrasound 1,5 W/cm <sup>2</sup>	Sham	VAS	LLLHLL	25	25
<b>Gomes,2012</b>	2	25	25	Na	Temporomandibular disorder	Cathodal high-voltage electrical stimulation.	Sham	VAS	HHUHHU	10	10
<b>Gundog,2012</b>	3	60	60	234	Knee osteoarthritis	Interferential current 180 Hz	Sham	WOMAC	LHHHHU	15	15
						Interferential current 100 Hz				15	
						Interferential current 40 Hz				15	
<b>Hallegraeff,2012</b>	6	80	80	44	Nocturnal leg cramps	Daily stretching exercises.	No intervention	VAS	LLHUUU	40	40
<b>Kayo,2012</b>	16	90	90	265,2	Fibromyalgia	Exercise to improve the muscle strength of the upper and lower limbs and trunk muscles.	No intervention	VAS	LLHHLU	30	30
<b>Kayo,2012</b>	16	90	90	265,2	Fibromyalgia	Supervised walking programme 40-70 % cardiac intensity	No intervention	VAS	LLHHLU	30	30
<b>Keskin,2012</b>	3	79	66	Na	Pregnancy related low back pain	TENS - 120 Hz on the lumbar region	No intervention	VAS	LLHHHU	20	21
						Home exercises: pelvic exercises, stretching for the lower extremity muscles, posture exercises, and isometric abdominal contractions.				19	
<b>Kochar,2012</b>	12	66	66	16	Lateral epicondylitis	Manual therapy (mulligan treatment) and ultrasound.	No intervention	VAS	UHHHHH	23	20
<b>Kochar,2012</b>	12	66	66	16	Lateral epicondylitis	Ultrasound	No intervention	VAS	UHHHHH	23	20

<b>Krajczy,2012</b>	Na	63	63	Na	Laparoscopic Cholecystectomy	Kinesiotaping application on abdominal muscles and liver fascia.	No intervention	VAS	LHHHHH	31	32
<b>Loyola-Sanchez,2012</b>	8	27	27	Na	Mild to Moderate Knee Osteoarthritis	Ultrasound therapy 0,2 w/cm <sup>2</sup>	Sham	WOMAC	LLLLLU	14	13
<b>Nee,2012</b>	2	60	60	26	Nerve-related neck and arm pain	Manual therapy	No intervention	NRS	LLHHLL	38	18
<b>Oosterhof,2012</b>	52	163	163	197,6	Chronic pain	Transcutaneous electrical nerve stimulation	Sham	VAS	LLULUU	81	82
<b>Oosterhof,2012</b>	1,5	20	20	24	Chronic Pain	Transcutaneous electrical nerve stimulation 80 Hz	Sham	VAS	LLLLHU	10	10
<b>Oosting,2012</b>	6	30	30	Na	Hip osteoarthritis	Home-based exercise program training functional activities and walking capacity	No intervention	VAS	LLHHUU	15	15
<b>Osteras,2012</b>	12	70	70	Na	Arthroscopic surgery due to degenerative Meniscus	Medical exercise therapy	No intervention	VAS	LLHHUU	38	37
<b>Schabrun,2012</b>	0,14	23	23	2	Myofascial trigger points	Interactive neurostimulation therapy	Sham	VAS	LULHLU	12	11
<b>Sharma,2012</b>	4	30	30	130	Knee osteoarthritis medial compartment 3rd grade	Lateral wedged insole with subtalar strapping	No intervention	KOOS	LLUUHU	15	15
<b>Stafne,2012</b>	12	855	855	Na	Lumbopelvic pain in pregnant women	Low-impact aerobics and strength exercises for upper and lower limb.	No intervention	VAS	LLHHUL	429	426
<b>Tumilty,2012</b>	4	40	40	Na	Achilles tendinopathy	Low-level laser 18J per session	Sham	NRS	LLLLLU	20	20
<b>Ulus,2012</b>	3	40	40	420	Knee osteoarthritis	Continuous ultrasound 1 W/cm <sup>2</sup> applied around the knee joint	Sham	VAS	UHLHUU	20	20
<b>Andreasen,2013</b>	12	80	60	379,6	Excessive pronation and chronic foot	Insoles	No intervention	VAS	ULHHHU	20	20

					pain						
						Therapeutic exercise and insoles				20	
<b>Chevile,2013</b>	8	66	66	Na	Stage IV lung and colorectal cancer	REST = Rapid, easy, strength training exercises targeting major muscle groups of the trunk and extremities.	No intervention	NRS	LLHHUU	26	29
<b>Ciprian,2013</b>	2	30	30	702	Ankylosing spondylitis	Spa therapy, mud packs and exercises in a thermal pool.	No intervention	VAS	UUHHHU	15	15
<b>Coombes,2013</b>	8	165	82	16	Lateral epicondylia	Local elbow manual therapy and exercise	Sham	VAS	LLUHUL	41	41
<b>Desai,2013</b>	0,14	23	23	Na	Acute spasmodic torticollis	Scapular repositioning with active cervical rotation.	No intervention	VAS	LHHHHU	12	11
<b>French,2013</b>	8	131	131	Na	Hip osteoarthritis	Low-load exercise and MT techniques	No intervention	NRS	LLHHLU	45	43
	8	131	131	Na	Hip osteoarthritis	Low-load exercise.	No intervention	NRS	LLHHLU	43	43
<b>La,Touche,2013</b>	1	32	32	572	Cervico-craniofacial Pain	Mobilization of upper cervical spine	Sham	VAS	LHLHHU	16	16
<b>Malhotra S2013</b>	6	90	90	Na	Stroke	Neuromuscular stimulation to wrist and fingers and physiotherapy	No intervention	NRS	LUHHLU	45	45
<b>Mayoral,2013</b>	0,14	40	40	Na	Total Knee Arthroplasty	Myofascial Trigger Point Dry Needling	Sham	VAS	LHLLUU	20	20
<b>McKenna,2013</b>	6	22	22	1482	Chronic Hepatitis C	Flexibility, strength, and endurance training	No intervention	VAS	LLHHLU	10	12
<b>Miquelutti,2013</b>	15	205	205	Na	Lumbopelvic pain	Non aerobic exercises to reduce back pain and help venous return.	No intervention	VAS	LLHHUH	103	102
<b>Moyano,2013</b>	16	74	74	Na	Patellofemoral pain syndrome	classic stretching. Active exercises and stretching for hip and knee.	No intervention	NRS	LLHHHU	35	26
						Neuromuscular facilitation stretching in hamstrings and quadriceps.				33	



<b>Pauls,2013</b>	14	49	49	Na	Vaginal Reconstructive Surgery	Educational information and training regarding pelvic floor exercises and relaxation.	No intervention	SPS	LLHHHH	25	24
<b>Rashid,2013</b>	10	37	37	Na	Post-Traumatic stiff ankle	Electrotherapy and additional parafin wax bath	No intervention	VAS	UHHHHU	19	18
<b>Silva Gallo,2013</b>	0,14	46	46	Na	Pregnant women	30 min. lumbar massage during the active phase of labour.	No intervention	VAS	LHHHLU	23	23
<b>*All trials included only patients &gt; 18 years</b>											
<b>¶ Shown as randomisation, concealment of allocation, blinding of participants, blinding of personnel, incomplete outcome data, selective outcome reporting. L = low risk of bias, U = unclear risk of bias, H = high risk of bias.</b>											