

## Supplementary S1

### Search strategy developed for the ovid Medline and then adopted to Amed, Embase and Cinahl.

1. ((rheumatoid or reumatoid or revmatoid or rheumatic or reumatic or revmatic or rheumat\$ or reumat\$ or revmarthrit\$) adj3 (arthrit\$ or artrit\$ or diseas\$ or condition\$ or nodule\$)).tw.
2. exp arthritis, rheumatoid/
3. (felty\$ adj2 syndrome).tw.
4. (caplan\$ adj2 syndrome).tw.
5. still\$ disease.tw.
6. bechterew\$ disease.tw.
7. exp Spondylarthropathies/
8. (ankylos\$ or spondyl\$).tw.
9. (bekhterev\$ or bechterew\$).tw.
10. (Marie adj struempell\$).tw.
11. exp Arthritis, Psoriatic/
12. (psoria\$ adj (arthriti\$ or arthropath\$)).tw.
13. ((arthriti\$ or arthropath\$) adj psoria\$).tw.
14. undifferentiated oligoarthritis.tw.
15. (inflamm\$ adj5 (arthrit\$ or arthrop\$)).tw.
16. exp Lupus Erythematosus, Systemic/
17. disease libman-sacks.mp.
18. libman-sacks disease.mp.
19. lupus erythematosus disseminatus.mp.
20. lupus erythematosus systemic.mp.
21. systemic lupus erythematosus.mp.
22. SLE.mp.
23. systemic sclerosis.mp. or exp Scleroderma, Systemic/
24. SSc.ab.
25. scleros\$.mp.
26. 24 and 25
27. 23 or 26
28. exp Myositis/
29. idiopathic inflammatory myopath\$.mp.
30. IIM.ab.
31. polymyositides.tw.
32. myositis.tw.
33. myositides.tw.

34. polymyositis.tw.
35. dermatomyositis.tw.
36. dermatomyositides.tw.
37. dermatopolymyositis.tw.
38. dermatopolymyositides.tw.
39. inflammatory myopath\$.tw.
40. inflammatory muscle disease\$.tw.
41. or/1-23,26,28-40
42. aerobic exercis\*.mp.
43. aerobic training.mp.
44. endurance exercis\*.mp.
45. exp Exercise/
46. exp Exercise Therapy/
47. exercis\* aerobic.mp.
48. exercis\* isometric\*.mp.
49. exercis\* physical.mp.
50. exercise program\*.mp.
51. exercise therap\*.mp.
52. flexibility exercises.mp.
53. isometric exercis\*.mp.
54. mobility exercises.mp.
55. muscle exercis\*.mp.
56. physical exercis\*.mp.
57. resistive exercis\*.mp.
58. exp "Physical Education and Training"/
59. training.mp.
60. exp Physical Therapy Modalities/
61. physiotherapy.mp.
62. physical therapy.mp.
63. Muscle Stretching Exercises/
64. exp Sports/
65. or/42-64
66. randomized controlled trial.pt.
67. controlled clinical trial.pt.
68. randomized.ab.
69. placebo.ab.
70. drug therapy.fs.
71. randomly.ab.

72. trial.ab.
73. groups.ab.
74. or/66-73
75. (animals not (humans and animals)).sh.
76. 74 not 75
77. randomized controlled trial.pt.
78. controlled clinical trial.pt.
79. randomized.ab.
80. placebo.ab.
81. clinical trials as topic.sh.
82. randomly.ab.
83. trial.ti.
84. or/77-83
85. (animals not (humans and animals)).sh.
86. 84 not 85
87. 76 or 86
88. 41 and 65
89. 87 and 88
90. limit 89 to english language