

Supplementary File 1: PEDro quality assessment scores for included studies

Study	Random Allocation	Allocation concealment	Baseline Comparability	Blinding of subjects	Blinding of therapists	Blinding of assessors	Adequate follow-up	Intention to treat analysis	Between group statistical comparison	Point Measures and Variability Data	PEDro Score	Overall quality of RCT
<i>Carr et al 2005</i> ⁴³	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	8/10	High
<i>Cecchi et al 2010</i> ⁴⁵	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	6/10	High
<i>Chown et al 2008</i> ⁴⁴	Yes	No	Yes	No	No	Yes	No	No	No	Yes	4/10	Fair
<i>Critchley et al 2007</i> ⁴⁶	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	7/10	High
<i>Eadie et al 2013</i> ⁴⁷	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	7/10	High
<i>Fransen et al 2001</i> ⁵³	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	7/10	High
<i>Gustavsson et al 2010</i> ⁴²	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	6/10	High
<i>Hudson et al 2010</i> ⁵¹	Yes	Yes	No	No	No	Yes	Yes	No	Yes	Yes	6/10	High
<i>Ko et al 2013</i> ⁴¹	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	8/10	High
<i>Lansinger et al 2013</i> ⁵⁰	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	6/10	High

<i>Mannion et al 2001</i> ⁴⁹	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes	6/10	High
<i>Mc Lean et al 2013</i> ⁵²	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	6/10	High
<i>Russell et al 2014</i> ²⁸	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	8/10	High
<i>Unsgaard-Tondel et al 2010</i> ⁴⁸	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	7/10	High