

## Supplementary material 5. Data extraction

Study	EG			CG			Comments
	n	Mean	SD	n	Mean	SD	
<b>Musculoskeletal</b>							
Buhrman M., et al. (2004)	22	34.3	16.8	29	39.6	16.3	*Instrument: Pain diary

1.1 Pain Short-term (Telerehabilitation x Control)

Study	EG			OI			Comments
	n	Mean	SD	n	Mean	SD	
<b>Postoperative orthopaedic</b>							
Chen M. et al. (2016)	94	16.1	6.2	93	18.4	6.7	*Instrument: VAS
Moffet. H., et al. (2015)	98	-77.2	1.4	100	-76.9	1.4	*Instrument: WOMAC Subscale Pain; *Imputed from standard errors
Piqueras M., et al. (2013)	72	-0.69	1.44	70	-0.61	1.87	*Instrument: VAS
Pastora-Bernal JM (2018)	8	-11.38	0.46	10	-10.3	0.61	*Instrument: Constant–Murley Test Subscale pain
Coronado, R. A., et al. (2019)	15	2.5	2.5	15	3.5	1.9	*Instrument: Numeric Rating Scale (NRS)
<b>Musculoskeletal</b>							
Odole A. C. and O. D. Ojo (2013)	25	22.4	13.76	25	18.84	15.99	*Instrument: VAS
Azma K., et al. (2018)	27	62.5	8.8	27	62.5	9.5	*Instrument: VAS
Chhabra H. S., et al. (2018).	45	3.3	1.7	48	3.2	2.7	*Instrument: Numeric Pain Rating Scale (NPRS)
<b>Oncology</b>							
Galiano-Castillo N., et al. (2016)	39	2.53	2.16	37	4.12	2.13	*Instrument: Brief Pain Inventory short form
<b>Rheumatologic</b>							
Piga M., et al. (2014)	18	32.85	28.36	15	53.68	32.35	*Instrument: VAS; *Combination of Systemic Sclerosis and Rheumatoid Arthritis groups
<b>Cardiovascular</b>							
Piotrowicz E., et al. (2015)	75	2.66	2.22	56	2	2.07	*Instrument: SF-36 Subscale pain
Salveti X. M., et al. (2008)	19	97.68	7.22	20	64.8	17.22	*Instrument: SF-36 Subscale pain

1.2 Pain Short-term (Telerehabilitation x Other Interventions)

Study	EG	OI	Comments
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	n	Mean	SD	n	Mean	SD	
<b>Musculoskeletal</b>							
Allen K. D., et al. (2010)	172	4.8	2.37	171	5.8	2.37	* Instrument: VAS; * Imputed from confidence intervals
Bennell K. L., et al. (2017)	72	4.2	3	70	5.7	3.6	* Instrument: WOMAC subscale pain
Calner T., et al. (2017)	48	59.4	21.4	35	54.9	23	* Instrument: VAS
Damush T. M., et al. (2003)	76	4.7	2.8	87	4.9	2.6	* Instrument: AIMS2 subscale Pain
<b>Oncology</b>							
Ligibel J. A., et al. (2012)	48	-4.9	17.5	51	-2.6	27.4	* Instrument: EORTC QLQ C-30 subscale pain

## 1.3 Pain Long-term (Telerehabilitation x Other Interventions)

Study	EG			CG			Comments
	n	Mean	SD	n	Mean	SD	
<b>Musculoskeletal</b>							
Hong J., et al. (2017)	11	193.1	36.2	12	175.6	42.1	*Instrument: Senior Fitness Test
<b>Oncology</b>							
Alibhai S. M. H., et al. (2014)	21	106	229.4	17	140.6	188.1	*Instrument: 6MWT
<b>Cardiovascular</b>							
Chien C. L., et al. (2011)	22	433	145	22	429	93	*Instrument: 6MWT

## 2.1 Physical Function Short-term (Telerehabilitation x Control)

Study	EG			OI			Comments
	n	Mean	SD	n	Mean	SD	
<b>Pulmonary</b>							
Bourne S., et al. (2017)	64	433.6	102.9	26	445.1	124.9	* Instrument: 6MWT
Demeyer H., et al. (2017)	159	457	108	159	449	118	* Instrument: 6MWT
Hornikx M., et al. (2015)	12	67	84	15	64	59	* Instrument: 6MWT
Tsai L. L., et al. (2017)	19	403	82	17	374	136	* Instrument: 6MWT
<b>Postoperative orthopaedic</b>							
Chen M., et al. (2016)	94	20.7	8.2	93	21.5	8.6	* Instrument: WOMAC Subscale Physical function
Moffet H., et al. (2015)	98	373.2	5.9	100	362	5.9	* Instrument: 6MWT; *Imputed from standard errors
Piqueras M., et al. (2013)	72	3.36	5.38	70	-5.22	6.25	* Instrument: TUG
Pastora-Bernal JM (2018)	8	15.5	0.46	10	17.7	0.59	* Instrument: Subscale Function Constant-

							Murley Test
Kalron A., et al. (2018)	15	-11.7	11	17	-19.2	11.3	* Instrument: TUG
<b>Cardiovascular</b>							
Hwang R., et al. (2017)	24	364	96	26	394	119	* Instrument: 6MWT
Piotrowicz E., et al. (2015)	75	-21.6	9.65	56	-23.2	10.71	*Instrument: SF-36 Subscale Physical Function
Peng X., et al. (2018)	49	419.23	9.67	49	406.55	12.54	*Instrument: 6MWT
Kraal J. J., et al. (2014)	25	6.1	0.5	25	5.8	0.7	*Instrument: MacNew questionnaire
Salveti X. M., et al. (2008)	19	97.32	2.63	20	78	23.81	*Instrument: SF-36 Subscale Physical Function
Varnfield. M., et al. (2014)	48	570	80	28	584	99	*Instrument: 6MWT
O'Brien. J., et al. (2017)	29	16.75	5.14	30	21	4.44	*Instrument: Tinetti Gait and Balance; *Imputed from medians and interquartile ranges
Fang, J., et al. (2019)	33	420.65	33.7	34	396.12	36.42	*Instrument: 6MWT
<b>Neurology</b>							
Chumbler. N., et al. (2012)	22	82.7	9.7	22	79	15	*Instrument: FONEFIM
Jing. C., et al. (2017)	26	37.04	3.78	25	36.08	5.31	*Instrument: Berg Balance Scale
Paul, L., et al. (2019)	39	43.7	11.2	40	42.8	9.22	*Instrument: Berg Balance Scale
<b>Oncology</b>							
Galiano-Castillo. N., et al. (2017)	39	417.55	219.06	37	313.64	144.17	*Instrument: 6MWT
Galiano-Castillo. N., et al. (2016)	39	86.84	12.56	37	71.53	17.33	*Instrument: EORTC subscale Physical Function
Ariza-Garcia, A., et al. (2019)	19	483.46	149.37	20	453.79	99.98	*Instrument: 6MWT
<b>Musculoskeletal</b>							
Odole. A. C. and O. D. Ojo (2013)	25	83.7	10.26	25	84.87	10.79	*Instrument: Ibadan Knee/Hip Osteoarthritis Outcome Measure (IKHOAM)
Azma. K., et al. (2018)	27	67.1	22.6	27	75	24.1	*Instrument: WOMAC
Chhabra. H. S., et al. (2018).	45	20.2	17.8	48	29.9	20.1	*Instrument: Modified Oswestry Disability Index (MODI)
Iles. R., et al. (2011)	13	8.3	2.1	13	5.2	3.4	*Instrument: Patient Specific Functional Scale
<b>Multiple conditions</b>							
Jackson. J. C., et al. (2012)	7	-9.76	3.03	8	-10.36	2.23	*Instrument: TUG; *Imputed from medians and interquartile ranges
<b>Rheumatologic</b>							

Piga. M., et al. (2014)	18	8.8	5.12	15	11.18	7.79	*Instrument: Dreiser's Functional; *Combination of Systemic Sclerosis and Rheumatoid Arthritis groups
<b>Endocrine</b>							
Duruturk, N. and M. A. Ozkoslu (2019)	23	554.39	139	21	450.9	165.81	*Instrument: 6MWT

## 2.2 Physical Function Short-term (Telerehabilitation x Other Interventions)

Study	EG			OI			Comments
	n	Mean	SD	n	Mean	SD	
<b>Musculoskeletal</b>							
Allen. K. D., et al. (2010)	172	-2.5	1.18	171	-2.6	1.17	* Instrument: AIMS2 subscale physical function; *Imputed from p-values
Bennell. K. L., et al. (2017)	72	-14.7	10.6	70	-18.3	11.9	*Instrument: WOMAC subscale physical function
Calner. T., et al. (2017)	48	52.1	24.5	35	65.9	22.2	*Instrument: SF-36 Subscale Physical Function
Damush. T. M., et al. (2003)	76	-2	1.5	87	-2	2.5	*Instrument: AIMS2 Subscale Physical Function
Hinman, R. S., et al. (2019)	87	10.8	9.2	88	5.8	10.5	*Instrument: WOMAC subscale physical function
<b>Postoperative orthopaedic</b>							
Bini. S. A. and J. Mahajan (2017)	14	-17.591	17.148	15	-17.251	14.201	*Instrument: KOOS
<b>Pulmonary</b>							
Brooks. D., et al. (2002)	18	345	22.79	21	370	24.62	*Instrument: 6MWT; *Imputed from p-values
<b>Neurology</b>							
Conroy. S. S., et al. (2018)	16	879.2	611.5	8	1330.8	372	*Instrument: 6MWT
Paul. L., et al. (2014)	15	-24.32	21.85	14	-15.1	5.37	*Instrument: TUG
Ellis. T. D., et al. (2019)	23	536	92.4	21	546.9	105.5	*Instrument: 6MWT
<b>Cardiovascular</b>							
Frederix. I., et al. (2015)	69	2.52	0.52	71	2.28	0.63	*Instrument: HeartQol subscale physical function
Stewart. A. V., et al. (2003)	41	499	95	42	463	86	*Instrument: 6MWT
<b>Oncology</b>							
Ligibel. J. A., et al. (2012)	48	186.9	215.1	51	81.9	135.2	*Instrument: 6MWT
<b>Endocrine</b>							
Morey. M. C., et al. (2012)	180	518.3	127.4	122	517.2	129.1	*Instrument: 6MWT

Multiple conditions							
Jansons. P., et al. (2017)	39	385	127	46	409	84	*Instrument: 6MWT

## 2.3 Physical Function Long-term (Telerehabilitation x Other Interventions)

Study	EG			CG			Comments
	n	Mean	SD	n	Mean	SD	
<b>Oncology</b>							
Alibhai. S. M. H., et al. (2014)	21	0.5	12.7	17	11.7	20.1	*Instrument: QLQ-C30
<b>Cardiovascular</b>							
Chien. C. L., et al. (2011)	22	-7	9	22	-13	13	*Instrument: Minnesota living with heart failure questionnaire
<b>Urology</b>							
Sari. D. and L. Khorshid (2009)	17	23.19	11.43	17	-5.74	6.26	*Instrument: I-QOL

## 3.1 Quality of life Short-term (Telerehabilitation x Control)

Study	EG			OI			Comments
	n	Mean	SD	n	Mean	SD	
<b>Pulmonary</b>							
Bourne. S., et al. (2017)	64	39.3	18.5	26	39.3	18.5	*Instrument: ST Georges Respiratory Questionnaire (SGRQ)
Holland. A. E., et al. (2017)	72	2.99	5.54	76	2.09	5.45	*Instrument: CRDQ
Tsai. L. L., et al. (2017)	19	99	16	17	90	18	*Instrument: CRDQ
<b>Urology</b>							
Carrion Perez. F., et al. (2015).	10	7.83	4.73	9	9	2.62	*Instrument: ICIQ-SF; *Imputed from medians and interquartile ranges
<b>Cardiovascular</b>							
Hwang. R., et al. (2017)	24	-32	19	26	-35	24	*Instrument: Minnesota living with heart failure questionnaire
Piotrowicz. E., et al. (2015)	75	-69.2	26.44	56	-70.5	25.4	*Instrument: SF-36
Peng. X., et al. (2018)	49	-43.11	8.76	49	-49.2	12.44	*Instrument: Minnesota living with heart failure questionnaire
Salveti. X. M., et al. (2008)	19	89.05	11.28	20	66.85	21.25	*Instrument: SF-36
Varnfield. M., et al. (2014)	48	0.94	0.0764	28	0.8066	0.1562	*Instrument: EQ-5D; *Imputed from medians and interquartile ranges
Kraal. J. J., et al. (2014)	25	6.1	0.5	25	5.8	0.7	*Instrument: MacNew questionnaire
O'Brien. J., et al. (2017)	29	45	24.2	30	46.33	17.68	*Instrument: SF-8

Fang, J., et al. (2019)	33	68.7	6.65	34	63.14	8.92	*Instrument: SF-36
<b>Oncology</b>							
Galiano-Castillo, N., et al. (2016)	39	81.42	19.97	37	61.47	26.49	*Instrument: EORTC
<b>Rheumatologic</b>							
Piga, M., et al. (2014)	18	41.2	11.09	15	43.4	14.65	*Instrument: SF-36; *Combination of Systemic Sclerosis and Rheumatoid Arthritis groups
<b>Musculoskeletal</b>							
Azma, K., et al. (2018)	27	133.3	88.9	27	133.3	90.1	*Instrument: KOOS subscale Quality of Life
<b>Neurology</b>							
Fjeldstad-Pardo, C., et al. (2018)	121	45.64	23.9	121	44.09	19.83	*Instrument: SF-36
Paul, L., et al. (2019)	39	0.73	0.13	40	0.71	0.16	*Instrument: EQ-5D
<b>Postoperative orthopaedic</b>							
Chen M. et al. (2016)	94	47.8	7.15	93	45.4	6.55	*Instrument: SF-36
Moffet, H., et al. (2015)	98	63.9	1.9	100	61.3	1.9	*Instrument: KOOS subscale quality of life; *Imputed from standard errors

## 3.2 Quality of life Short-term (Telerehabilitation x Other Interventions)

Study	EG			OI			Comments
	n	Mean	SD	n	Mean	SD	
<b>Musculoskeletal</b>							
Calner, T., et al. (2017)	48	46.32	24.46	35	52.68	25.8	*Instrument: SF-36
Bennell, K. L., et al. (2017)	72	0.8	0.1	70	0.8	0.1	*Instrument: AQoL II
Hinman, R. S., et al. (2019)	87	0	0.1	88	-0.1	0.1	*Instrument: Assessment of Quality of Life (AQoL) *Change within groups
<b>Pulmonary</b>							
Brooks, D., et al. (2002)	18	-47	1.94	9	-49	1.37	*Instrument: ST Georges Respiratory Questionnaire (SGRQ); *Imputed from p-values
<b>Cardiovascular</b>							
Frederix, I., et al. (2015)	69	2.53	0.44	71	2.32	0.58	*Instrument: HeartQoL
<b>Oncology</b>							
Ligibel, J. A., et al. (2012)	48	4.3	16	51	-1.5	18.8	*Instrument: EORTC QLQ C-30
Hayes, S. C., et al. (2013)	67	125.6	19.42	127	127.57	19.7	*Instrument: FACT-B +4; *Combined data in the control group (FtF + UC); *Imputed from

							confidence intervals
<b>Neurology</b>							
Paul. L., et al. (2014)	15	10.2	4.71	14	10.71	4.53	*Instrument: LEEDS QoL
Ellis. T. D., et al. (2019)	23	11.4	5.9	21	13.4	8.1	*Instrument: Parkinson Disease Questionnaire
<b>Multiple conditions</b>							
Jansons. P., et al. (2017)	39	72	17	46	68	17	*Instrument: VAS EQ-5D

3.3 Quality of life Long-term (Telerehabilitation x Other Interventions)