

Appendix F. Quality of evidence assessment (GRADE) for the primary outcome

Outcome	Follow-up time point	Study Limitation	Inconsistency	Imprecision	Overall quality
General Population					
Exercise vs. Control					
Pain intensity ^{17,27,34}	Short-term	-1	None	None	Moderate-quality
Disability ²⁷	Short-term	-1	-1	-1	Very Low-quality ^a
Exercise and Education vs. Control					
Pain intensity ^{30,32,36}	Short-term	-1	None	-1	Low-quality
Pain intensity ^{8,32,36,40}	Long-term	-1	None	None	Moderate-quality
Disability ^{32,36}	Short-term	-1	None	-1	Low-quality
Disability ^{8,32,36,40}	Long-term	-1	None	None	Moderate-quality
Education vs. Control					
Pain intensity ^{18,29,33}	Short-term	-1	None	None	Moderate-quality
Pain intensity ^{7,40}	Long-term	-1	None	-1	Low-quality
Disability ^{29,33,38,41}	Short-term	-1	None	None	Moderate-quality
Disability ^{40,41}	Long-term	-1	None	-1	Low-quality
Ergonomic vs. Control					
Pain intensity ²⁰	Short-term	-1	-1	None	Low-quality ^a
Pain intensity ²⁰	Long-term	-1	-1	None	Low-quality ^a
Ergonomic and Education vs. Control					
Pain intensity ²⁸	Short-term	-1	-1	-1	Very Low-quality ^a
Pain intensity ^{7,28}	Long-term	-1	None	-1	Low-quality
Disability ²⁸	Short-term	-1	-1	-1	Very Low-quality ^a
Disability ²⁸	Long-term	-1	-1	-1	Very Low-quality ^a
Pregnant Population					
Exercise vs. Control					
Pain intensity ^{21,23}	Short-term	None	None	None	High-quality
Disability ²¹	Short-term	None	-1	-1	Low-quality ^a
Children Population					
Exercise and Education vs. Control					
Pain intensity ²²	Short-term	-1	-1	-1	Very Low-quality ^a

Abbreviations: GRADE, Grading of Recommendations Assessment, Development and Evaluation.

^a Quality of evidence assessment based on a single trial.

The quality of evidence was downgraded one level (-1) if the study did not comply with each GRADE criteria.

Short-term indicates follow-up assessment of less than 12-months.

Long-term indicates follow-up assessment of 12-months or more.