

Supplementary Table 2 Methodological quality and reporting of eligible studies (n =8 trials, 15 publications)

| Study | PEDro Scale Items ^a | | | | | | | | | | | PEDro Score (0 to 10) |
|-------------------------------|--------------------------------|---|---|---|---|---|---|---|---|----|----|--------------------------|
| | 1 ^b | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| Andersen et al. (2014) | Y | Y | N | Y | N | N | N | N | N | Y | Y | 4 |
| Andersen et al. (2016) | Y | Y | N | Y | N | N | Y | Y | Y | Y | Y | 7 |
| Bjerre et al. (2019) | Y | Y | Y | Y | N | N | Y | Y | Y | Y | Y | 8 |
| De Sousa et al. (2019) | N | Y | N | Y | N | N | N | N | N | Y | Y | 4 |
| Helge et al. (2014) | Y | Y | N | Y | N | N | N | Y | N | Y | Y | 5 |
| Perdersen et al. (2017) | Y | Y | N | Y | N | N | N | N | N | Y | Y | 4 |
| Pereira et al. (2020) | N | Y | N | Y | N | N | N | Y | N | Y | Y | 5 |
| Shimada et al. (2018) | Y | Y | N | Y | N | N | Y | Y | N | Y | Y | 6 |
| Skoradal et al. (2018) a | Y | Y | N | Y | N | N | N | Y | N | Y | Y | 5 |
| Skoradal et al. (2018) b | N | Y | N | Y | N | N | N | Y | N | Y | Y | 5 |
| Sundstrup et al. (2016) | Y | Y | N | Y | N | N | N | Y | Y | Y | Y | 6 |
| Uth et al. (2014) | Y | Y | N | Y | N | N | N | Y | N | Y | Y | 5 |
| Uth et al. (2016) | Y | Y | N | Y | N | N | N | N | N | Y | Y | 4 |
| Vieira de Sousa et al. (2017) | N | Y | N | Y | N | N | N | Y | N | Y | Y | 5 |
| Vorup et al. (2017) | Y | Y | N | Y | N | N | N | N | Y | Y | Y | 5 |

Y = yes, N = no.^a 1 = Eligibility criteria and source of participants, 2 = random allocation, 3 = concealed allocation, 4 = baseline comparability, 5 = blinded participants, 6 = blinded therapists, 7 = blinded assessors, 8 = adequate follow-up, 9 = intention-to-treat analysis, 10 = between-group comparisons, 11 = point estimates and variability. ^b Item 1 does not contribute to the total score.