Appendix: web extra material

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Appendix 1. Systematic search strategy

**MEDLINE (OVID)**

1. Athletic Injuries/ or Rupture/ or "Sprains and Strains"/
2. Anterior Cruciate Ligament/ or Menisci, Tibial/
3. and 2
4. Anterior Cruciate Ligament Injuries/ or Tibial Meniscus Injuries/
5. or 4
6. (menisc* adj3 (resect* or injur* or tear* or repair* or reconstruct* or shav* or surg* or rupture*)).tw,kf.
7. ((ACL* or anterior cruciate ligament*) adj4 (injur* or tear* or sprain* or strain* or rupture* or reconstruct* or surg* or repair*)).tw,kf.
8. Meniscectomy/
9. Anterior Cruciate Ligament Reconstruction/
10. meniscectom*.tw,kf.
11. or/6-10
12. Arthroscopy/
13. arthros*..tw,kf.
14. or 12
15. (ACL* or anterior cruciate ligament* or menisc*).tw,kf.
16. or 15
17. 14 and 16
18. or 6-17
19. (rehabilitat* or physiotherapy or physical therapy or exercis* or physical activity or (resistance adj4 train*) or (strength adj4 train*) or (muscle adj4 strength*) or (muscle adj4 train*) or (weight adj4 lifting) or stretch* or manual therapy or neuromuscular or cryotherapy or electrostim* or hydrotherapy or mobili$ation or kinesio* or acupuncture or orthos$s or orthotics or brace or splint or tape or tapping or (tai adj2 chi) or (tai adj2 ji)).tw,kf.
20. ((ultrasound or ultrason*) and (treatment or therapy or intervention)).tw,kf.
21. ((cardiovascul* adj2 (train* or exercis*)) or (aerob* adj2 exercise*) or (physical adj2 fitness) or (physical adj2 activit*) or (high adj2 intensity adj2 interval adj2 train*) or run* or walk* or jog* or crossfit or danc*).tw,kf.
22. Rehabilitation/ or Physiotherapy/ or Exercise/ or Exercise Therapy/ or Exercise Movement Techniques/ or Physical Activity/ or Resistance Training/ or Muscle Strength/ or Closed Kinetic Chain Exercise/ or Open Kinetic Chain Exercise/ or Isokinetic Exercise/ or Isometric Exercise/ or Muscle Stretching/ or Massage/ or Cryotherapy/ or Electrotherapy/ or Hydrotherapy/ or Mobilization/ or Joint Mobilization/ or Kinesiotherapy/ or Acupuncture/ or Conservative Treatment/ or Ultrasound Therapy/ or Athletic Tape/
23. or/19-22
24. systematic review/ or meta analysis/ or practice guideline/
25. (systematic review or meta-analysis or guideline).tw,kf.
26. or 24

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EMBASE (OVID)
1. sport injury/ or joint dislocation/ or rupture/ or sprain/
2. anterior cruciate ligament/ or knee meniscus/
3. 1 and 2
4. anterior cruciate ligament injury/ or anterior cruciate ligament rupture/
5. knee meniscus rupture/
6. or/3-5
7. (menisc* adj3 (resect* or injur* or tear* or rupture* or repair* or reconstruct* or shav* or surg*)).tw,kw.
8. ((ACL* or anterior cruciate ligament*) adj4 (injur* or tear* or sprain* or rupture* or reconstruct* or surg* or repair*)).tw,kw.
9. meniscectomy/
10. meniscectom*.tw,kw.
11. anterior cruciate ligament reconstruction/
12. or/7-11
13. knee arthroscopy/ or arthroscopy/
14. arthroscop*.tw,kw.
15. or/13-14
16. (ACL* or anterior cruciate ligament* or menisc*).tw,kw.
17. 2 or 16
18. 15 and 17
19. 6 or 12 or 18
20. (rehabilitat* or physiotherapy or physical therapy or exercis* or physical activity or (resistance adj4 train*) or (strength adj4 train*) or (muscle adj4 strength*) or (muscle adj4 train*) or (weight adj4 lifting) or stretch* or manual therapy or neuromuscular or cryotherapy or electrostim* or hydrotherapy or mobili$ation or kinesio* or acupuncture or orthos$s or orthotics or brace or splint or tape or taping or (tai adj2 chi) or (tai adj2 jil)).tw,kw.
21. ((ultrasound or ultrason*) and (treatment or therapy or intervention)).tw,kw.
22. ((cardiovascul* adj2 (train* or exercis*)) or (aerob* adj2 exercise*) or (physical adj2 fitness) or (physical adj2 activit*) or (high adj2 intensity adj2 interval adj2 train*) or run* or walk* or jog* or crossfit or danc*).tw,kw.
23. rehabilitation/ or athletic rehabilitation/ or physiotherapy/ or exercise/ or aerobic exercise/ or aquatic exercise/ or closed kinetic chain exercise/ or isometric exercise/ or muscle exercise/ or dynamic exercise/ or isokinetic exercise/ or isotonic exercise/ or leg exercise/ or kinesiotherapy/ or physical activity/ or resistance training/ or muscle strength/ or training/ or stretching exercise/ or muscle stretching/ or stretching/ or massage/ or cryotherapy/ or electrotherapy/ or hydrotherapy/ or mobilization/ or joint mobilization/ or acupuncture/ or conservative treatment/ or ultrasound therapy/ or athletic tape/
24. open kinetic chain exercise/ or high frequency electrotherapy/ or low frequency electrotherapy/
25. or/20-24
26. systematic review/ or meta analysis/ or practice guideline/
27. (systematic review or meta-analysis or guideline).tw,kw.
28. 26 or 27
29. 19 and 25 and 28
CINAH (Ebsco)

1. (MH "Athletic Injuries") or (MH "Rupture") or (MH "Sprains and Strains")
2. (MH "Anterior Cruciate Ligament") or (MH "Menisci, Tibial")
3. S1 AND S2
4. (MH "Anterior Cruciate Ligament Injuries") or (MH "Meniscal Injuries")
5. S3 OR S4
6. TI ((menisc*N3 (resect* or injur* or tear* or rupture* or repair* or reconstruct* or shav* or surg*)) OR AB ((menisc*N3 (resect* or injur* or tear* or rupture* or repair* or reconstruct* or shav* or surg*)))
7. TI (((ACL* or anterior cruciate ligament*) N4 (injur* or tear* or sprain* or rupture* or reconstruct* or surg* or repair*)) OR AB (((ACL* or anterior cruciate ligament*) N4 (injur* or tear* or sprain* or rupture* or reconstruct* or surg* or repair*))
8. (MH "Meniscectomy")
9. (MH "Anterior Cruciate Ligament Reconstruction")
10. TI meniscectom* OR AB meniscectom*
11. S6 OR S7 OR S8 OR S9 OR S10
12. (MH "Arthroscopy")
13. TI arthroscop* OR AB arthroscop*
14. S12 OR S13
15. TI ((ACL* or anterior cruciate ligament* or menisc*) ) OR AB ((ACL* or anterior cruciate ligament* or menisc*)
16. S2 OR S15
17. S14 AND S16
18. S5 OR S11 OR S17
19. TI (rehabilitat* or physiotherapy or "physical therapy" or exercis* or "physical activity" or ("resistance N4 train*") or ("strength N4 train*") or ("muscle N4 strength") or ("muscle N4 train") or ("weight N4 lifting") or stretch* or "manual therapy" or neuromuscular or croytherapy or electrostim* or hydrotherapy or mobil?ation or kinesio* or acupunct or orthos? or orthotics or brace or splint or tape or tapping or ("tai N2 chi") or ("tai N2 ji") ) OR AB (rehabilitat* or physiotherapy or "physical therapy" or exercis* or "physical activity" or ("resistance N4 train") or ("strength N4 train") or ("muscle N4 strength") or ("muscle N4 train") or ("weight N4 lifting") or stretch* or "manual therapy" or neuromuscular or croytherapy or electrostim* or hydrotherapy or mobil?ation or kinesio* or acupunct or orthos? or orthotics or brace or splint or tape or tapping or ("tai N2 chi") or ("tai N2 ji")
20. TI (((ultrasound or ultrason*) and (treatment or therapy or intervention))) OR AB (((ultrasound or ultrason*) and (treatment or therapy or intervention)))
21. TI ( ((cardiovascul*N2 (train* or exercis*)) or ("aerob* N2 exercise") or ("physical N2 fitness") or ("physical N2 activit") or ("high N2 intensity N2 interval N2 train") or run* or walk* or jog* or crossfit or danc*) ) OR AB ( ((cardiovascul*N2 (train* or exercis*)) or ("aerob* N2 exercise") or ("physical N2 fitness") or ("physical N2 activit") or ("high N2 intensity N2 interval N2 train") or run* or walk* or jog* or crossfit or danc*)
22. (MH "Rehabilitat*" or MH "Rehabilitation, Athletic" or MH "Physical Therapy") or (MH "Exercise") or (MH "Resistanc Training") or (MH "Therapeutic Exercise") or (MH "Group Exercise") or (MH "Sport Specific Training") or (MH "Open Kinetic Chain Exercises") or (MH "Closed Kinetic Chain Exercises") or (MH "Physical Activity") or (MH "Muscle Strengthening") or (MH "Isokinetic Exercises") or (MH "Isometric Exercises") or (MH "Stretching") or (MH "Plyometrics") OR (MH "Massage") or (MH "Sports Massage") or (MH "Deep Tissue Massage") or (MH "Cryotherapy") or (MH "Heat-Cold Application") or (MH "Electrotherapy") or (MH "Joint Mobilization") or (MH "Hydrotherapy") or (MH "Aquatic Exercises") or (MH "Acupuncture") or (MH "Dry Needling") or (MH "Manual Therapy") or (MH "Athletic Tape")
23. S19 OR S20 OR S21 OR S22
Culvenor et al., ACL and meniscal injury rehabilitation

24. (MH "Systematic Review") or (MH "Meta Analysis") or (MH "Practice Guidelines")
25. TI (systematic review or meta-analysis or guideline) OR AB (systematic review or meta-analysis or guideline)
26. S24 OR S25
27. S18 AND S23 AND S26
SPORTdiscus (Ebsco)

1. DE "SPORTS injuries" or DE "SPRAINS"
2. DE "ANTERIOR cruciate ligament" or DE "MENISCUS (Anatomy)"
3. S1 OR S2
4. DE "ANTERIOR cruciate ligament injuries" or DE "MENISCUS injuries"
5. S3 OR S4
6. TI ((menisc* N3 (resect* or injur* or tear* or rupture* or repair* or reconstruct* or shav* or surg*)) OR AB ( ((menisc* N3 (resect* or injur* or tear* or rupture* or repair* or reconstruct* or shav* or surg*)) ) OR KW ( ((menisc* N3 (resect* or injur* or tear* or rupture* or repair* or reconstruct* or shav* or surg*)) ) )
7. TI ((ACL* or anterior cruciate ligament*) N4 (injur* or tear* or sprain* or rupture* or reconstruct* or surg* or repair* or rupture*)) OR AB ( ((ACL* or anterior cruciate ligament*) N4 (injur* or tear* or sprain* or rupture* or reconstruct* or surg* or repair* or rupture*)) ) OR KW ( ((ACL* or anterior cruciate ligament*) N4 (injur* or tear* or sprain* or rupture* or reconstruct* or surg* or repair* or rupture*)) )
8. TI meniscectom* OR AB meniscectom* OR KW meniscectom*
9. DE "ANTERIOR cruciate ligament surgery"
10. S5 OR S6 OR S7 OR S8 OR S9
11. DE "ARTHROSCOPY"
12. TI arthroscope* OR AB arthroscope* OR KW arthroscope*
13. S11 OR S12
14. TI ((ACL* or anterior cruciate ligament* or menisc*) ) OR AB ( (ACL* or anterior cruciate ligament* or menisc*) ) OR KW ( (ACL* or anterior cruciate ligament* or menisc*) )
15. S2 OR S14
16. S13 AND S15
17. S5 OR S10 OR S16
18. TI ( rehabilitat* or physiotherapy or "physical therapy" or exercis* or "physical activity" or ("resistance N4 train*") or ("strength N4 train*") or ("muscle N4 strength") or ("muscle N4 train*") or ("weight N4 lifting") or stretch* or "manual therapy" or neuromuscular or croyotherapy or electrostim* or hydrotherapy or mobili?ation or kinesio* or acupuncture or orthos?s or orhotics or brace or splint or tape or taping or ("tai N2 chi") or ("tai N2 ji") ) OR AB ( rehabilitat* or physiotherapy or "physical therapy" or exercis* or "physical activity" or ("resistance N4 train") or ("strength N4 train") or ("muscle N4 strength") or ("muscle N4 train") or ("weight N4 lifting") or stretch* or "manual therapy" or neuromuscular or croyotherapy or electrostim* or hydrotherapy or mobili?ation or kinesio* or acupuncture or orthos?s or orhotics or bace or splint or tape or taping or ("tai N2 chi") or ("tai N2 ji") ) OR KW ( rehabilitat* or physiotherapy or "physical therapy" or exercis* or "physical activity" or ("resistance N4 train") or ("strength N4 train") or ("muscle N4 strength") or ("muscle N4 train") or ("weight N4 lifting") or stretch* or "manual therapy" or neuromuscular or croyotherapy or electrostim* or hydrotherapy or mobili?ation or kinesio* or acupuncture or orthos?s or orhotics or brace or splint or tape or taping or ("tai N2 chi") or ("tai N2 ji") )
19. TI (((ultrasound or ultrason*) and (treatment or therapy or intervention)) ) OR AB ( (((ultrasound or ultrason*) and (treatment or therapy or intervention)) ) ) OR KW ( (((ultrasound or ultrason*) and (treatment or therapy or intervention)) ) )
20. TI (((cardiovascul* N2 (train* or exercis*)) or ("aerob* N2 exercise") or ("physical N2 fitness") or ("physical N2 activit") or ("high N2 intensity N2 interval N2 train*") or run* or walk* or jog* or crossfit or danc*) ) OR AB (((cardiovascul* N2 (train* or exercis*)) or ("aerob* N2 exercise") or ("physical N2 fitness") or ("physical N2 activit") or ("high N2 intensity N2 interval N2 train*") or run* or walk* or jog* or crossfit or danc*) ) OR KW (((cardiovascul* N2 (train* or exercis*)) or ("aerob* N2 exercise") or ("physical N2 fitness") or ("physical N2 activit") or ("high N2 intensity N2 interval N2 train*") or run* or walk* or jog* or crossfit or danc*) )

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21. DE "REHABILITATION" or DE "SPORTS physical therapy" or DE "PHYSICAL therapy" or DE "EXERCISE" or DE "ISOMETRIC exercise" or DE "EXERCISE therapy" or DE "ISOTONIC exercise" or DE "ISOKINETIC exercise" or DE "PHYSICAL activity" or DE "MOVEMENT therapy" or DE "MECHANOTHERAPY" or DE "WEIGHT training" or DE "RESISTANCE training" or DE "STRENGTH training" or DE "MUSCLE strength" or DE "FUNCTIONAL training" or DE "STRETCH (Physiology)" or DE "MASSAGE" or DE "MASSAGE therapy" or DE "SPORTS massage" or DE "REFLEXOTHERAPY" or DE "ORTHOPEDIC braces" or DE "COLD therapy" or DE "ELECTROTHERAPEUTICS" or DE "HYDROTHERAPY" or DE "SWIMMING therapy" or DE "ATHLETIC tape" or DE "KINESIOLOGY" or DE "ACUPUNCTURE"

22. S18 OR S19 OR S20 OR S21

23. TI (systematic review or meta-analysis or guideline) OR AB (systematic review or meta-analysis or guideline) OR KW (systematic review or meta-analysis or guideline)

24. S17 AND S22 AND S23
Culvenor et al., ACL and meniscal injury rehabilitation

COCHRANE Library

1. Athletic Injuries [MeSH] or Rupture [MeSH] or "Sprains and Strains" [MeSH]
2. Anterior Cruciate Ligament [MeSH] or Menisci, Tibial [MeSH] or Meniscus [MeSH]
3. 1 and 2
4. Anterior Cruciate Ligament Injuries [MeSH] or Tibial Meniscus Injuries [MeSH]
5. 3 or 4
6. menisc*.ti,ab,kw
7. (ACL* or anterior cruciate ligament*).ti,ab,kw
8. Menisectomy [MeSH]
9. Anterior Cruciate Ligament Reconstruction [MeSH]
10. 6 or 7 or 8 or 9
11. Arthroscopy [MeSH]
12. arthroscop*.ti,ab,kw
13. 11 or 12
14. (ACL* or anterior cruciate ligament* or menisc*).ti,ab,kw
15. 2 or 14
16. 13 and 15
17. 5 or 10 or 16
18. [rehabilitat* or physiotherapy or physical therapy or exercis* or physical activity or strength* or train* or weight* or stretch* or manual therapy or neuromuscular or cryotherapy or electrostim* or hydrotherapy or mobilisation or kinesio* or acupuncture or orthosis or orthoses or orthotics or brace or splint or tape or taping or tail].ti,ab,kw
19. ((ultrasound or ultrason*) and (treatment or therapy or intervention)).ti,ab,kw
20. (run* or walk* or jog* or crossfit or danc*).ti,ab,kw
22. 18 or 19 or 20 or 21
23. 17 and 22
24. Limit 23 to Cochrane Reviews
### Appendix 2. ROBIS risk of bias domains and questions rated as high, low or unclear risk of bias

#### Domain 1: Study Eligibility Criteria

| 1.1 | Did the review adhere to pre-defined objectives and eligibility criteria? |
| 1.2 | Were the eligibility criteria appropriate for the review question? |
| 1.3 | Were eligibility criteria unambiguous? |
| 1.4 | Were all restrictions in eligibility criteria based on study characteristics appropriate (e.g., date, sample size, study quality, outcomes measured)? |
| 1.5 | Were any restrictions in eligibility criteria based on sources of information appropriate (e.g., publication status or format, language, availability of data)? |

**Overall Concerns**

#### Domain 2: Identification and selection of studies

| 2.1 | Did the search include an appropriate range of databases/electronic sources for published and unpublished reports? |
| 2.2 | Were methods additional to database searching used to identify relevant reports? |
| 2.3 | Were the terms and structure of the search strategy likely to retrieve as many eligible studies as possible? |
| 2.4 | Were restrictions based on date, publication format, or language appropriate? |
| 2.5 | Were efforts made to minimise error in selection of studies? |

**Overall Concerns**

#### Domain 3: Data collection and study appraisal

| 3.1 | Were efforts made to minimise error in data collection? |
| 3.2 | Were sufficient study characteristics available for both review authors and readers to be able to interpret the results? |
| 3.3 | Were all relevant study results collected for use in the synthesis? |
| 3.4 | Was risk of bias (or methodological quality) formally assessed using appropriate criteria? |
| 3.5 | Were efforts made to minimise error in risk of bias assessment? |

**Overall Concerns**

#### Domain 4: Synthesis and Findings

| 4.1 | Did the synthesis include all studies that it should? |
| 4.2 | Were all pre-defined analyses reported or departures explained? |
| 4.3 | Was the synthesis appropriate given the nature and similarity in the research questions, study designs and outcomes across included studies? |
| 4.4 | Was between-study variation (heterogeneity) minimal or addressed in the synthesis? |
| 4.5 | Were the findings robust, e.g., as demonstrated through funnel plot or sensitivity analyses? |
| 4.6 | Were biases in primary studies minimal or addressed in the synthesis? |

**Overall Concerns**

#### Risk of Bias In the Review

| 5.1 | Did the interpretation of findings address all of the concerns identified in Domains 1 to 4? |
| 5.2 | Was the relevance of identified studies to the review’s research question appropriately considered? |
| 5.3 | Did the reviewers avoid emphasizing results on the basis of their statistical significance? |

**Overall Concerns**
Appendix 3. Algorithm specifically developed to assign GRADE levels of evidence for overviews.
(From Pollock et al. An algorithm was developed to assign GRADE levels of evidence to comparisons within systematic reviews. J Clin Epidemiol. 2016;70:106-10)

<table>
<thead>
<tr>
<th>Area assessed</th>
<th>Imprecision</th>
<th>Risk of bias (trial)</th>
<th>Inconsistency</th>
<th>Risk of bias (review)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method of assessment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No downgrade</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(no serious limitations)</td>
<td>≥ 200</td>
<td>≥ 75% of participants have low ROB</td>
<td>I² ≤ 75%</td>
<td>4/4 are all low ROB</td>
</tr>
<tr>
<td>Downgrade 1 level</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(serious limitations)</td>
<td>100-199</td>
<td>&lt; 75% of participants have low ROB</td>
<td>I² &gt; 75%</td>
<td>3/4 are low ROB</td>
</tr>
<tr>
<td>Downgrade 2 levels</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(very serious limitations)</td>
<td>1-99</td>
<td>If ROB for individual trials was not reported within the review, we were conservative and assumed that less than 75% of studies had low ROB.</td>
<td>If only one trial contributed to analysis, no downgrade; if I² not reported, assumed to be greater than 75%.</td>
<td>&lt; 3/4 are low ROB</td>
</tr>
<tr>
<td>Notes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Formula for applying GRADE level of evidence from number of downgrades determined using the algorithm

<table>
<thead>
<tr>
<th>GRADE certainty of evidence</th>
<th>Number of downgrades (derived from objective assessment)</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>0 downgrade</td>
</tr>
<tr>
<td>Moderate</td>
<td>1 or 2 downgrades</td>
</tr>
<tr>
<td>Low</td>
<td>3 or 4 downgrades</td>
</tr>
<tr>
<td>Very low</td>
<td>5 or 6 downgrades</td>
</tr>
</tbody>
</table>

* Method of randomisation and concealed allocation were both considered as part of the randomisation criteria.
Appendix 4. Heatmaps displaying the overlap of individual trials that evaluated interventions included in more than one systematic review (with very-low to low certainty evidence). Includes all eligible systematic reviews, irrespective of whether they were included or excluded from data synthesis. Grey boxes indicate that an RCT was not included in the respective systematic reviews. *indicates that an RCT was not included in our data synthesis because the systematic reviews that assessed it were excluded from our data synthesis due to high risk of bias.
### Appendix 5. Results from algorithm adapted to assign GRADE certainty of evidence for overviews of systematic reviews

<table>
<thead>
<tr>
<th>Intervention, Study</th>
<th>Outcome</th>
<th>No. of studies</th>
<th>No. of participants</th>
<th>% of participants in pooled analysis with low ROB for randomisation and observer blinding</th>
<th>I²</th>
<th>No. of &quot;Low ROB&quot; responses to ROBIS domains 1-4</th>
<th>No. of downgrades</th>
<th>GRADE certainty of evidence</th>
<th>Direction of effect</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Open kinetic chain exercises</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Perriman 2018</td>
<td>Quadriceps strength: short-term</td>
<td>2</td>
<td>91</td>
<td>100</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>Moderate</td>
<td>No effect – MD: -0.57 (-0.69, 1.70)€</td>
</tr>
<tr>
<td></td>
<td>Laxity: long-term</td>
<td>2</td>
<td>91</td>
<td>100</td>
<td>18</td>
<td>3</td>
<td>3</td>
<td>Low</td>
<td>No effect – MD: 0.33 (0.36, 1.03)€</td>
</tr>
<tr>
<td></td>
<td>Laxity: very long-term</td>
<td>3</td>
<td>122</td>
<td>100</td>
<td>66</td>
<td>3</td>
<td>3</td>
<td>Low</td>
<td>No effect – MD: 0.18 (0.16, 2.04)€</td>
</tr>
<tr>
<td></td>
<td>Quadriceps strength: medium-term</td>
<td>2</td>
<td>91</td>
<td>100</td>
<td>12</td>
<td>3</td>
<td>3</td>
<td>Low</td>
<td>No effect – MD: 0.06 (0.51, 0.38)€</td>
</tr>
<tr>
<td></td>
<td>Quadriceps strength: long-term</td>
<td>2</td>
<td>91</td>
<td>100</td>
<td>0</td>
<td>3</td>
<td>3</td>
<td>Low</td>
<td>No effect – MD: -0.16 (-0.57, 0.26)€</td>
</tr>
<tr>
<td></td>
<td>Self-reported function: short-term</td>
<td>3</td>
<td>130</td>
<td>33</td>
<td>0</td>
<td>3</td>
<td>3</td>
<td>Low</td>
<td>No effect – MD: -0.27 (-0.12, 0.67)€</td>
</tr>
<tr>
<td></td>
<td>Self-reported function: medium-term</td>
<td>2</td>
<td>93</td>
<td>50</td>
<td>87</td>
<td>3</td>
<td>3</td>
<td>Very Low</td>
<td>No effect – MD: 0.50 (-0.69, 1.70)€</td>
</tr>
<tr>
<td></td>
<td>Self-reported function: very long-term</td>
<td>2</td>
<td>117</td>
<td>100</td>
<td>0</td>
<td>3</td>
<td>3</td>
<td>Moderate</td>
<td>No effect – MD: 0.24 (-0.12, 0.61)€</td>
</tr>
<tr>
<td></td>
<td>Physical function</td>
<td>3</td>
<td>116</td>
<td>33</td>
<td>NR</td>
<td>3</td>
<td>3</td>
<td>Low</td>
<td>No effect</td>
</tr>
<tr>
<td></td>
<td>Adverse events</td>
<td>4</td>
<td>259</td>
<td>75</td>
<td>NR</td>
<td>3</td>
<td>3</td>
<td>Moderate</td>
<td>No effect</td>
</tr>
<tr>
<td><strong>Neuromuscular electrical stimulation</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kim 2010</td>
<td>Quadriceps strength</td>
<td>7</td>
<td>195</td>
<td>0</td>
<td>NR</td>
<td>4</td>
<td>3</td>
<td>Low</td>
<td>No effect/favours NMES</td>
</tr>
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## Culvenor et al., ACL and meniscal injury rehabilitation

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### Culvenor et al., ACL and meniscal injury rehabilitation

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## Culvenor et al., ACL and meniscal injury rehabilitation

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## Culvenor et al., ACL and meniscal injury rehabilitation

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§ The four domains on the ROBIS tool: i) study eligibility criteria; ii) identification and selection of studies; iii) data collection and study appraisal; and iv) synthesis and findings.

* mean of several meta-analyses

† only one study (therefore nor downgraded)

Closed kinetic chain exercises is the comparator

Home-based rehabilitation is the comparator

Positive values favour closed kinetic chain exercises

Positive values favour no brace

Positive values favour structured in-person rehabilitation
Culvenor et al., ACL and meniscal injury rehabilitation

ROB, risk of bias; ROBIS, Risk of Bias In Systematic reviews; GRADE, Grading of Recommendations Assessment, Development and Evaluation; NR, not reported; NMES, neuromuscular electrical stimulation; SMD, standardised mean difference; MD, mean difference.