

Supplementary table 4 – Quality assessment

	Item PEDro score													
Reference	(1)	2	3	4	5	6	7	8	9	10	11	Total score	Study quality	
Gosens et al, 2011 (including Peerbooms et al, 2010)	(+)	+	+	+	+	+	+	+	+	+	+	10/10	High	
Thanasas et al, 2011	(+)	+	-	+	-	-	+	+	+	+	+	7/10	High	
Creaney et al, 2011	(-)	+	+	-	+	-	-	+	-	+	+	6/10	High	
Omar et al., 2012	(+)	+	-	-	-	-	-	-	-	+	+	3/10	Low	
Krogh et al, 2013	(+)	+	+	+	+	-	+	+	+	+	+	9/10	High	
Mishra et al, 2013	(+)	+	-	+	+	-	+	-	-	+	-	5/10	Low	