

Supplementary Table 1: Medline search strategy

Medical Subject Headings	Keywords	
1. exp Patellofemoral Joint/ 2. exp Patella/	3. patellofemoral joint.mp. 4. patello-femoral joint.mp. 5. patella*.mp.	6. OR/1 to 5
7. exp Kinetics/ 8. exp Biomechanical Phenomena/	9. kinetic*.mp. 10. stress.mp. 11. force.mp. 12. kinematic*.mp. 13. reaction force.mp. 14. biomechanic*.mp. 15. quadriceps force.mp. 16. torque.mp. 17. moment.mp. 18. mechanic*.mp.	19. OR/7 to 18
20. exp Exercise/ 21. exp Exercise Therapy/ 22. exp Resistance Training/ 23. exp Physical Therapy Modalities/	24. exercise.mp. 25. exercise therapy.mp. 26. physical therapy.mp. 27. physiotherapy.mp. 28. lung*.mp. 29. step*.mp. 30. bike or bicycl*.mp. 31. leg press.mp. 32. stair*.mp. 33. elliptical.mp. 34. weight bearing.mp. 35. leg extension.mp. 36. run*.mp. 37. non weight bearing.mp. 38. jump*.mp. 39. bound*.mp. 40. open chain.mp. 41. closed chain.mp. 42. wall sit.mp. 43. re-training or retraining.mp. 44. squat.mp.	45. OR/20 to 44
		46. 6 AND 19 AND 45