

Table 1. Methodological quality of selected studies

Study	PEDro scale											Total (/10)
	1	2	3	4	5	6	7	8	9	10	11	
Galea et al. 2008	✓	✓	×	×	✓	×	×	✓	×	✓	✓	6
Vukomanovic et al. 2008	✓	✓	×	×	×	×	×	×	✓	✓	✓	5
Lesch et al. 2010	Case report											
Kauppila et al. 2010	✓	✓	✓	✓	✓	✓	×	✓	✓	✓	✓	10
Harmer et al. 2009	✓	✓	✓	✓	×	×	✓	✓	✓	✓	✓	9
Swank et al. 2011	✓	✓	×	✓	✓	×	×	✓	✓	✓	✓	8

Bruun-Olsen et al. 2009	✓	✓	×	✓	×	×	✓	✓	×	✓	✓	7
Kraemer et al. 2003	✓	✓	×	✓	×	×	✓	×	✓	✓	✓	7
Liao et al. 2015	✓	✓	✓	✓	×	×	✓	✓	✓	✓	✓	9
Bruun-Olsen et al. 2013	✓	✓	✓	✓	×	×	✓	✓	✓	✓	✓	9

Note: 1. Specified eligibility criteria, 2. Random group allocation, 3. Concealed allocation, 4. Prognostic heterogeneity at baseline, 5. Participant blinding, 6. Therapist blinding, 7. Assessor blinding, 8. Outcomes achieved for >85% of allocated participants, 9. Participant outcomes were analysed by “intention to treat”, 10. Between-group statistical analyses reported, 11. Outcome point measures and variability measures reported.