

Supplementary Table S1. PEDro scores of included studies.

Author	Random allocation	Concealed allocation	Groups similar at baseline	Participant blinding	Therapist blinding	Assessor blinding	<15% dropout	Intention to treat analysis	Between group difference reported	Point estimate and variability reported	PEDro score
Yee	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	6
Hojan	Yes	Yes	Yes	No	No	No	No	No	Yes	No	4
Ariza-Garcia	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	5
Eyigor	Yes	Yes	Yes	No	No	No	No	No	Yes	No	4
Yuen	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	5
Vardar-Yagli	Yes	Yes	Yes	No	No	No	No	No	Yes	No	4
Milecki	Yes	No	Yes	No	No	No	No	No	Yes	No	3
Cornette	Yes	Yes	Yes	No	No	No	No	Yes	Yes	No	5