

Supplementary File S5. Citation matrices and corrected covered area (CCA) calculations.

*Qigong*

Randomized controlled trials		Reviews
1.	Blödt S, et al. Qigong versus exercise therapy for chronic low back pain in adults--a randomized controlled non-inferiority trial. Eur J Pain. 2015;19(1):123-31.	- Nduwimana et al. 2020 - Zhang et al. 2019 - Zou et al. 2019
2.	Phattharasupharerk S, et al. Effects of Qigong practice in office workers with chronic non-specific low back pain: A randomized control trial. J Bodyw Mov Ther. 2019;23(2):375-381.	- Nduwimana et al. 2020 - Zhang et al. 2019
3.	Rendant D, et al. Qigong versus exercise versus no therapy for patients with chronic neck pain: a randomized controlled trial. Spine (Phila Pa 1976). 2011;36(6):419-27.	- Bai et al. 2015 - Gross et al. 2015 - Yuan et al. 2015
4.	Teut M, et al. Qigong or Yoga Versus No Intervention in Older Adults With Chronic Low Back Pain-A Randomized Controlled Trial. J Pain. 2016;17(7):796-805.	- Nduwimana et al. 2020 - Zhang et al. 2019 - Zou et al. 2019
5.	von Trott P, et al. Qigong and exercise therapy for elderly patients with chronic neck pain (QIBANE): a randomized controlled study. J Pain. 2009;10(5):501-8.	- Bai et al. 2015 - Gross et al. 2015 - Yuan et al. 2015

$$CCA = \frac{N-r}{rc-r} = \frac{14-5}{30-5} = \frac{9}{25} 0,36 = 36\%$$

Note:  $N$  is the number of included publications (including double counting) in the available evidence synthesis (this is the sum of the ticked boxes in the citation matrix); where  $r$  is the number of rows (number of index publications), and  $c$  is the number of columns (number of reviews).

### *Tai Chi*

Randomized controlled trials		Reviews
1	Hall AM, et al. Tai chi exercise for treatment of pain and disability in people with persistent low back pain: a randomized controlled trial. <i>Arthritis Care Res (Hoboken)</i> . 2011;63(11):1576-83.	- Hall et al. 2017 - Kong et al. 2016 - Nduwimana et al. 2020 - Qin et al. 2019 - Zou et al. 2019
2	Liu J, et al. Chen-Style Tai Chi for Individuals (Aged 50 Years Old or Above) with Chronic Non-Specific Low Back Pain: A Randomized Controlled Trial. <i>Int J Environ Res Public Health</i> . 2019;16(3):517.	- Qin et al. 2019 - Zou et al. 2019
3	Qing GM. Study on the curative effective of Taiji boxing in treatment of lumbar disc herniation. <i>Mod Preventi Med</i> . 2012;39:4170–4172. (Chinese) (2012)	- Kong et al. 2016
4	Song H, et al. A study on effect of Taijiquan on lumbar disc protrusion. <i>J Beijing Spt Univ</i> . 2008;3:627–629. (Chinese)	- Kong et al. 2016
5	Tong X, et al. The effects of Tai Chi Tui Shou for non-specific low back pain. <i>Chinese Manipul Rehabil Med</i> . 2016;7:25–7.	- Qin et al. 2019

6.	Weifen W, et al. Effectiveness of tai chi practice for nonspecific chronic low back pain on retired athletes: a randomized controlled study. J Musculoskeletal Pain. 2013;21(1):37–45.	- Hall et al. 2017 - Nduwimana et al. 2020
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$$CCA = \frac{N-r}{rc-r} = \frac{12-6}{30-6} = \frac{6}{24} 0,25 = 25\%$$

Note: *N* is the number of included publications (including double counting) in the available evidence synthesis (this is the sum of the ticked boxes in the citation matrix); where *r* is the number of rows (number of index publications), and *c* is the number of columns (number of reviews).

### Yoga

Randomized controlled trials		Reviews
1	Aboagye E, et al. Cost-effectiveness of early interventions for non-specific low back pain: a randomized controlled study investigating medical yoga, exercise therapy and self-care advice. J Rehabil Med. 2015;47(2):167-73.	- Anheyer et al. 2021
2	Brämberg EB, et al. Effects of yoga, strength training and advice on back pain: a randomized controlled trial. BMC Musculoskelet Disord. 2017;18(1):132.	- Anheyer et al. 2021 - Skelly et al. 2020
3	Chong Y, et al. Effect of hatha yoga on rehabilitation of cervical spondylopathy. J Beijing Sport Univ 2014;37:71–5. [In Chinese].	- Li et al. 2019
4	Cox H, et al. A randomised controlled trial of yoga for the treatment of chronic low back pain: results of a pilot study. Complement Ther Clin Pract. 2010;16(4):187-93.	- Anheyer et al. 2021 - Cramer et al. 2013 - Kim 2020 - Wieland et al. 2017

		<ul style="list-style-type: none"> <li>- Zhu et al. 2020</li> <li>- Zou et al. 2019</li> </ul>
5	Cramer H, et al. Randomized-controlled trial comparing yoga and home-based exercise for chronic neck pain. Clin J Pain. 2013;29(3):216-23.	<ul style="list-style-type: none"> <li>- Cramer et al. 2017</li> <li>- Li et al. 2019</li> </ul>
6	Demirel A, et al. Stabilization exercise versus yoga exercise in non-specific low back pain: Pain, disability, quality of life, performance: a randomized controlled trial. Complement Ther Clin Pract. 2019;35:102-108.	<ul style="list-style-type: none"> <li>- Anheyer et al. 2021</li> </ul>
7.	Groessl EJ, et al. Yoga for Military Veterans with Chronic Low Back Pain: A Randomized Clinical Trial. Am J Prev Med. 2017;53(5):599-608.	<ul style="list-style-type: none"> <li>- Anheyer et al. 2021</li> <li>- Skelly et al. 2020</li> <li>- Zhu et al. 2020</li> </ul>
8.	Groessl EJ, et al. Secondary Outcomes from a Randomized Controlled Trial of Yoga for Veterans with Chronic Low-Back Pain. Int J Yoga Therap. 2020;30(1):69-76. doi: 10.17761/2020-D-19-00036	<ul style="list-style-type: none"> <li>- Anheyer et al. 2021</li> </ul>
9.	Highland KB, et al. Benefits of the Restorative Exercise and Strength Training for Operational Resilience and Excellence Yoga Program for Chronic Low Back Pain in Service Members: A Pilot Randomized Controlled Trial. Arch Phys Med Rehabil. 2018;99(1):91-98.	<ul style="list-style-type: none"> <li>- Anheyer et al. 2021</li> <li>- Nduwimana et al. 2020</li> <li>- Skelly et al. 2020</li> </ul>
10.	Jacobs BP, et al. Feasibility of conducting a clinical trial on Hatha yoga for chronic low back pain: methodological lessons. Altern Ther Health Med. 2004;10(2):80-3. Erratum in: Altern Ther Health Med. 2004;10(3)48.	<ul style="list-style-type: none"> <li>- Anheyer et al. 2021</li> <li>- Kim 2020</li> <li>- Wieland et al. 2017</li> <li>- Zhu et al. 2020</li> </ul>
11.	Jeitler M, et al. Effectiveness of jyoti meditation for patients with chronic neck pain and psychological distress--a randomized controlled clinical trial. J Pain. 2015;16(1):77-86.	<ul style="list-style-type: none"> <li>- Li et al. 2019</li> </ul>
12.	Kuvačić G, et al. Effectiveness of yoga and educational intervention on disability, anxiety, depression, and pain in people with CLBP: A randomized controlled trial. Complement Ther Clin Pract. 2018;31:262-267	<ul style="list-style-type: none"> <li>- Zhu et al. 2020</li> </ul>
13.	Michalsen A, et al. Yoga for chronic neck pain: a pilot randomized controlled clinical trial. J Pain. 2012;13(11):1122-30	<ul style="list-style-type: none"> <li>- Cramer et al. 2017</li> <li>- Li et al. 2019</li> </ul>
14.	Michalsen A, et al. Yoga, Eurythmy Therapy and Standard Physiotherapy (YES-Trial) for Patients With Chronic Non-specific Low Back Pain: A Three-Armed Randomized Controlled Trial. J Pain. 2021;22(10):1233-1245	<ul style="list-style-type: none"> <li>- Anheyer et al. 2021</li> </ul>
15.	Nambi GS, et al. Changes in pain intensity and health related quality of life with Iyengar yoga in nonspecific chronic low back pain: A randomized controlled study. Int J Yoga. 2014;7(1):48-53	<ul style="list-style-type: none"> <li>- Anheyer et al. 2021</li> <li>- Nduwimana et al. 2020</li> <li>- Skelly et al. 2020</li> <li>- Zhu et al. 2020</li> </ul>

16.	Neyaz O, et al. Effectiveness of Hatha Yoga Versus Conventional Therapeutic Exercises for Chronic Nonspecific Low-Back Pain. J Altern Complement Med. 2019;25(9):938-945	- Zhu et al. 2020
17.	Patil NJ, et al. A Randomized Trial Comparing Effect of Yoga and Exercises on Quality of Life in among nursing population with Chronic Low Back Pain. Int J Yoga. 2018;11(3):208-214	- Anheyer et al. 2021
18.	Rajalaxmi V, et al. To analyse the effectiveness of yoga, pilates and Tai Chi exercise for chronic mechanical neck pain—a randomized controlled trail. Biomedicine 2018;38:156–60.	- Li et al. 2019
19.	Saper RB, et al. Yoga for chronic low back pain in a predominantly minority population: a pilot randomized controlled trial. Altern Ther Health Med. 2009;15(6):18-27	- Anheyer et al. 2021 - Cramer et al. 2013 - Holtzman et al. 2013 - Kim 2020 - Nduwimana et al. 2020 - Ward et al. 2013 - Wieland et al. 2017 - Zhu et al. 2020 - Zou et al. 2019
20.	Saper RB, et al. Yoga, Physical Therapy, or Education for Chronic Low Back Pain: A Randomized Noninferiority Trial. Ann Intern Med. 2017;167(2):85-94	- Anheyer et al. 2021 - Skelly et al. 2020 - Zhu et al. 2020 - Zou et al. 2019
21.	Sherman KJ, et al. Comparing yoga, exercise, and a self-care book for chronic low back pain: a randomized, controlled trial. Ann Intern Med. 2005;143(12):849-56	- Holtzman et al. 2013 - Skelly et al. 2020 - Slade et al. 2007 - Ward et al. 2013 - Zhu et al. 2020
22.	Sherman KJ, et al. A randomized trial comparing yoga, stretching, and a self-care book for chronic low back pain. Arch Intern Med. 2011;171(22):2019-26	- Anheyer et al. 2021 - Cramer et al. 2013 - Holtzman et al. 2013 - Kim 2020 - Skelly et al. 2020 - Ward et al. 2013 - Zhu et al. 2020

		- Zou et al. 2019
23.	Tekur P, et al. Effect of short-term intensive yoga program on pain, functional disability and spinal flexibility in chronic low back pain: a randomized control study. J Altern Complement Med. 2008;14(6):637-44	- Cramer et al. 2013 - Holtzman et al. 2013 - Zhu et al. 2020
24.	Tekur P, et al. Effect of yoga on quality of life of CLBP patients: A randomized control study. Int J Yoga. 2010;3(1):10-7	- Anheyer et al. 2021
25.	Tekur P, et al. A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: an RCT. Complement Ther Med. 2012;20(3):107-18	- Zhu et al. 2020
26.	Telles S, et al. A Randomized Controlled Trial to Assess Pain and Magnetic Resonance Imaging-Based (MRI-Based) Structural Spine Changes in Low Back Pain Patients After Yoga Practice. Med Sci Monit. 2016;22:3228-47	- Kim 2020
27.	Teut M, et al. Qigong or Yoga Versus No Intervention in Older Adults With Chronic Low Back Pain-A Randomized Controlled Trial. J Pain. 2016;17(7):796-805	- Anheyer et al. 2021 - Zhu et al. 2020 - Zou et al. 2019
28.	Tilbrook HE, et al. Yoga for chronic low back pain: a randomized trial. Ann Intern Med. 2011;155(9):569-78	- Anheyer et al. 2021 - Cramer et al. 2013 - Kim 2020 - Wieland et al. 2017 - Zhu et al. 2020 - Zou et al. 2019
29.	Uluğ N, et al. Effects of Pilates and yoga in patients with chronic neck pain: A sonographic study. J Rehabil Med. 2018;50(1):80-85	- Li et al. 2019
30.	Wattamwar RB, et al. Effect of conventional occupational therapy and yoga in chronic low back pain. Indian Journal of Occupational Therapy. 2013; 45(3): 13–20.	- Zhu et al. 2020
31.	Williams KA, et al. Effect of Iyengar yoga therapy for chronic low back pain. Pain. 2005;115(1-2):107-17	- Anheyer et al. 2021 - Cramer et al. 2013 - Holtzman et al. 2013 - Skelly et al. 2020 - Slade et al. 2007 - Wieland et al. 2017 - Zhu et al. 2020 - Zou et al. 2019

32.	Williams K, et al. Evaluation of the effectiveness and efficacy of Iyengar yoga therapy on chronic low back pain. Spine (Phila Pa 1976). 2009;34(19):2066-76	<ul style="list-style-type: none"> <li>- Anheyer et al. 2021</li> <li>- Cramer et al. 2013</li> <li>- Holtzman et al. 2013</li> <li>- Nduwimana et al. 2020</li> <li>- Skelly et al. 2020</li> <li>- Ward et al. 2013</li> <li>- Wieland et al. 2017</li> <li>- Zhu et al. 2020</li> <li>- Zou et al. 2019</li> </ul>
33.	Yogitha B, et al. Complimentary effect of yogic sound resonance relaxation technique in patients with common neck pain. Int J Yoga. 2010;3(1):18-25	<ul style="list-style-type: none"> <li>- Cramer et al. 2017</li> <li>- Li et al. 2019</li> </ul>

Note: Cramer et al. 2013 considered Tekur et al. 2008 and 2010 as the same study.

$$CCA = \frac{N-r}{rc-r} = \frac{98-33}{429-33} = \frac{65}{396} \quad 0,16 = 16\%$$

Note:  $N$  is the number of included publications (including double counting) in the available evidence synthesis (this is the sum of the ticked boxes in the citation matrix); where  $r$  is the number of rows (number of index publications), and  $c$  is the number of columns (number of reviews).