Table S1: The dosage and clinical parameters considered for the photobiomodulation devices used across studies when considering changes in pain VAS scale scores

Ref	Active, Single	Brand & Model	Wavelength nm	Pulse	Power mW	Time Secs	Beam Area cm^2	Irrad-iance mW/cm^2	Energy Joules	Fluence J/cm^2	IEC 60825 irradiance mW/cm^2	IEC 60825 irradiance J/cm^2	Treatment Method	Qty Tender points	Sess-ions	Total session mins	Interval Days	n	Days FU	Pain cm	SD
[32] da Silva 2018 @10 weeks (VAS)	Active -arm	Multi-Radiance	1 x 905 laser 4 x 640 LED 4 x 875 LED	CW & "super-pulsed"	131	300	4	33	9.8	9.8	33	9.8	Static in contact	11	20	55	3.5	160	0	-6.14	0.600
[32] de Souza 2018 @1 day (VAS)	Active -arm	Twin Flex MMOptics	780 Laser	CW	50	40	0.092	542	2	21.7	500	20	1 cm from the skin	10	12	5	3.5	66	0	-5.00	1.774
[32] Ergün 2020 (0-4 scale) @10 days	Active -arm	Elettronica Pagani	904	"super-pulsed"	7.2	120	0.196	0.037	0.86	0.037	0.0	4.4	Static in contact	10	10	20	1.0	60	0	-1.20	0.232
[31] Fitzmaurice 2023 @6 weeks (BPI intensity)	Single -arm	NovoTHOR (regular size)	660 +850	CW	694,000	1,200	24,786	28	33.6	33.6	28	33.6	Whole-body light bed	2400	18	20	2.3	19.0	168	-3.15	0.717
[31] Fitzmaurice 2023 @6 weeks (BPI interference)	Single -arm	NovoTHOR (regular size)	660 +850	CW	694,000	1,200	24,786	28	33.6	33.6	28	33.6	Whole-body light bed	2400	18	20	2.3	19.0	168	-2.42	1.500
[32] García 2011 @6 weeks (general pain)	Active -arm	Girlase E1.1010	904	"super-pulsed"	0.011	420	11.0	0.000001	0.005	0.000001	0.000001	0.000	10 cm circles	7	6	49	7.0	31	0	-2.31	3.383
[25] Gür 2002 @2 weeks	Active -arm	Frank Line IR 30	904	"super-pulsed"	11.2	180	1.0	11.2	2	2.016	112	20.2	Static in contact	13	10	30	1.0	40	0	-1.80	0.189
[26] Gür 2002 @2 weeks	Active -arm	Frank Line IR 30	904	"super-pulsed"	11.2	180	1.0	11.2	2	2.016	112	20.2	Static in contact	13	10	30	1.0	40	0	-1.82	0.216
[32] Molina-Torres 2016 @12 weeks (VAS)	Active -arm	Enraf-Nonius	905	"super-pulsed"	120	120	5	25	14.4	3.0	1,200	144	Static in contact	11	10	19	1.4	58	0	-0.79	2.127
[27] Navarro-Ledesma 2023 @1 day (intensity 0-10 VAS)	Active -arm	NovoTHOR (XL)	660 +850 LEDs	CW	967,000	1,200	34,536	28	33.6	33.6	28	33.6	Whole-body light bed	Whole -body	12	20	2.3	42	168	-0.90	0.525
[27] Navarro-Ledesma 2023 @2 weeks 6 treatments (intensity 0-10 VAS)	Active -arm	NovoTHOR (XL)	660 +850 LEDs	CW	967,000	1,200	34,536	28	33.6	33.6	28	33.6	Whole-body light bed	Whole -body	12	20	2.3	42	168	-2.90	1.224
[27] Navarro-Ledesma 2023 @4 weeks 12 treatments (intensity 0-10 VAS)	Active -arm	NovoTHOR (XL)	660 +850 LEDs	CW	967,000	1,200	34,536	28	33.6	33.6	28	33.6	Whole-body light bed	Whole -body	12	20	2.3	42	168	-3.81	0.525
[27] Navarro-Ledesma 2023 @6 weeks (intensity 0-10 VAS)	Active -arm	NovoTHOR (XL)	660 +850 LEDs	CW	967,000	1,200	34,536	28	33.6	33.6	28	33.6	Whole-body light bed	Whole -body	12	20	2.3	42	168	-1.81	0.567
[29] Navarro-Ledesma 2024 @3 months (intensity 0-10 VAS)	Active -arm	NovoTHOR (XL)	660 +850 LEDs	CW	967,000	1200	34,536	28	33.6	33.6	28	33.6	Whole-body light bed	Whole -body	12	20	2.3	42	168	-2.71	2.236
[29] Navarro-Ledesma @6 months	Active -arm	NovoTHOR (XL)	660 +850 LEDs	CW	967,000	1200	34,536	28	33.6	33.6	28	33.6	Whole-body light bed	Whole -body	12	20	2.3	42	168	-3.14	0.915
[32] Panton 2013 @[25] at 4 weeks	Active -arm	LCT-1000 (LiteCure)	980 +810	CW	10,000	60	56	0.177	600	10.629	0.177	10.6	grid scanning technique	7	8	7	3.5	38	0	-0.90	1.972
[32] Ruaro 2014 @4 weeks (pain vas)	Active -arm	Ibramed Laserpulse	670	CW	20	28	0.0	517	0.6	16	20.000	1.400	Static in contact	18	12	34	2.3	20	0	-2.70	0.538
[32] Wu 2018 @4 weeks	Single -arm	YJ-ILIB-5 Bio-ILIB	632.8	CW	2.5	3,600	0.0020	1,280	9.0	4,608	0.025	90.0	Intra-venous	1	20	60	1.0	15	1	-3.07	1.600

Table S2: The dosage and clinical parameters consider photobiomodulation devices used across studies when considering changes in FIQ total scores.

Ref	Active, Single	Brand & Model	Wave-length nm	Pulse	Power mW	Time Secs	Beam Area cm^2	Irradence mW/cm^2	Energy Joules	Fluence J/cm^2	IEC 60825 irradiance mW/cm^2	IEC 60825 irradiance J/cm^2	Treatment Method	Qty Tender points	Sess-ions	Total session mins	Interval Days	n	Days FU	FIQ mm	SD
[32] Armagan 2006 @10 days	Active-arm	Endolaser 476	830	CW	50	60	0.008	6,366	3.0	382	0.500	30.0	Static in contact	10	10	10	1.4	32	168	-6.700	38.785
[32] Armagan 2006 @6 months (24 weeks)	Active-arm	Endolaser 476	830	CW	50	60	0.008	6,366	3.0	382	0.500	30.0	Static in contact	10	10	9	1.3	31	168	-3.480	32.400
[32] Ergün 2020 @10 days	Active-arm	Elettronica Pagani	904	"super-pulsed"	7.2	120	0.196	0.037	0.86	4.400	0.0	4.4	Static in contact	10	10	20	1.0	60	0	-52.300	57.924
[31] Fitzmaurice 2023 @6 month	Single Arm	NovoTHOR (regular size)	660 +850 LEDs	CW	694,000	1,200	24,786	28	33.6	33.600	28.000	33.6	Whole-body light bed	2,400	18	20.0	2.3	19.0	168	-14.020	98.368
[31] Fitzmaurice 2023 @6 weeks	Single Arm	NovoTHOR (regular size)	660 +850 LEDs	CW	694,000	1,200	24,786	28	33.6	33.600	28.0	33.6	Whole-body light bed	2,400	18	20.0	2.3	19.0	168	-24.400	137.120
[32] García 2011 @at 6 weeks	Active-arm	Girlase E1.1010	904	"super-pulsed"	0.011	420	11.0	0.000001	0.005	0.000000425	0.000001	0.0004	10 cm circles	7	6	49	7.0	31	0	-19.150	83.535
[26] Gür 2002 @2 weeks	Active-arm	Frank Line IR 30	904	"super-pulsed"	11.2	180	1.0	11.200	2.0	2.016	112.000	20.2	Static in contact	13	10	30	1.0	40	0	-23.250	55.487
[32] Panton 2013 @4 weeks	Active-arm	LCT-1000 (LiteCure)	980 +810	CW	10,000	60	56	0.177	600	10.629	0.177	10.6	grid scan technique	7	8	7	3.5	38	0	-7.000	159.400
[32] Ruaro 2014 @4 weeks	Active-arm	Ibramed Laserpulse	670	CW	20.0	28	0.0	517	0.6	16.000	20.000	1.400	4 locations each point	18	12	34	2.3	20	0	-18.600	74.016
[32] Wu 2018 @4 weeks	Single Arm	YJ-ILIB-5 Bio-ILIB	633	CW	2.5	3,600	0.0020	1,280	9.0	4,608	0.025	90.0	Intravenous	1	20	60	1.0	15	1	-27.210	151.650