Supplementary Table S1. Quality assessment of reviewed articles using the PEDro scale.

	PEDro Criteria[1] Items criteria											Score[2]
	1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	
Articles												
Abrantes et al., 2014	1	1	1	1	0	0	0	1	1	1	1	8 /11
Agarwal et al., 2015	1	1	1	1	0	0	0	1	1	1	1	8 /11
Brellenthin et al., 2019	1	1	1	1	0	0	1	1	1	1	1	9 /11
Chen et al., 2020	1	1	1	1	0	0	1	1	1	1	1	9 /11
Chen et al., 2021	1	1	1	1	0	0	0	1	1	1	1	8 /11
De la Garza et al., 2016	1	1	1	1	0	0	0	1	1	1	1	8 /11
Dolezal et al., 2014	1	1	1	1	0	0	0	1	1	1	1	8 /11
Durmus, 2020	1	1	1	1	0	0	0	1	1	1	1	8 /11
Ellingsen et al., 2023	1	1	1	1	0	0	0	1	1	1	1	8 /11
Freeman et al., 2018	1	1	0	1	0	0	0	1	1	1	1	7 /11
Furulund et al., 2024	1	1	1	1	0	0	0	1	1	1	1	8 /11
Giesen et al., 2016	1	1	1	1	0	0	0	1	1	1	1	8 /11
Giménez-Meseguer et al., 2015	1	1	1	1	0	0	0	1	1	1	1	8 /11
Haglund et al., 2014	1	1	0	1	0	0	1	1	1	1	1	8 /11
Hallgren et al., 2014	1	1	0	1	0	0	0	1	1	1	1	7 /11
He et al., 2021	1	1	1	1	0	0	0	1	1	1	1	8 /11
Huang et al., 2023	1	1	1	1	0	0	0	1	1	1	1	8 /11
Lander et al., 2017	1	1	0	1	0	0	0	1	1	1	1	7 /11
Li et al., 2013	1	1	0	1	0	0	0	1	1	1	1	7 /11
Li et al., 2023	1	1	1	1	0	0	0	1	1	1	1	8 /11
Li et al., 2024	1	1	1	1	0	0	0	1	1	1	1	8 /11
Liu et al., 2023	1	1	1	1	0	0	0	1	1	1	1	8 /11
Liu et al., 2021 a	1	1	0	1	0	0	1	1	1	1	1	8 /11

Liu et al., 2021	1	1	1	1	0	0	1	1	1	1	1	9 /11
Mamen et al., 2011	1	1	1	1	0	0	0	1	1	1	1	8 /11
Menglu et al., 2021	1	1	1	1	0	0	0	1	1	1	1	8 /11
Mooney et al., 2014	1	1	1	1	0	0	1	1	1	1	1	9 /11
Oh & Kim, 2016	1	1	1	1	0	0	0	1	1	1	1	8 /11
Patten et al., 2017	1	1	1	1	0	0	0	1	1	1	1	8 /11
Pérez-Moreno et al., 2007	1	1	1	1	0	0	0	1	1	1	1	8 /11
Pires et al., 2023	1	1	1	1	0	0	0	1	1	1	1	8 /11
Rawson et al., 2015 a	1	1	1	1	0	0	0	1	1	1	1	8 /11
Rawson et al., 2015 b	1	1	1	1	0	0	0	1	1	1	1	8 /11
Salem et al., 2022	1	1	0	1	0	0	1	1	1	1	1	8 /11
Sari et al., 2019	1	1	0	1	0	0	0	1	1	1	1	7 /11
Sun et al., 2023	1	1	0	1	0	0	0	1	1	1	1	7 /11
Tan et al., 2023	1	1	1	1	0	0	0	1	1	1	1	8 /11
Uebelacker et al., 2019	1	1	0	1	0	0	1	1	1	1	1	8 /11
Wang et al., 2017	1	1	1	1	0	0	1	1	1	1	1	9 /11
Wang et al., 2021 a	1	1	0	1	0	0	0	1	1	1	1	7 /11
Wang et al., 2021 b	1	1	0	1	0	0	0	1	1	1	1	7 /11
Wang et al., 2022	1	1	1	1	0	0	0	1	1	1	1	8 /11
Welford et al., 2022	1	1	1	1	1	1	1	1	1	1	1	11 /11
Xu et al., 2022	1	1	1	1	0	0	0	1	1	1	1	8 /11
Zhang et al., 2020	1	1	0	1	0	0	0	1	1	1	1	7 /11
Zhu et al., 2016	1	1	0	1	0	0	0	1	1	1	1	7 /11
Zhu et al., 2018	1	1	1	1	0	0	0	1	1	1	1	8 /11
Zhu et al., 2021	1	1	1	1	0	0	0	1	1	1	1	8 /11
Zhu et al., 2023	1	1	1	1	0	0	0	1	1	1	1	8 /11
Zhuang et al., 2013	1	1	1	1	1	1	1	1	1	1	1	11 /11
												Mean score: 8

[1]Where PEDro criteria 1: “eligibility criteria were specified”; 2: “subjects were randomly allocated to groups”; 3: “allocation was concealed”; 4: “the groups were similar at baseline regarding the most important prognostic indicators”; 5: “there was blinding of all subjects”; 6: “there was blinding of all therapists who administered the therapy”; 7: “there was blinding of all assessors who measured at least one key outcome”; 8: “measures were obtained from more than 85% of the subjects initially allocated to groups”; 9: “All subjects with available outcome measures received the allocated treatment or control condition, or their data were analysed using an 'intention-to-treat' approach”; 10: “Statistical between-group analysis”; 10: “Point measures and measures of variability for at least one key outcome”. [2]In PEDro scale: 1: “satisfied”; 0: “not satisfied”.