Supplement Table S3. Details of active control interventions

	Active Control Interventions	Detalis of Program
Wang C [32] (2009)	Sretching exercise + Health education	60 min (20 min stretching exercises and 40 min health education), Wellness education and stretching program (1) Stretching exercises involving the upper body, trunk and lower body, each stretch being held for 10 to 15 seconds (2) Health education consist of ① Knee osteoarthritis as a disease; diet and nutrition; ③ Therapies to treat knee osteoarthritis; or ④ Physical and mental health education (e.g., recognizing and dealing with stress)
Wortley M [33] (2013)	Resistance training	60 min, Open-kinetic chain resistance training program - The program included the following knee and hip exercises performed with ankle cuff weights: seated leg extension, standing hamstring curl, straight leg raise, standing hip abduction, standing hip adduction, standing hip flexion, standing calf raise - Participants started with either a 5 lb or 10 lb ankle weight and progressed from two sets of eight repetitions to three sets of 12 repetitions during the first 6 weeks, and were allowed to increase the weight as needed during the final 4 weeks.
Chenchen W [35] (2016)	Physical therapy	30 min, Physical therapy protocol followed U.S. guidelines for knee osteoarthritis treatment - At each session, the physical therapist examined the participant for adverse signs and symptoms before proceeding with manual therapy or exercise - Patients were encouraged to also perform exercises at home. After 6 weeks, participants were instructed to continue exercises in 30-minute sessions 4 times per week for 6 weeks. These were monitored weekly by telephone by using standardized forms to ascertain frequency, exercises completed, adverse events, and adherence.