

Supplementary file 1. Physiotherapy evidence database (PEDro) scale ratings.

Item	Gómez-Molina et al. (2018) ²⁸	Andrade et al. (2018) ²⁹	Turner, Owings and Schwane (2003) ³⁰	Bonacci et al., (2011) ³¹	Spurrs, Murphy and Watsford (2003) ¹²	Pellegrino, Ruby and Dumke (2016) ¹³	Berryman, Maurel and Bosquet (2010) ³²	Ache-Dias et al. (2018) ³³	Barnes et al. (2013) ³⁴	Saunders et al., (2006) ³⁵	Lundstrom et al. (2017) ³⁵	Paavolainen et al. (1999) ⁴	Taipale et al. (2010) ³⁷	Taipale et al. (2013) ³⁸	Sedano et al. (2013) ⁴²	Li et al. (2019) ³⁹	Giovanelli et al. (2017) ¹¹	Blagrove et al. (2018) ⁴⁰	
Item 1 a	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Item 2	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes
Item 3	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Item 4	No	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Item 5	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Item 6	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Item 7	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Item 8	Yes	No	Yes	No	Yes	Yes	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No
Item 9	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Item 10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Item 11	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Total (maximum = 10)	5	5	5	5	5	5	5	5	3	6	5	4	4	4	6	4	6	4	5

Note. Item 1: Eligibility criteria specified (not included in final rating). Item 2: Random group allocation. Item 3: Concealed allocation. Item 4: Similar groups at baseline. Item 5: Blinding of subjects. Item 6: Blinding of coaches. Item 7: Blinding of assessors. Item 8: 85% of subjects received one key measurement. Item 9: Intention to treat. Item 10: Statistical significance reported for one key outcome. Item 11: Effect sizes and measures of variability.