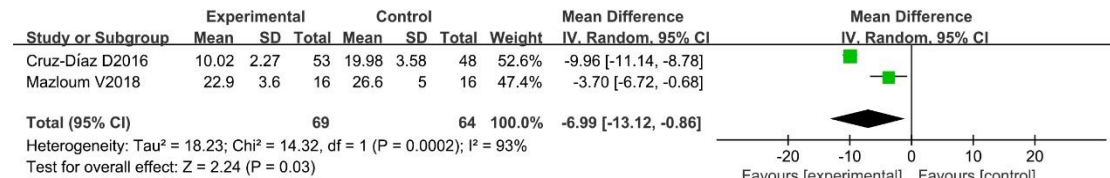
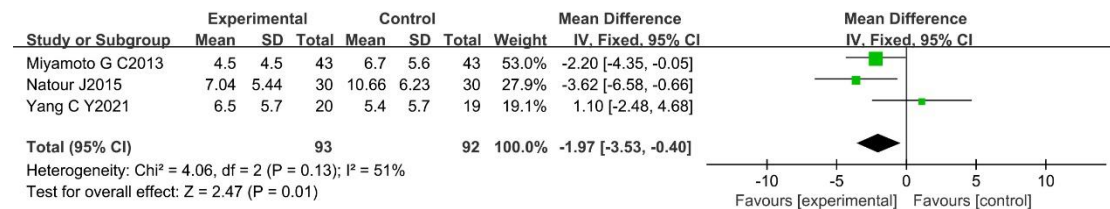


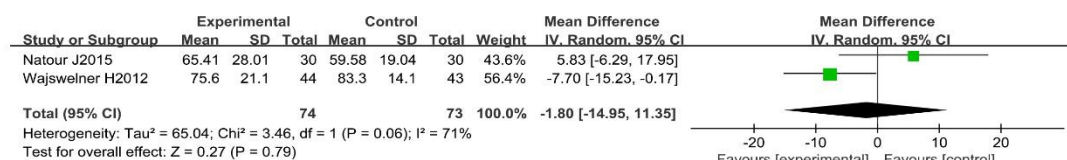
Supplementary Figure S1. Meta-analysis of the effect of Pilates on Pain Scale follow-up.



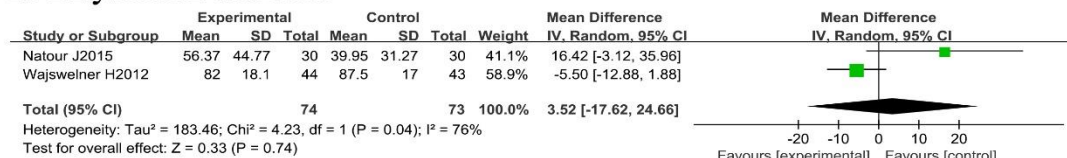
Supplementary Figure S2. Meta-analysis of the effect of Pilates on ODI follow-up.



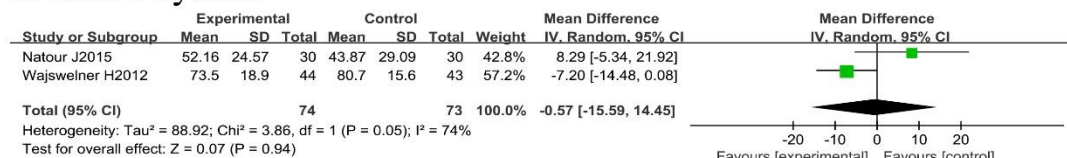
Supplementary Figure S3. Meta-analysis of the effect of Pilates on RMDQ follow-up.



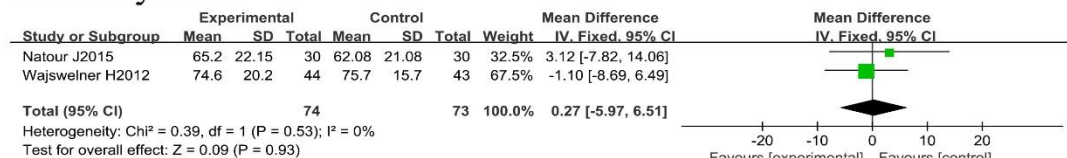
A-Physical Function



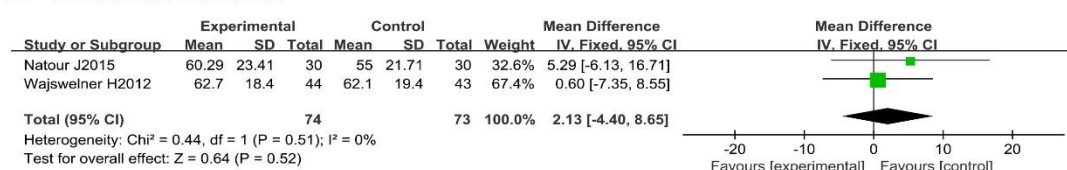
B-Role Physical



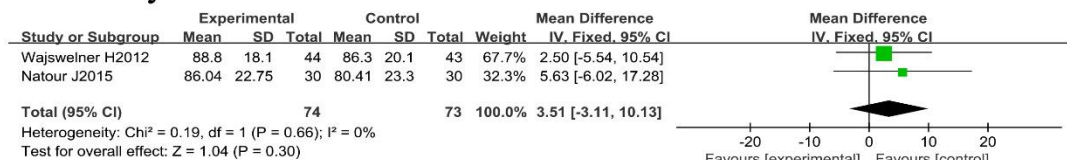
C-Bodily Pain



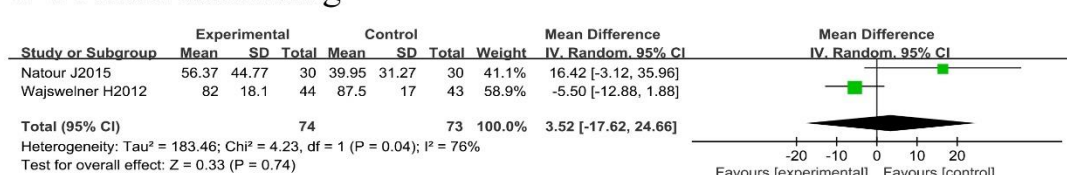
D-General Health



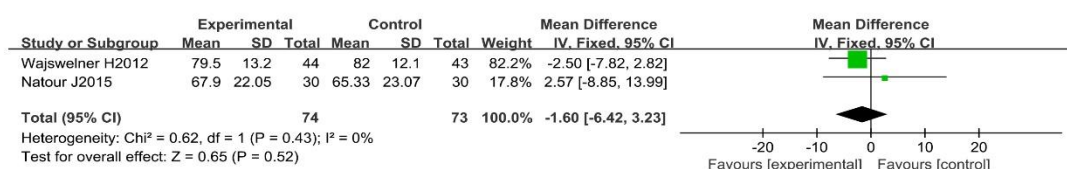
E-Vitality



F-Social Functioning

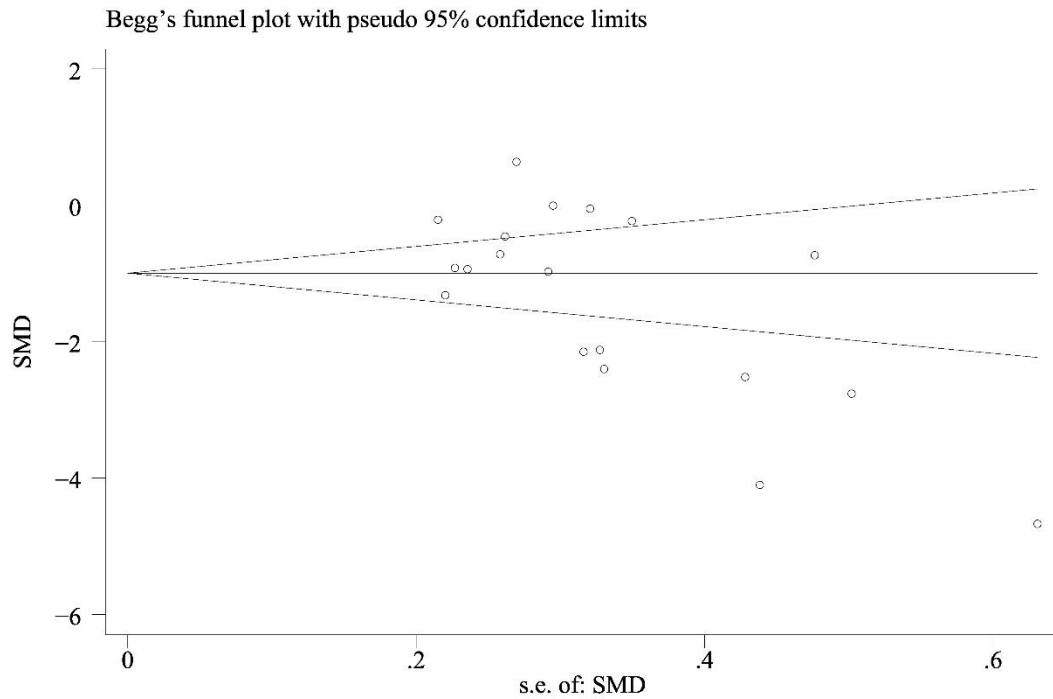


G-Role Emotion

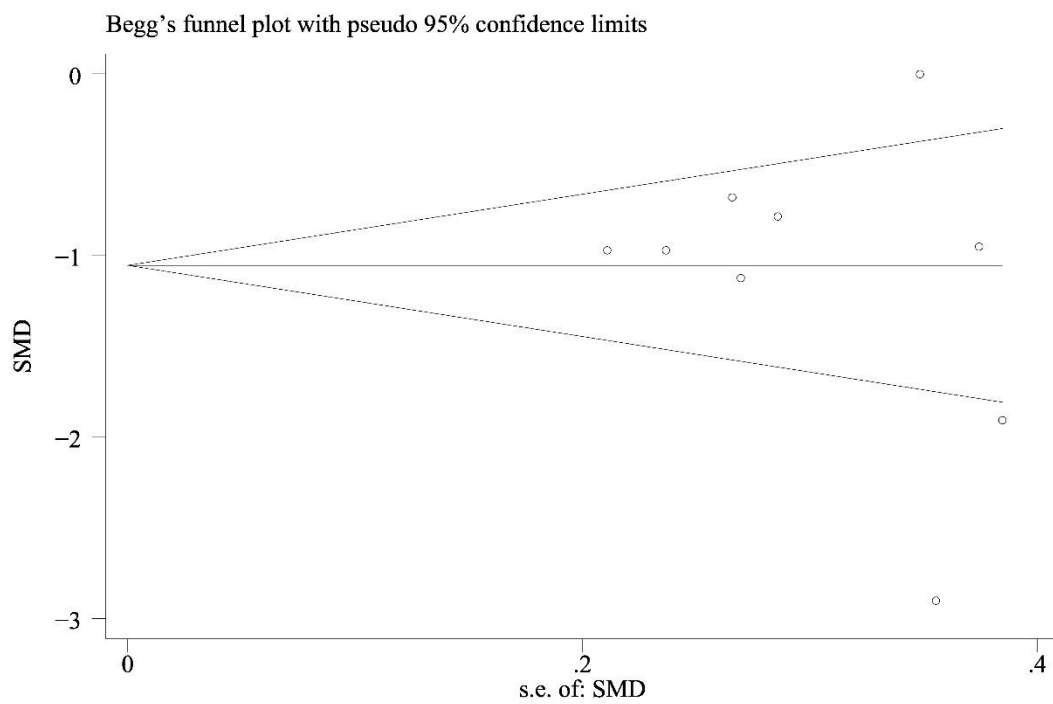


H-Mental Health

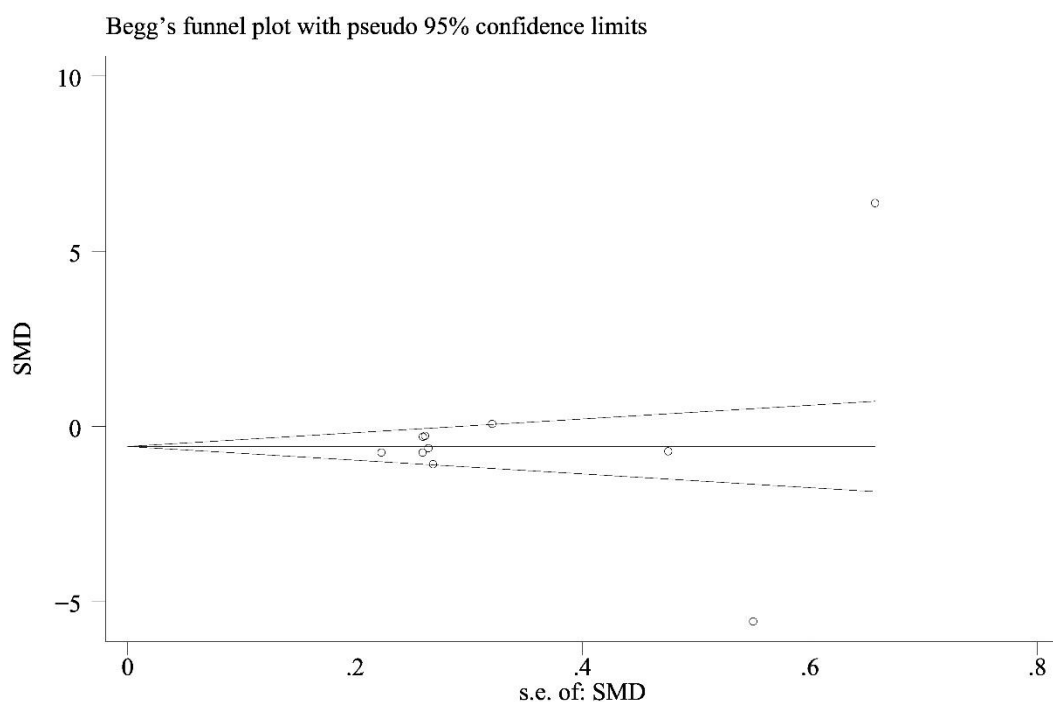
Supplementary Figure S4. Meta-analysis of the effect of Pilates on SF-36 follow-up.



Supplementary Figure S5. Pain Scale publication bias graph of the included RCTs.



Supplementary Figure S6. ODI publication bias graph of the included RCTs.



Supplementary Figure S7. RMDQ publication bias graph of the included RCTs.

Supplementary Table S1. Search strategy for each database.

Search engine	Search	Search query	Date of search
CNKI/VIP/CBM	#1	主题 (Topic) =普拉提(Pilates) OR 普拉提训练(Pilates training)	20-November-22
	#2	主题 (Topic) =腰痛(back pain/ low back pain) OR 非特异性腰痛(nonspecific low back pain) OR 慢性腰痛(chronic low back pain) OR 慢性非特异性腰痛(chronic nonspecific low back pain)	
	#3	#1 AND #2	
PubMed	#1	Pilates [Title/Abstract]	20-November-22
	#2	Pilates training [Title/Abstract]	
	#3	#1 OR #2	
	#4	low back pain [Title/Abstract]	
	#5	back pain [Title/Abstract]	
	#6	low back ache [Title/Abstract]	
	#7	chronic low back pain [Title/Abstract]	
	#8	nonspecific low back pain[Title/Abstract]	
	#9	chronic nonspecific low back pain [Title/Abstract]	

	#10	chronic nonspecific lumbago [Title/Abstract]	
	#11	chronic nonspecific lower back pain [Title/Abstract]	
	#12	chronic nonspecific lumbar pain[Title/Abstract]	
	#13	non-specific lower back pain [Title/Abstract]	
	#14	#4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13	
	#15	#3 AND #14	
Web of Science	#1	TS = ('Pilates' OR 'Pilates training')	20-November-22
	#2	TS = ('low back pain' OR 'back pain' OR 'low back ache' OR 'chronic low back pain' OR 'nonspecific low back pain ' OR 'nonspecific low back pain' OR 'chronic nonspecific low back pain' OR 'chronic nonspecific lumbago' OR 'chronic nonspecific lower back pain' OR 'chronic nonspecific lumbar pain' OR 'non-specific lower back pain')	
	#3	#1 AND #2 Databases = SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI	
Embase	#1	'Pilates' OR 'Pilates training'	20-November-22
	#2	'low back pain' OR 'back pain' OR 'low back ache' OR 'chronic low back pain' OR 'nonspecific low back pain ' OR 'nonspecific low back pain' OR 'chronic nonspecific low back pain' OR 'chronic nonspecific lumbago' OR 'chronic nonspecific lower back pain' OR 'chronic nonspecific lumbar pain' OR 'non-specific lower back pain'	
	#3	#1 AND #2	
EBSCO	S1	Pilates OR Pilates training	20-November-22
	S2	low back pain OR back pain OR low back ache OR chronic low back pain OR nonspecific low back pain OR nonspecific low back pain OR chronic nonspecific low back pain OR chronic nonspecific lumbago OR chronic nonspecific lower back pain OR chronic nonspecific lumbar pain OR non-specific lower back pain	
	S3	S1 AND S2	

Supplementary Table S2. Jadad scale score of included RCTs.

Reference	Generation of random sequences	Randomization concealment	Blind method	Withdrawal	Total score	Level
Gladwell V.2005	1	0	2	1	4	H
Rydeard R.2006	2	1	0	1	4	H
Wajswelner H.2012	2	2	2	1	7	H
Miyamoto G C.2013	2	2	2	1	7	H
Notarnicola A.2014	0	0	0	1	1	L
Mostagi F Q.2015	2	2	2	1	7	H
Natour J.2015	2	2	2	1	7	H
Akodu A.2016	1	0	2	0	3	L
Cruz-Díaz D.2016	2	2	2	1	7	H
Cruz-Díaz D.2017	2	1	2	1	6	H
Lopes S.2017	2	1	1	1	5	H
Mazloun V.2018	1	0	2	1	4	H
Ying Z.2019	2	1	0	1	4	H
Minghui L.2019	1	1	0	1	3	L
Baskan Ö.2021	2	1	2	1	6	H
Batibay S.2021	1	1	2	0	4	H
Yang C.2021	2	1	2	2	6	H
Fei W.2022	1	1	0	1	3	L
Manman M.2022	1	1	0	1	3	L

Table notes: The numbers are the scores of each item. The higher the score, the higher the quality. “Total score” represents the sum of the scores of each item. “H” means high quality. “L” means low quality.

Supplementary Table S3. The pooled results of sensitivity analyses [MD (95% CI)].

Indicators	Minimum estimate	Maximum estimate	Overall result
Pain Scale	-1.412(-1.922, -0.903)	-1.272(-1.772, -0.772)	-1.336(-1.829, -0.842)
ODI	-1.250(-1.691, -0.810)	-0.913(-1.207, -0.619)	-1.124(-1.572, -0.675)
RMDQ	-1.013(-1.659, -0.366)	0.073(-0.674, 0.821)	-0.405(-1.311, 0.502)