

Supplementary material

Table S2: Methodological quality and risk of bias

ROB-2. Randomized studies							
Study	PEDro Score	Bias arising from the randomization process	Bias due to deviation from intended interventions	Bias due to the missing outcome data	Bias in measurement of the outcome	Bias in selection of the reported result	Overall Risk of Bias
Sammer et al., 2006	6	Unclear	Unclear	Low	High	Low	High
París et al., 2011	7	Unclear	Low	Unclear	Low	Low	Unclear
Edwards et al., 2013	8	Low	Low	Low	High	Low	High
Cerasa et al., 2014	8	Unclear	Low	Low	Low	Low	Unclear
Costa et al., 2014	8	Unclear	Low	Low	Low	Low	Unclear
Peña et al., 2014	8	Low	Low	Low	Low	Low	Low
Petrelli et al., 2014	8	Low	Low	Unclear	Low	Low	Unclear
Angelucci et al., 2015	7	Unclear	Low	Low	Low	Low	Unclear
Fellman et al., 2018	8	Low	Low	Low	Unclear	Low	Unclear
Bernini et al., 2020	8	Low	Low	Low	Low	Low	Low
Ophey et al., 2020	9	Low	Low	Low	Low	Low	Low

Table S2: Risk of bias (continued)

ROBINS-I. Non-randomized studies								
Study	Bias due to confounding	Bias in selection of participants into the study	Bias in classification of interventions	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurement of outcomes	Bias in selection of the reported result	Overall Risk of Bias
Naismith et al., 2013	Low	Low	Low	Low	Low	Low	Low	Low

