

## Supplement

**Table S1.** Search strategies.

<b>(A) EMBASE</b>
((((acupressure/exp) OR (Shiatsu)) OR (Zhi Ya) OR (Chih Ya) OR (acupoint pressing) OR (acupoint massage) OR (soft tissue therapy) OR (musculoskeletal manipulations) OR (acupressure)) AND ((osteoarthritis/exp) OR (sacroiliitis) OR (spondylosis) OR (periarthrits) OR (arthritis/exp) OR (osteoarthritis) OR (degenerative joint disease) OR (wear-and-tear arthritis)))
<b>(B) PubMed</b>
((acupressure[MeSH Terms]) OR ((((((acupressure[Text Word]) OR (Shiatsu[Text Word])) OR (Zhi Ya[Text Word])) OR (Chih Ya[Text Word])) OR (acupoint pressing[Text Word])) OR (acupoint massage[Text Word])) OR (soft tissue therapy[Text Word])) OR (musculoskeletal manipulations[Text Word])) AND (((osteoarthritis[MeSH Terms]) OR (sacroiliitis[MeSH Terms]) OR (spondylosis[MeSH Terms]) OR (periarthrits[MeSH Terms]) OR (arthritis[MeSH Terms]) OR (osteoarthritis [Text Word]) OR (degenerative joint disease [Text Word]) OR (wear-and-tear arthritis [Text Word]) OR (periarthrits[Text Word]) OR (degenerative arthritis[Text Word]))
<b>(C) CENTRAL</b>
((mh “acupressure”) OR (acupressure:ti,ab,tw) OR (Shiatsu:ti,ab,tw) OR (Zhi Ya:ti,ab,tw) OR (Chih Ya:ti,ab,tw) OR (acupoint pressing:ti,ab,tw) OR (acupoint massage:ti,ab,tw) OR (soft tissue therapy:ti,ab,tw) OR (musculoskeletal manipulations:ti,ab,tw)) AND ((mh “osteoarthritis”) OR (sacroiliitis:ti,ab,tw) OR (spondylosis:ti,ab,tw) OR (periarthrits:ti,ab,tw) OR (arthritis:ti,ab,tw) OR (osteoarthritis:ti,ab,tw)) OR (degenerative joint disease:ti,ab,tw) OR (wear-and-tear arthritis:ti,ab,tw) OR (periarthrits:ti,ab,tw) OR (degenerative arthritis:ti,ab,tw))
<b>(D) AMED</b>
((acupressure [tw]) OR (Shiatsu [tw]) OR (Zhi Ya [tw]) OR (Chih Ya [tw]) OR (acupoint pressing[tw]) OR (acupoint massage[tw]) OR (soft tissue therapy [tw]) OR (musculoskeletal manipulations [tw])) AND ((osteoarthritis) OR (sacroiliitis [tw]) OR (spondylosis [tw]) OR (periarthrits [tw]) OR (arthritis [tw]) OR (degenerative joint disease [tw]) OR (wear-and-tear arthritis [tw]) OR (periarthrits [tw]) OR (degenerative arthritis [tw]))
<b>(E) CNKI-Chinese Database</b>
(全文=骨关节炎 + 老年性关节炎 + 退行性关节炎 + 退化性关节炎 + 增生性关节炎 + 膝关节炎 + 颈关节炎 + 腰椎关节炎 + 脊柱关节炎 + 肩关节周围炎 + 腕关节炎 + 手指退化性关节炎 + 拇指关节炎 + 髌关节炎 + 髌髌关节炎) AND (全文=指压 + 指压疗法 + 手指按压 + 穴位按摩疗法 + 穴位按摩) AND (全文=随机 + 对照)
<b>(F) VIP- Chinese Database</b>
任意字段=骨关节炎 OR 骨关节病 OR 老年性关节炎 OR 退行性关节炎 OR 退行性关节疾病 OR 退化性关节炎 OR 增生性骨关节炎 OR 增生性关节炎 OR 骨质增生 OR 肥大性关节炎 OR 膝骨关节炎 OR 膝关节炎 OR 颈椎痛 OR 颈椎退化性关节炎 OR 颈部关节炎 OR 腰椎病 OR 腰椎关节炎 OR 脊椎椎间盘退化 OR 脊柱关节炎 OR 肩关节周围炎 OR 腕关节炎 OR 腕管综合征 OR 手指退化性关节炎 OR 拇指关节炎 OR 大拇指腱鞘炎 OR 髌关节炎 OR 髌髌关节炎 OR 踝关节炎 OR 颞颌骨关节炎 OR 关节疼痛僵硬 OR 关节肿胀 AND 任意字段=指压 OR 指压疗法 OR 手指按压 OR 穴位按摩疗法 OR 穴位按摩 AND 任意字段=随机 OR 对照
<b>(G) Wanfang- Chinese Database</b>
全部:(骨关节炎 OR 骨关节病 OR 老年性关节炎 OR 退行性关节炎 OR 退行性关节疾病 OR 退化性关节炎 OR 增生性骨关节炎 OR 增生性关节炎 OR 骨质增生 OR 肥大性关节炎 OR 膝骨关节炎 OR 膝关节炎 OR 颈椎痛 OR 颈椎退化性关节炎 OR 颈部关节炎 OR 腰椎病 OR 腰椎关节炎 OR 脊椎椎间盘退化 OR 脊柱关节炎 OR 肩关节周围炎 OR 腕关节炎 OR 腕管综合征 OR 手指退化性关节炎 OR 拇指关节炎 OR 大拇指腱鞘炎 OR 髌关节炎 OR 髌髌关节炎 OR 踝关节炎 OR 颞颌骨关节炎 OR 关节疼痛僵硬 OR 关节肿胀) and 全部:(指压 OR 指压疗法 OR 手指按压 OR 穴位按摩疗法 OR 穴位按摩) and 全部:(随机 OR 对照)
<b>(H) RISS, OASIS, DBpia, KISS, KoreaMed – Korean Databases</b>
(지압[TIAB]) AND (관절염*[TIAB])