**Supplementary Table 2 Scores assessing the methodological quality**

| Eligibility criteriaspecified | Gao(2022) | Turrado(2021) | Feyzioglu(2020) | Basha(2022) | Mohammad(2018) | Villumsen(2019) | Zhang(2022) |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Random allocation | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |
| Concealedallocation | 0 | 1 | 1 | 1 | 0 | 1 | 0 |  |  |
| Groups similar atbaseline | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |
| Subject blinding | 0 | 0 | 1 | 0 | 0 | 0 | 0 |  |  |
| Therapist blinding | 0 | 0 | 0 | 0 | 0 | 1 | 0 |  |  |
| Assessor blinding | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |
| Less than %15dropouts | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |
| Intention to treatanalysis | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |
| Between-groupstatisticalcomparisons | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |
| Point measures andvariability data | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |
| Total PEDro score | 7/10 | 8/10 | 9/10 | 8/10 | 7/10 | 9/10 | 7/10 |  |  |
|  |  |  |  |  |  |  |  |  |  |