**Supplementary online material:** Flow chart of systematic literature search for included studies.

Records after duplicates removed
(n = 18)

Records screened
(n = 18)

Records identified through database searching (n = 31)

* PubMed: (n = 4)
* Web of Science (n = 5)
* PEDro (n = 10)
* SPORTdiscus (n = 2)
* Embase (n = 6)
* CINAHL (n = 4)

## Identification

## Eligibility

## Included

## Screening

Additional records identified through personal knowledge
(n = 2)

Irrelevant records excluded
(n = 6)

e.g. surgical techniques

Full-text articles excluded, with reasons
(n = 5)

* Language (n = 2)

-Portuguese

-Persian (Farsi)

* Excluded women with DRA (n= 1)
* Study design (n = 1)
* Included men (n = 1)

Full-text articles assessed for eligibility
(n = 12)

Studies included in qualitative synthesis
(n = 7)

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| ***Supplemental online material:*** *Assessment of risk of bias PEDro scale* |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Walton** **2016** | **Kamel** **2017** | **Bobowik** **2018** | **Tuttle** **2018** | **Gluppe** **2018** | **Thabet** **2019** | **Keshwani** **2019** |
| Eligibility criteriaa | Yes | Yes | No | Yes | Yes | Yes | Yes |
| Random allocation | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Concealed allocation | 0 | 0 | 0 | 1 | 1 | 0 | 0 |
| Baseline comparability | 0 | 1 | 1 | 1 | 1 | 1 | 0 |
| Blinded subjects | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Blinded therapists | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Blinded assessors | 1 | 1 | 0 | 1 | 1 | 1 | 1 |
| Adequate follow-up | 1 | 1 | 0 | 0 | 1 | 1 | 1 |
| Intention-to-treat analysis | 0 | 0 | 0 | 0 | 1 | 1 | 0 |
| Between group comparisons | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Point estimates and variability | 1 | 1 | 1 | 1 | 1 | 0 | 1 |
| **Total** | **5/10** | **6/10** | **4/10** | **6/10** | **8/10** | **6/10** | **5/10** |
| PEDro, Physical therapy Evidence Database; 1 = yes, 0 = no aNot included in total score |  |