

Table I - Classification of articles on the PEDro Scale

	1	2	3	4	5	6	7	8	9	10	11	Total
Dobšák <i>et al.</i> [14]		X		X						X	X	4
Deley <i>et al.</i> [15]		X		X				X		X	X	5
Deley <i>et al.</i> [16]		X		X						X	X	4
Eicher <i>et al.</i> [17]		X									X	2
Harris <i>et al.</i> [18]		X		X				X		X	X	5
Karavidas <i>et al.</i> [19]		X		X			X	X		X	X	6
Araújo <i>et al.</i> [20]		X	X	X			X	X		X	X	7
Banerjee <i>et al.</i> [21]		X								X	X	3
Karavidas <i>et al.</i> [22]		X		X			X			X	X	5
Karavidas <i>et al.</i> [23]		X		X			X	X		X	X	6
Nuhr <i>et al.</i> [24]		X	X	X				X		X	X	6
Quittan <i>et al.</i> [25]		X		X			X			X	X	5
Groehs <i>et al.</i> [26]		X		X			X	X			X	5
Sacilotto <i>et al.</i> [27]		X		X				X	X	X	X	6
Kucio <i>et al.</i> [28]		X	X	X				X		X	X	6

Forestieri <i>et al.</i> [29]		x	x	x			x			x	x	6
Kadoglou <i>et al.</i> [30]		x		x						x	x	4
Ennis <i>et al.</i> [31]		x	x	x	x		x		x	x	x	8

PEDro Scale Items: 1) Eligibility criteria were specified (*- This item is not used to calculate the PEDro score); 2) Subjects were randomly allocated to groups; 3) Allocation of subjects was concealed; 4) Groups were initially similar with regard to important prognostic indicators; 5) All subjects were blinded to the study; 6) All therapists who administered the therapy were blinded; 7) All assessors who measured at least one key outcome were blinded; 8) Measurements of at least one key outcome were obtained from more than 85% of subjects originally allocated to groups; 9) All subjects for whom outcome measurements were presented received the treatment or control condition as allocated, or if this was not the case, the data were analyzed for at least one outcome using intention-to-treat analysis; 10) Results of between-group statistical comparisons were reported for at least one key outcome; 11) The study presents both measures of precision and measures of variability for at least one key outcome. Methodological Quality Classification: a. High methodological quality; b. Moderate methodological quality; c. Low methodological quality.