|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Reference  (year) | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | Total |
| Clark et al.  (2011) [15] | y | n | y | n | n | n | y | n | y | y | 5 |
| Ellefsenet al. (2015) [19] | Y | n | y | n | n | n | y | n | y | y | 5 |
| Karabulut et al.(2010) [12] | Y | n | n | n | n | n | y | n | y | y | 4 |
| Kubo et al.  (2006) [11] | Y | n | y | n | n | n | n | n | y | y | 4 |
| Laurentino et al.(2012) [16] | Y | n | y | n | n | n | n | n | y | y | 4 |
| Libardiet al.  (2015) [20] | Y | n | y | n | n | n | n | n | y | y | 4 |
| Lixandrao et al. (2015) [6] | Y | n | y | n | n | n | n | n | y | y | 4 |
| Martin-Hernandez et al. (2013) [14] | Y | n | y | n | n | n | n | n | y | y | 4 |
| Ozaki et al.  (2013) [17] | Y | n | y | n | n | n | n | n | y | y | 4 |
| Thiebaud et al. (2013) [18] | N | n | y | n | n | n | y | n | y | y | 4 |
| Vechin et al.  (2015) [7] | Y | n | y | n | n | n | n | n | y | y | 4 |
| Yasuda et al.  (2011) [13] | Y | n | y | n | n | n | n | n | y | y | 4 |
| Yasuda et al. (2011a) [21] | Y | n | y | n | n | n | n | n | y | y | 4 |

**Electronic supplementary material S1** Pedro’s scale. y: yes; n: no. 2 = subjects were randomly allocated to groups (in a crossover study, subjects were randomly allocated and order in which treatments were received; 3 = allocation was concealed; 4 = the groups were similar at baseline regarding the most important prognostic indicators; 5 = there was blinding of all subjects; 6 = there was blinding of all therapists who administered the therapy; 7 = there was blinding of all assessors who measured at least one key outcome; 8 = measures of at least one key outcome were obtained from more than 85% of the subjects initially allocated to groups; 9 = all subjects from whom outcome measures were available received the treatment or control condition as allocated or, where this was not the case, data for at least one key outcome were analyzed by “intention to treat”; 10 = the results of between-group statistical comparisons were reported for at least one key outcome; 11 = the study provided both point measures and measures of variability for at least one key outcome.