**Supplementary Figure 1. Flow diagram of study selection**

**Update search:** Records identified through an electronic database search in February 2015 with the limit ‘published from 2013 to 2015’ (n = 363).

MEDLINE and MEDLINE in process: 30

EMBASE: 80

CINAHL: 24

Cochrane Central Register of Controlled Trials: 154

Cochrane Database of Systematic Reviews: 44

CRD (NHS EED, DARE, HTA): 8

Physiotherapy Evidence Database (PEDro): 23

Full-text articles assessed for eligibility

(n = 54)

Records identified after duplicates were removed

(n = 679)

**Original search:**

Records identified through an electronic database search in May 2013 (n = 818).

MEDLINE and MEDLINE in process: 128

EMBASE: 279

CINAHL: 126

Cochrane Central Register of Controlled Trials: 107

Cochrane Database of Systematic Reviews: 92

CRD (NHS EED, DARE, HTA): 39

Physiotherapy Evidence Database (PEDro): 47

Records identified after duplicates were removed\*

(n = 278)

Records excluded

(n = 903)

Records screened (title and abstracts)

(n = 957)

Articles excluded and reasons (n= 47)

-Design: 17

-Participants: 14

-Intervention: 4

-Other (abstracts, comments, etc.): 12

Articles included

(n = 7)

6 studies included

\*Records of papers published in 2013 and identified in the original search were also removed.