**Appendix 1**

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| **Table 6** Literature Search Strategy | |
| **Database** | **Search Strategy** |
| Cochrane Library | 1. MeSH descriptor: [Whiplash Injuries] explode all trees 2. Whiplash OR WAD OR “neck strain” OR “neck sprain” OR “whiplash associated disorder”:ti, ab, kw (Word variations have been searched) 3. #1 OR #2 |
| CINAHL | Whiplash OR WAD OR “neck strain” OR “neck sprain” OR “whiplash associated disorder”  Limiters: ‘randomized’ |
| PubMed | (whiplash injuries[MeSH Terms]) OR (Whiplash[Title/Abstract] OR WAD[Title/Abstract] OR “neck strain”[Title/Abstract] OR “neck sprain”[Title/Abstract] OR “whiplash associated disorder”[Title/Abstract])  AND (systematic[sb] OR Randomized Controlled Trial[ptyp] OR Controlled Clinical Trial[ptyp] OR Clinical Trial[ptyp] OR Clinical Study[ptyp]) AND "humans"[MeSH Terms]) |
| Embase | 1. 'whiplash'/exp OR whiplash OR wad OR 'neck strain' OR 'neck sprain' OR 'whiplash associated disorder' AND [humans]/lim 2. AND ‘whiplash injury’/de AND (‘controlled clinical trial’/de OR ‘controlled study’/de OR ‘randomized controlled trial’/de) AND [adult]/lim |