Table 1. Assessment of bias using the PEDro scale

| PEDro Criteria | Eligibility Criteria Specified | Participants Randomly Allocated to Groups | Allocation Concealed | Groups Similar at Baseline Regarding Most Important Prognostic Indicators | Blinding of all Subjects | Blinding of All Interventionists | Blinding of All Assessors | Measures of at Least One Key Outcome Obtained from >85% of Subjects Allocated to Groups | All Subjects for Whom Outcomes Were Available Received Assigned Condition, or Intention-to-Treat Analysis was Performed on At least One Key Outcome | Results of Between-Group Statistical Comparison Reported for At least One Key Outcome | Reported Point Measures and Measures of Variability for At least One Key Outcome |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [Arkkukangas et al., 2019](file:///C%3A%5CUsers%5Ckevin.brosky%5CDownloads%5CJAANP_JAANP-D-20-00051_tud_ACE.docx#bib_Arkkukangas_et_al_2019) | Yes | Yes | No | Yes | No | No | Yes | Yes | Yes | Yes | Yes |
| [Bickmore et al., 2013](file:///C%3A%5CUsers%5Ckevin.brosky%5CDownloads%5CJAANP_JAANP-D-20-00051_tud_ACE.docx#bib_Bickmore_et_al_2013) | Yes | Yes | No | Yes | No | No | Yes | Yes | Yes | Yes | Yes |
| [Barreto et al., 2018](file:///C%3A%5CUsers%5Ckevin.brosky%5CDownloads%5CJAANP_JAANP-D-20-00051_tud_ACE.docx#bib_Barreto_et_al_2018) | Yes | Yes | Yes | Yes | Yes | No | No | No | Yes | Yes | Yes |
| [de Vries et al., 2016](file:///C%3A%5CUsers%5Ckevin.brosky%5CDownloads%5CJAANP_JAANP-D-20-00051_tud_ACE.docx#bib_de_Vries_et_al_2016) | Yes | Yes | Yes | Yes | Yes | No | No | No | Yes | Yes | Yes |
| [Kerr et al., 2018](file:///C%3A%5CUsers%5Ckevin.brosky%5CDownloads%5CJAANP_JAANP-D-20-00051_tud_ACE.docx#bib_Kerr_et_al_2018) | Yes | Yes | No | No | No | No | Yes | Yes | Yes | Yes | Yes |
| [Kolt et al., 2012](file:///C%3A%5CUsers%5Ckevin.brosky%5CDownloads%5CJAANP_JAANP-D-20-00051_tud_ACE.docx#bib_Kolt_et_al_2012) | Yes | Yes | No | Yes | No | No | Yes | No | No | Yes | Yes |
| [Herhelegiu et al., 2017](file:///C%3A%5CUsers%5Ckevin.brosky%5CDownloads%5CJAANP_JAANP-D-20-00051_tud_ACE.docx#bib_Herghelegiu_et_al_2017) | Yes | Yes | No | No | No | Yes | Yes | Yes | No | Yes | Yes |
| [McMurdo, et al., 2010](file:///C%3A%5CUsers%5Ckevin.brosky%5CDownloads%5CJAANP_JAANP-D-20-00051_tud_ACE.docx#bib_McMurdo_et_al_2010) | Yes | Yes | No | Yes | No | No | Yes | Yes | Yes | Yes | Yes |
| [Mutrie et al., 2012](file:///C%3A%5C%5CUsers%5C%5Ckevin.brosky%5C%5CDownloads%5C%5CJAANP_JAANP-D-20-00051_tud_ACE.docx%22%20%5Cl%20%22bib_Mutrie_et_al_2012%22%20%5Co%20%22bib_Mutrie_et_al_2012) | Yes | Yes | No | Yes | No | No | Yes | Yes | Yes | Yes | Yes |
| [Rasinaho et al., 2012](file:///C%3A%5CUsers%5Ckevin.brosky%5CDownloads%5CJAANP_JAANP-D-20-00051_tud_ACE.docx#bib_Rasinaho_et_al_2012) | Yes | Yes | No | Yes | No | No | Yes | Yes | Yes | Yes | Yes |
| [Robare et al., 2011](file:///C%3A%5CUsers%5Ckevin.brosky%5CDownloads%5CJAANP_JAANP-D-20-00051_tud_ACE.docx#bib_Robare_et_al_2011) | Yes | Yes | No | Yes | No | No | No | Yes | No | Yes | Yes |
| [Thompson et al., 2014](file:///C%3A%5CUsers%5Ckevin.brosky%5CDownloads%5CJAANP_JAANP-D-20-00051_tud_ACE.docx#bib_Thompson_et_al_2014) | Yes | Yes | No | Yes | No | No | No | Yes | No | Yes | Yes |