**Table 2. PEDro criteria and scores for included studies (n = 8)**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Study | Random Allocation | Concealed allocation | Groups similar at baseline | Participant blinding | Therapist blinding | Assessor blinding | Adequate follow-up | Intention-to-treat analysis | Between-group difference reported | Point estimate & variability reported | Total (0 to 10) |
| Baydogan2015 | 1 | 0 | 0\* | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 4 |
| Epps 2005 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 8 |
| Mendonça 2013 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 8 |
| Sandstedt 2012 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 6 |
| Sandstedt 2013 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 5 |
| Singh-Grewal 2007 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 8 |
| Takken 2003 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 6 |
| Tarakci 2012 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 7 |
| Elnaggar & Elshafey2016 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 7 |

1. Eligibility criteria were specified (not included in the total PEDro score)

2. Subjects were randomly allocated to groups

3. Allocation was concealed

4. 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 for 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 was analysed by “intention to treat”

10. The results of between-group statistical comparisons are reported for at least one key outcome

11. The study provides both point measures and measures of variability for at least one key outcome

\* Groups were similar in all aspects except disease duration that was significantly longer in the strength-training group