**Supplemental Digital Content 2**

Sackett’s Levels of Evidence for Group Designs27

***Level I*:** Systematic review of randomized controlled trials (RCTs), Large RCT (with narrow confidence intervals) (n >100)

***Level II*:** Smaller RCT’s (with wider confidence intervals) (n<100), Systematic reviews of cohort studies, “Outcomes research” (very large ecologic studies)

***Level III*:** Cohort studies (must have concurrent control group), Systematic reviews of case control studies

***Level IV*:** Case series, Cohort study without concurrent control group (e.g. with historical control group), Case-control Study

***Level V:*** Expert Opinion, Case study or report, Bench research, Expert opinion based on theory or physiologic research Common sense/anecdotes