**Appendix 1** PubMed/Medline search strategy (last literature search performed on 2 January 2020)

|  |  |
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|  | PubMed/MEDLINE |
| #1 | "physiotherapy"[MeSH Term] OR "exercise"[MeSH Term] |
| #2 | physiotherapy[tiab] OR exercise[tiab] OR treatment[tiab] OR recovery[tiab] OR ac |
| #3 | #1 OR #2 |
| #4 | “Muscle Soreness”[MeSH Terms] |
| #5 | “Muscle Soreness”[tiab] OR “Delayed Onset Muscle Soreness”[tiab] OR DOMS[tiab] |
| #6 | #4 OR #5 |
| #7 | #3 AND #6 |