**Supplemental Table 3.** Inclusion and Exclusion Criteria

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| Inclusion | Exclusion |
| Randomized-Controlled Trials (RCTs) and observational studies (cohort or case-control) are eligible. | Exclude case reports, case series, letters, systematic/literature reviews and opinion pieces, study protocol, in-vitro, animals or cadaveric studies, unpublished or ongoing trials |
| Studies assessing any upper limb functional outcome post breast and/or axillary surgery +/- additional therapies (radiotherapy, chemotherapy, hormonal therapy). | Exclude studies focusing on other therapies (i.e. chemotherapy, hormonal therapy)  |
| Outcomes should be measured by validated tools | Exclude post-treatment interventional studies |
|  | Exclude non-English studies |
|  | Exclude studies prior to 1990s |