

Supplementary file 1. Search strategies

The PICO (Population, Intervention, Comparison and Outcome) model was used to develop the different search strategies. A series of free-text and MeSH terms, which were combined using Boolean operators, were used for the following keywords: “Muscular dystrophies” AND “Physical management”. The set of free-text terms for “physical management” included terms referring to conservative non-pharmacological treatments used to treat the physical manifestations associated with MD, such as physical as well as occupational therapy modalities and orthotic devices. No language limits were applied.

MEDLINE search strategy			
PICO	Search terms	Mesh headings	Free text
Population	Muscular dystrophies	“Muscular dystrophies”	“Muscular dystrophy” OR “muscular dystrophies” OR “MD” OR “myotonic dystrophy” OR “myotonic dystrophies” OR “facioscapulohumeral muscular dystrophy” OR “FSHD” OR “Duchenne muscular dystrophy” OR “DMD” OR “Becker muscular dystrophy” OR “Becker MD” OR “BMD” OR “Limb-girdle muscular dystrophy” OR “LGMD” OR “congenital muscular dystrophy” OR “CMD” OR “Emery-Dreifuss muscular dystrophy” OR “EDMD”
Intervention	Physical management	“Conservative treatment”, “Physical therapy modalities”, “Occupational therapy”, “Orthotic devices”	(Physical OR conservative OR nonsurgical OR non-surgical OR nonoperative OR non-operative OR nonpharmacological OR non-pharmacological) AND (management OR therapy OR treatment OR approach* OR intervention) Rehabilitation OR “rehabilitation modalit*” OR “rehabilitation technique*” OR “physical therapy modalit*” OR “physical therapy technique*” OR “physical therapy management” OR “physical rehabilitation” OR “physical rehabilitation approach*” OR physiotherapy OR kinesiotherapy OR “occupational therapy modalit*” OR “occupational therapy technique*” OR “occupational therapy” OR “occupational therapy approach*” Exercise* OR “exercise program*” OR “exercise training” OR “exercise therapy” OR “physical exercise*” OR “therapeutic exercise*” OR “physical activity” OR “physical training” OR “training program*” OR “muscle training” OR “muscle exercise*” OR “resistance training” OR “strength training” OR “muscle strengthening exercise*” OR “resistive exercise*” OR “resistive training” OR “manual therapy” OR “manual therapy technique*” OR “manipulative therap*” OR “aerobic training” OR “aerobic exercise*” OR “endurance exercise*” OR “endurance training” OR hydrotherapy OR “aquatic therapy” OR “aquatic physical therapy” OR stretch* OR “stretching exercise*” brace* OR bracing OR “serial casting” OR orthotic* OR orthosis OR orthoses OR “orthopedic equipment” OR “adaptive equipment” OR “assistive equipment” OR “adaptive device*” OR “assistive device*” OR “orthopedic device*” OR “orthotic device*” OR “orthotic intervention*” OR splint* OR “standing device*” OR “assistive technology”
Comparison	N/A		
Outcome	All outcomes		
Study design	All study designs		

CINHAL search strategy			
PICO	Search terms	Mesh headings	Free text
Population	Muscular dystrophies	"Muscular dystrophy"	"Muscular dystrophy" OR "muscular dystrophies" OR "MD" OR "myotonic dystrophy" OR "myotonic dystrophies" OR "facioscapulohumeral muscular dystrophy" OR "FSHD" OR "Duchenne muscular dystrophy" OR "DMD" OR "Becker muscular dystrophy" OR "Becker MD" OR "BMD" OR "Limb-girdle muscular dystrophy" OR "LGMD" OR "congenital muscular dystrophy" OR "CMD" OR "Emery-Dreifuss muscular dystrophy" OR "EDMD"
Intervention	Physical management	"Physical therapy" "Occupational therapy" "Orthopedic equipment and supplies"	(Physical OR conservative OR nonsurgical OR non-surgical OR nonoperative OR non-operative OR nonpharmacological OR non-pharmacological) AND (management OR therapy OR treatment OR approach* OR intervention) Rehabilitation OR "rehabilitation modalit*" OR "rehabilitation technique*" OR "physical therapy modalit*" OR "physical therapy technique*" OR "physical therapy management" OR "physical rehabilitation" OR "physical rehabilitation approach*" OR physiotherapy OR kinesiotherapy OR "occupational therapy modalit*" OR "occupational therapy technique*" OR "occupational therapy" OR "occupational therapy approach*" <p>Exercise* OR "exercise program*" OR "exercise training" OR "exercise therapy" OR "physical exercise*" OR "therapeutic exercise*" OR "physical activity" OR "physical training" OR "training program*" OR "muscle training" OR "muscle exercise*" OR "resistance training" OR "strength training" OR "muscle strengthening exercise*" OR "resistive exercise*" OR "resistive training" OR "manual therapy" OR "manual therapy technique*" OR "manipulative therap*" OR "aerobic training" OR "aerobic exercise*" OR "endurance exercise*" OR "endurance training" OR hydrotherapy OR "aquatic therapy" OR "aquatic physical therapy" OR stretch* OR "stretching exercise"</p> <p>Brace* OR bracing OR "serial casting" OR orthotic* OR orthosis OR orthoses OR "orthopedic equipment" OR "adaptive equipment" OR "assistive equipment" OR "adaptive device*" OR "assistive device*" OR "orthopedic device*" OR "orthotic device*" OR "orthotic intervention*" OR splint* OR "standing device*" OR "assistive technology"</p>
Comparison	N/A		
Outcome	All outcomes		
Study design	All study designs		

EMBASE search strategy		
PICO	Search terms	Free text
Population	Muscular dystrophies	"Muscular dystrophy" OR "muscular dystrophies" OR "MD" OR "myotonic dystrophy" OR "myotonic dystrophies" OR "facioscapulohumeral muscular dystrophy" OR "FSHD" OR "Duchenne muscular dystrophy" OR "DMD" OR "Becker muscular dystrophy" OR "Becker MD" OR "BMD" OR "Limb-girdle muscular dystrophy" OR "LGMD" OR "congenital muscular dystrophy" OR "CMD" OR "Emery-Dreifuss muscular dystrophy" OR "EDMD"
Intervention	Physical management	(Physical OR conservative OR nonsurgical OR non-surgical OR nonoperative OR non-operative OR nonpharmacological OR non-pharmacological) AND (management OR therapy OR treatment OR approach* OR intervention) Rehabilitation OR "rehabilitation modalit*" OR "rehabilitation technique*" OR "physical therapy modalit*" OR "physical therapy technique*" OR "physical therapy management" OR "physical rehabilitation" OR "physical rehabilitation approach*" OR physiotherapy OR kinesiotherapy OR "occupational therapy modalit*" OR "occupational therapy technique*" OR "occupational therapy" OR "occupational therapy approach*" Exercise* OR "exercise program*" OR "exercise training" OR "exercise therapy" OR "physical exercise*" OR "therapeutic exercise*" OR "physical activity" OR "physical training" OR "training program*" OR "muscle training" OR "muscle exercise*" OR "resistance training" OR "strength training" OR "muscle strengthening exercise*" OR "resistive exercise*" OR "resistive training" OR "manual therapy" OR "manual therapy technique*" OR "manipulative therap*" OR "aerobic training" OR "aerobic exercise*" OR "endurance exercise*" OR "endurance training" OR hydrotherapy OR "aquatic therapy" OR "aquatic physical therapy" OR stretch* OR "stretching exercise*" Brace* OR bracing OR "serial casting" OR orthotic* OR orthosis OR orthoses OR "orthopedic equipment" OR "adaptive equipment" OR "assistive equipment" OR "adaptive device*" OR "assistive device*" OR "orthopedic device*" OR "orthotic device*" OR "orthotic intervention*" OR splint* OR "standing device*" OR "assistive technology"
Comparison	N/A	
Outcome	All outcomes	
Study design	All study designs	

AMED search strategy	
PICO	Free text
Population	"Muscular dystrophy" OR "muscular dystrophies" OR "MD" OR "myotonic dystrophy" OR "myotonic dystrophies" OR "facioscapulohumeral muscular dystrophy" OR "FSHD" OR "Duchenne muscular dystrophy" OR "DMD" OR "Becker muscular dystrophy" OR "Becker MD" OR "BMD" OR "Limb-girdle muscular dystrophy" OR "LGMD" OR "congenital muscular dystrophy" OR "CMD" OR "Emery-Dreifuss muscular dystrophy" OR "EDMD"
Intervention	(Physical OR conservative OR nonsurgical OR non-surgical OR nonoperative OR non-operative OR nonpharmacological OR non-pharmacological) AND (management OR therapy OR treatment OR approach* OR intervention) Rehabilitation OR "rehabilitation modalit*" OR "rehabilitation technique*" OR "physical therapy modalit*" OR "physical therapy technique*" OR "physical therapy management" OR "physical rehabilitation" OR "physical rehabilitation approach*" OR physiotherapy OR kinesiotherapy OR "occupational therapy modalit*" OR "occupational therapy technique*" OR "occupational therapy" OR "occupational therapy approach*" <p>Exercise* OR "exercise program*" OR "exercise training" OR "exercise therapy" OR "physical exercise*" OR "therapeutic exercise*" OR "physical activity" OR "physical training" OR "training program*" OR "muscle training" OR "muscle exercise*" OR "resistance training" OR "strength training" OR "muscle strengthening exercise*" OR "resistive exercise*" OR "resistive training" OR "manual therapy" OR "manual therapy technique*" OR "manipulative therap*" OR "aerobic training" OR "aerobic exercise*" OR "endurance exercise*" OR "endurance training" OR hydrotherapy OR "acquatic therapy" OR "acquatic physical therapy" OR stretch* OR "stretching exercise*"</p> Brace* OR bracing OR "serial casting" OR orthotic* OR orthosis OR orthoses OR "orthopedic equipment" OR "adaptive equipment" OR "assistive equipment" OR "adaptive device*" OR "assistive device*" OR "orthopedic device*" OR "orthotic device*" OR "orthotic intervention*" OR splint* OR "standing device*" OR "assistive technology"
Comparison	N/A
Outcome	All outcomes
Study design	All study designs

The Cochrane Central Register of Controlled Trials (CENTRAL)			
PICO	Search terms	Mesh headings	Free text
Population	Muscular dystrophies	"Muscular dystrophies" (explode all trees)	"Muscular dystrophy" OR "muscular dystrophies" OR "MD" OR "myotonic dystrophy" OR "myotonic dystrophies" OR "facioscapulohumeral muscular dystrophy" OR "FSHD" OR "Duchenne muscular dystrophy" OR "DMD" OR "Becker muscular dystrophy" OR "Becker MD" OR "BMD" OR "Limb-girdle muscular dystrophy" OR "LGMD" OR "congenital muscular dystrophy" OR "CMD" OR "Emery-Dreifuss muscular dystrophy" OR "EDMD"
Intervention	Physical management	"Conservative treatment" (single mesh term unexploded), Rehabilitation (explode all trees), Orthoses (explode all trees)	(Physical OR conservative OR nonsurgical OR non-surgical OR nonoperative OR non-operative OR nonpharmacological OR non-pharmacological) AND (management OR therapy OR treatment OR approach* OR intervention) Rehabilitation OR "rehabilitation modalit*" OR "rehabilitation technique*" OR "physical therapy modalit*" OR "physical therapy technique*" OR "physical therapy management" OR "physical rehabilitation" OR "physical rehabilitation approach*" OR physiotherapy OR kinesiotherapy OR "occupational therapy modalit*" OR "occupational therapy technique*" OR "occupational therapy" OR "occupational therapy approach*" <p>Exercise* OR "exercise program*" OR "exercise training" OR "exercise therapy" OR "physical exercise*" OR "therapeutic exercise*" OR "physical activity" OR "physical training" OR "training program*" OR "muscle training" OR "muscle exercise*" OR "resistance training" OR "strength training" OR "muscle strengthening exercise*" OR "resistive exercise*" OR "resistive training" OR "manual therapy" OR "manual therapy technique*" OR "manipulative therap*" OR "aerobic training" OR "aerobic exercise*" OR "endurance exercise*" OR "endurance training" OR hydrotherapy OR "aquatic therapy" OR "aquatic physical therapy" OR stretch* OR "stretching exercise"</p> <p>Brace* OR bracing OR "serial casting" OR orthotic* OR orthosis OR orthoses OR "orthopedic equipment" OR "adaptive equipment" OR "assistive equipment" OR "adaptive device*" OR "assistive device*" OR "orthopedic device*" OR "orthotic device*" OR "orthotic intervention*" OR splint* OR "standing device*" OR "assistive technology"</p>
Comparison	N/A		
Outcome	All outcomes		
Study design	All study designs		