Supplementary file 2. Framework for data extraction process

Data extraction framework
Authors
Year of publication
Country of publication
Study design
Sample size
Participant demographics
Study setting
Conservative non-pharmacological Intervention characteristics (FITT principles) • Intervention frequency • Target intensity • Intervention duration • Type of intervention
Outcome measures pertaining the following domains (based on the ICF framework) • Body function* • Body structure** • Activities and participation*** • Pain
Presence of supervision
Adherence
Attrition rate
Adverse events

Abbreviations: FITT, Frequency, Intensity, Time, and Type; ICF, International Classification of Functioning, Disability and Health

Notes:
*Comprised objective outcome measures assessing the body physiological functions. Outcome measures pertaining molecular biomarkers and histological as well as muscle biopsy parameters were not extracted for the purpose of this study
**Comprised objective outcome measures assessing the anatomical parts of the body
***Comprised objective and patient-reported outcomes measuring patients' difficulties in executing tasks and activities