Supplementary Figure 1: Risk of Bias Assessment RCTs

Risk of bias domains

Study	D1	D2	D3	D4	D5	D6	D7	Overall
Sarajuuri et al., 2005	❌	❌	➕	❓	➖	➖	➕	❌
Radford et al., 2013	➖	➕	➕	➕	➕	❌	➖	❌

Domains:
D1: Bias due to confounding.
D2: Bias due to selection of participants.
D3: Bias in classification of interventions.
D4: Bias due to deviations from intended interventions.
D5: Bias due to missing data.
D6: Bias in measurement of outcomes.
D7: Bias in selection of the reported result.

Judgement
❌ Serious
➖ Moderate
➕ Low
❓ No information