

Appendix 1 Search strategies for databases

Web of Science

#1: TS= ("Tandem Spinal Stenosis ")

#2: TS= ("Tandem Spinal Stenosis" OR "Tandem Lumbar Stenosis" OR "Tandem Cervical Stenosis" OR "Concurrent Spinal Stenosis" OR "Simultaneous Spinal Stenosis")

#3: TS= ("Non-surgical Treatment ")

#4: TS= ("Non-surgical Treatment" OR "Conservative Therapy" OR "Physical Therapy" OR "Rehabilitation" OR "Traditional Chinese Medicine Therapy" OR "Non-operative Management" OR "Non-operative Interventions" OR "Alternative Therapies" OR "Complementary Therapy")

#5: TS= ("Randomized Controlled Trial" OR "randomized controlled trial" OR "controlled clinical trial" OR "random allocation" OR "randomized" OR "randomly" OR "double-blind method" OR "single-blind method" OR "clinical trial" OR "clinical trials as topic" OR "placebo" OR "trial")

#6: #1 OR #2

#7: #3 OR #4

#8: #5

#9: #6 AND #7 AND #8

Pubmed

#1 " Tandem Spinal Stenosis "[MeSH Terms]

#2 " Tandem Spinal Stenosis "[Title/Abstract] OR " Tandem Lumbar Stenosis "[Title/Abstract] OR " Tandem Cervical Stenosis "[Title/Abstract] OR " Concurrent Spinal Stenosis "[Title/Abstract] OR " Simultaneous Spinal Stenosis "[Title/Abstract]

#3 #1 OR #2

#4 " Non-surgical Treatment "[MeSH Terms]

#5 "Non-surgical Treatment" [Title/Abstract] OR "Conservative Therapy" [Title/Abstract] OR "Physical Therapy" [Title/Abstract] OR "Rehabilitation"

[Title/Abstract] OR "Traditional Chinese Medicine Therapy" [Title/Abstract] OR "Non-operative Management" [Title/Abstract] OR "Non-operative Interventions" [Title/Abstract] OR "Alternative Therapies" [Title/Abstract] OR "Complementary Therapy" [Title/Abstract]

#6 #4 OR #5

#7 "Randomized Controlled Trial" [Publication Type]

#8 "Randomized Controlled Trial" [Title/Abstract] OR "randomized controlled trial" [Title/Abstract] OR "controlled clinical trial" [Title/Abstract] OR "random allocation" [Title/Abstract] OR "randomized" [Title/Abstract] OR "randomly" [Title/Abstract] OR "double-blind method" [Title/Abstract] OR "single-blind method" [Title/Abstract] OR "clinical trial" [Title/Abstract] OR "clinical trials as topic" [Title/Abstract] OR "placebo" [Title/Abstract] OR "trial" [Title/Abstract]

#9 #7 OR #8

#10 #3 AND #6 AND #9

CINAHL-Plus with full text (EBSCOhost Research Databases)

#1: MH " Tandem Spinal Stenosis "

#2: "Tandem Spinal Stenosis" OR "Tandem Lumbar Stenosis" OR "Tandem Cervical Stenosis" OR "Concurrent Spinal Stenosis" OR "Simultaneous Spinal Stenosis"

#3: MH " Non-surgical Treatment "

#4: "Non-surgical Treatment" OR "Conservative Therapy" OR "Physical Therapy" OR "Rehabilitation" OR "Traditional Chinese Medicine Therapy" OR "Non-operative Management" OR "Non-operative Interventions" OR "Alternative Therapies" OR "Complementary Therapy"

#5: PT "Randomized Controlled Trial" OR "randomized controlled trial" OR "controlled clinical trial" OR "random allocation" OR "randomized" OR "randomly" OR "double-blind method" OR "single-blind method" OR "clinical trial" OR "clinical trials as topic" OR "placebo" OR "trial"

#6: #1 OR #2

#7: #3 OR #4

#8: #5

#9: #6 AND #7 AND #8

Cochrane library

#1: MeSH descriptor: [Tandem Spinal Stenosis]

#2: "Tandem Spinal Stenosis" OR "Tandem Lumbar Stenosis" OR "Tandem Cervical Stenosis" OR "Concurrent Spinal Stenosis" OR "Simultaneous Spinal Stenosis"

#3: MeSH descriptor: [Non-surgical Treatment]

#4: "Non-surgical Treatment" OR "Conservative Therapy" OR "Physical Therapy" OR "Rehabilitation" OR "Traditional Chinese Medicine Therapy" OR "Non-operative Management" OR "Non-operative Interventions" OR "Alternative Therapies" OR "Complementary Therapy"

#5: "Randomized Controlled Trial" OR "randomized controlled trial" OR "controlled clinical trial" OR "random allocation" OR "randomized" OR "randomly" OR "double-blind method" OR "single-blind method" OR "clinical trial" OR "clinical trials as topic" OR "placebo" OR "trial"

#6: #1 OR #2

#7: #3 OR #4

#8: #5

#9: #6 AND #7 AND #8

Embase (Ovid)

#1: " Tandem Spinal Stenosis "/exp

#2: "Tandem Spinal Stenosis" OR "Tandem Lumbar Stenosis" OR "Tandem Cervical Stenosis" OR "Concurrent Spinal Stenosis" OR "Simultaneous Spinal Stenosis"

#3: #1 OR #2

#4: " Non-surgical Treatment "/exp

#5: "Non-surgical Treatment" OR "Conservative Therapy" OR "Physical Therapy" OR "Rehabilitation" OR "Traditional Chinese Medicine Therapy" OR "Non-operative Management" OR "Non-operative Interventions" OR "Alternative Therapies" OR

“Complementary Therapy”

#6: #4 OR #5

#7: "Randomized Controlled Trial"/exp

#8: "Randomized Controlled Trial" OR "randomized controlled trial" OR "controlled clinical trial" OR "random allocation" OR "randomized" OR "randomly" OR "double-blind method" OR "single-blind method" OR "clinical trial" OR “clinical trials as topic” OR “placebo” OR “trial”

#9: #7 OR #8

#10: #3 AND #6 AND #9