

Web table 2: Risk of bias in included studies

Study	Eligibility criteria	Method of randomisation	Allocation of concealment	Similarity at baseline	Intention-to-treat analysis	Withdrawals	Cointerventions constant	Credible placebo	Blinded assessors
General Physiotherapy trials									
Chandler 1999 [25]	Low	Unclear	Unclear	Unclear	Unclear	High	Unclear	Unclear	High
Ellis 2005 [26]	Low	Low	High	Low	Unclear	High	Unclear	Unclear	Low
Fisher 2008 (M) [27]	Low	High	High	Low	Unclear	Unclear	Low	Low	Low
Homann 1998 [28]	Low	Low	Low	Unclear	Unclear	Unclear	Low	Unclear	Unclear
Keus 2007 [29]	Low	Low	Unclear	Low	Low	Low	Unclear	Unclear	Low
Stack 2012 [30]	Low	Unclear	Unclear	Low	Unclear	High	Unclear	Unclear	Low
Talakad 2011 (M) [31]	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
Exercise trials									
Allen 2010 [32]	Low	Low	Unclear	Low	Low	Low	Unclear	Low	Low
Ashburn 2007 [33]	Low	Low	Low	Low	Low	Low	Unclear	Low	Unclear
Boehm 2011 [34]	Low	Unclear	Unclear	Low	High	Low	Low	Unclear	Low
Cerri 1994 [35]	Low	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
Goodwin 2009 [36]	Low	Low	Low	Low	Low	Low	Unclear	Unclear	High
Klassen 2007 [37]	Low	Unclear	Unclear	Low	Unclear	High	Unclear	Unclear	Low
Mak 2008 (M) [38]	Low	High	High	Low	Unclear	High	Low	Unclear	Low
Meek 2010 [39]	Low	Low	Low	Low	Low	Low	Unclear	Unclear	Low
Sage 2009 [40]	Low	Unclear	Unclear	Low	Low	High	Low	Unclear	Low
Schenkman 1998 [41]	Low	Low	Low	Low	Unclear	Low	Low	Unclear	Low
Schilling 2008 [42]	Low	Unclear	Unclear	Low	Unclear	High	Unclear	Unclear	Unclear
Stozek 2003 [43]	Low	Unclear	Unclear	Low	Unclear	Unclear	Unclear	Unclear	Unclear
Taheri 2011 [44]	Low	Unclear	Unclear	Unclear	Unclear	Unclear	Low	Unclear	Unclear
Thaut 1996 (M) [45]	Low	High	Unclear	Low	Unclear	Unclear	Low	Unclear	Unclear
Treadmill trials									

Cakit 2007 [46]	Low	Unclear	Unclear	Unclear	Unclear	High	Low	Unclear	Low
Canning 2008 [47]	Low	High	High	Low	Low	Low	Unclear	Unclear	Low
Fisher 2008 (M) [27]	Low	High	High	Low	Unclear	Unclear	Low	Low	Low
Ganesen 2010 [48]	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
Kurtais 2008 [49]	Low	Unclear	Unclear	Low	Unclear	High	Low	Unclear	Low
Protas 2005 [50]	Low	Unclear	Unclear	Low	Unclear	Unclear	Low	Unclear	Low
Shankar 2009 [51]	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Low	Low
Talakad (M) 2011 [31]	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
Cueing trials									
Almeida 2012 [52]	Low	High	High	Low	High	Low	Low	Unclear	Low
de Bruin 2010a [53]	Low	Unclear	Unclear	Low	Unclear	High	Unclear	Unclear	Low
de Bruin 2010b [54]	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
Haase 2011 [55]	Low	Unclear	Unclear	Unclear	High	High	Unclear	Low	High
Lehman 2005 [56]	Low	Unclear	Unclear	Low	Unclear	Unclear	Unclear	Unclear	Unclear
Mak 2008 (M) [38]	Low	High	High	Low	Unclear	High	Low	Unclear	Low
Nieuwboer 2007 [57]	Low	Low	High	Low	Low	Low	Low	Unclear	Low
Shankar 2008 [58]	Low	Low	Unclear	Low	Unclear	Unclear	Unclear	Unclear	Low
Thaut 1996 (M) [45]	Low	High	Unclear	Low	Unclear	Unclear	Low	Unclear	Unclear
Dance trials									
Duncan 2010 [59]	Low	Low	High	Low	Unclear	High	Low	Unclear	Low
Hackney 2009 (M) [60]	Low	High	High	Low	Unclear	High	Low	Unclear	Low
Martial arts trials									
Hackney 2009 (M) [60]	Low	High	High	Low	Unclear	High	Low	Unclear	Low
Marjama-Lyons 2002 [61]	Low	Unclear	Unclear	Unclear	Unclear	Unclear	Low	Unclear	Low
Purchas 2007 [62]	Unclear	Unclear	Unclear	Low	Unclear	Low	Unclear	Unclear	Unclear
Schmitz-Hubsch 2006 [60]	Low	High	High	Low	Low	High	Unclear	Unclear	Unclear

Level of risk of bias: Low risk (Low); Unclear risk (unclear); High risk (High). (M) indicates multiple arm trials which appear more than once in the table.