

Appendix 1: Search strategies for Medline and Embase [posted as supplied by author]

Medline search

1. randomized controlled trial.pt.
2. controlled clinical trial.pt.
3. randomized.ab.
4. placebo.ab.
5. drug therapy.fs.
6. randomly.ab.
7. trial.ab.
8. groups.ab.
9. therapy.fs.
10. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9
11. limit 10 to humans
12. exp Exercise Movement Techniques/ or exp Exercise/ or exp Exercise Therapy/
13. ((strength\$ or isometric\$ or isotonic\$ or isokinetic\$ or endurance or weight\$) adj5 train\$).ti,ab.
14. (resistance adj5 (exercis\$ or train\$)).ti,ab.
15. ((physical\$ or motion\$) adj5 (fit\$ or therap\$)).ti,ab.
16. (physical\$ adj5 activ\$).ti,ab.
17. physiotherap\$.ti,ab.
18. kinesiotherap\$.ti,ab.
19. rehab\$.mp.
20. exp Physical Fitness/
21. (walk\$ or jog\$ or run\$ or cycl\$ or swim\$ or treadmill\$ or gym\$ or bicycl\$ or skat\$ or row\$).ti,ab.
22. exp Sports/
23. sport\$.ti,ab.
24. exercis\$.ti,ab.
25. aerobic\$.ti,ab.
26. yoga.mp. or (tai adj1 (chi or ji)).ti,ab. [mp=title, original title, abstract, name of substance word, subject heading word, unique identifier]
27. danc\$.ti,ab.
28. (aqua\$ or water).ti,ab.
29. hydro\$.ti,ab.
30. exp Hydrotherapy/
31. (stretch\$ or flexib\$ or balanc\$ or propriocept\$).ti,ab.
32. (circuit\$ adj1 train\$).ti,ab.
36. 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32
37. exp Osteoarthritis/
38. osteoarthr\$.ti,ab.
39. OA.ti,ab.
40. degenerative arthritis.mp.
41. arthrosis.mp.
42. 37 or 38 or 40 or 41
43. exp Knee Joint/ or exp Knee/
44. exp Hip Joint/ or exp Hip/
45. (knee\$ or hip\$).ti,ab.
46. 43 or 44 or 45
47. 42 and 46
48. ((knee\$ or hip\$) adj5 pain).ti,ab.
49. 47 or 48
50. 11 and 36 and 49

Embase search

1. crossover procedure/
2. double-blind procedure/
3. randomized controlled trial/
4. single-blind procedure/
5. random\$.ti,ab.
6. factorial\$.ti,ab.
7. crossover\$.ti,ab.
8. cross over\$.ti,ab.
9. placebo\$.ti,ab.
10. (doubl\$ adj blind\$).ti,ab.
11. (singl\$ adj blind\$).ti,ab.
12. assign\$.ti,ab.
13. allocat\$.ti,ab.
14. volunteer\$.ti,ab.
15. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14
16. exp exercise/
17. exp kinesiotherapy/
18. fitness/
19. ((strength\$ or isometric\$ or isotonic\$ or isokinetic\$ or endurance or weight\$) adj5 train\$).ti,ab.
20. (resistance adj5 (exercis\$ or train\$)).ti,ab.
21. ((physical\$ or motion\$) adj5 (fit\$ or therap\$)).ti,ab.
22. (physical\$ adj5 activ\$).ti,ab.
23. physiotherap\$.ti,ab.
24. kinesiotherap\$.ti,ab.
25. rehab\$.mp.
26. (walk\$ or jog\$ or run\$ or cycl\$ or swim\$ or treadmill\$ or gym\$ or bicycl\$ or skat\$ or row\$).ti,ab.
27. sport\$.ti,ab.
28. exp SPORT/
29. exercise\$.ti,ab.
30. aerobic\$.ti,ab.
31. (yoga or (tai adj1 (chi or ji))).ti,ab.
32. danc\$.ti,ab.
33. (aqua\$ or water).ti,ab.
34. hydro\$.ti,ab.
35. exp hydrotherapy/
36. (stretch\$ or flexib\$ or balanc\$ or propriocept\$).ti,ab.
37. (circuit\$ adj1 train\$).ti,ab.
38. or/16-37
39. exp OSTEOARTHRITIS/
40. osteoarthr\$.ti,ab.
41. OA.ti,ab.
42. degenerative arthritis.mp.
43. arthrosis.mp.
44. 39 or 40 or 41 or 42 or 43
45. exp knee/
46. exp HIP/
47. (knee\$ or hip\$).ti,ab.
48. 45 or 46 or 47
49. 44 and 48
50. ((knee\$ or hip\$) adj5 pain).ti,ab.
51. 49 or 50
52. 15 and 38 and 51
53. limit 52 to human