

Appendix 6: Pain and physical function treatment effect estimates of all comparisons according to network meta-analysis. F: Flexibility, S: Strengthening, A: Aerobic, CrI - credible intervals. Note: Significant results are in bold and underlined

No intervention	-0.17 (-1.26 to 0.93)	-0.37 (-0.84 to 0.09)	-0.30 (-1.53 to 0.92)	-0.40 (-0.92 to 0.12)	-0.18 (-1.24 to 0.89)	-0.17 (-1.25 to 0.91)	-0.63 (-1.16 to -0.10)	-0.43 (-1.42 to 0.56)	-0.61 (-1.75 to 0.52)	0.07 (-1.23 to 1.36)	-0.86 (-2.52 to 0.79)	-0.49 (-1.32 to 0.33)
-0.66 (-1.33 to -0.00)	F	-0.20 (-1.24 to 0.83)	-0.13 (-1.74 to 1.48)	-0.23 (-1.44 to 0.97)	-0.01 (-1.54 to 1.52)	0.00 (-1.53 to 1.54)	-0.46 (-1.67 to 0.75)	-0.26 (-1.72 to 1.19)	-0.44 (-2.01 to 1.13)	0.24 (-1.45 to 1.93)	-0.69 (-2.69 to 1.29)	-0.32 (-1.69 to 1.05)
-0.81 (-1.13 to -0.50)	-0.15 (-0.79 to 0.49)	S	0.07 (-1.19 to 1.32)	-0.03 (-0.71 to 0.65)	0.20 (-0.96 to 1.36)	0.21 (-0.97 to 1.38)	-0.26 (-0.95 to 0.44)	-0.06 (-1.12 to 1.00)	-0.24 (-1.45 to 0.97)	0.44 (-0.93 to 1.81)	-0.49 (-2.21 to 1.23)	-0.12 (-1.06 to 0.82)
-0.41 (-1.13 to 0.30)	0.25 (-0.70 to 1.21)	0.40 (-0.35 to 1.15)	A	-0.10 (-1.42 to 1.23)	0.13 (-1.49 to 1.75)	0.14 (-1.50 to 1.76)	-0.33 (-1.65 to 1.01)	-0.13 (-1.69 to 1.44)	-0.31 (-1.97 to 1.36)	0.37 (-1.40 to 2.14)	-0.56 (-2.62 to 1.50)	-0.19 (-1.66 to 1.28)
-0.50 (-0.85 to -0.16)	0.16 (-0.58 to 0.91)	0.31 (-0.14 to 0.76)	-0.09 (-0.88 to 0.70)	F+S	0.23 (-0.95 to 1.41)	0.24 (-0.96 to 1.44)	-0.23 (-0.91 to 0.46)	-0.03 (-1.09 to 1.04)	-0.21 (-1.31 to 0.88)	0.47 (-0.93 to 1.87)	-0.46 (-2.19 to 1.26)	-0.09 (-1.01 to 0.83)
-0.26 (-1.00 to 0.47)	0.40 (-0.59 to 1.39)	0.55 (-0.25 to 1.35)	0.15 (-0.87 to 1.18)	0.24 (-0.58 to 1.05)	F+A	0.01 (-1.50 to 1.53)	-0.45 (-1.65 to 0.74)	-0.25 (-1.71 to 1.21)	-0.44 (-1.98 to 1.12)	0.25 (-1.22 to 1.70)	-0.69 (-2.65 to 1.29)	-0.31 (-1.67 to 1.04)
-0.13 (-0.88 to 0.61)	0.53 (-0.47 to 1.53)	0.68 (-0.13 to 1.49)	0.28 (-0.76 to 1.31)	0.37 (-0.46 to 1.19)	0.13 (-0.92 to 1.18)	S+A	-0.46 (-1.67 to 0.74)	-0.26 (-1.73 to 1.19)	-0.45 (-2.01 to 1.12)	0.24 (-1.45 to 1.92)	-0.70 (-2.68 to 1.28)	-0.32 (-1.68 to 1.03)
-0.69 (-1.04 to -0.35)	-0.03 (-0.78 to 0.72)	0.12 (-0.34 to 0.58)	-0.28 (-1.07 to 0.50)	-0.19 (-0.64 to 0.26)	-0.43 (-1.25 to 0.38)	-0.56 (-1.38 to 0.26)	F+S+A	0.20 (-0.92 to 1.32)	0.02 (-1.21 to 1.25)	0.70 (-0.70 to 2.09)	-0.23 (-1.90 to 1.42)	0.14 (-0.71 to 0.99)
-0.75 (-1.42 to -0.07)	-0.08 (-1.02 to 0.85)	0.07 (-0.65 to 0.79)	-0.34 (-1.32 to 0.64)	-0.24 (-0.97 to 0.49)	-0.48 (-1.49 to 0.52)	-0.61 (-1.62 to 0.40)	-0.05 (-0.81 to 0.71)	Aquatic: S	-0.18 (-1.66 to 1.30)	0.50 (-1.12 to 2.13)	-0.43 (-2.37 to 1.49)	-0.06 (-1.34 to 1.22)
-0.96 (-1.64 to -0.27)	-0.29 (-1.25 to 0.66)	-0.14 (-0.90 to 0.61)	-0.54 (-1.53 to 0.44)	-0.45 (-1.14 to 0.23)	-0.69 (-1.70 to 0.31)	-0.82 (-1.84 to 0.20)	-0.26 (-1.02 to 0.50)	-0.21 (-1.16 to 0.74)	Aquatic: F+S	0.68 (-1.03 to 2.39)	-0.25 (-2.26 to 1.76)	0.12 (-1.25 to 1.50)
-0.07 (-0.98 to 0.83)	0.59 (-0.54 to 1.71)	0.74 (-0.22 to 1.70)	0.34 (-0.82 to 1.49)	0.43 (-0.54 to 1.40)	0.19 (-0.83 to 1.21)	0.06 (-1.12 to 1.23)	0.62 (-0.36 to 1.59)	0.67 (-0.46 to 1.81)	0.88 (-0.26 to 2.02)	Aquatic: F+A	-0.93 (-3.04 to 1.16)	-0.56 (-2.09 to 0.97)
-0.92 (-2.08 to 0.25)	-0.26 (-1.60 to 1.09)	-0.11 (-1.31 to 1.10)	-0.51 (-1.87 to 0.85)	-0.42 (-1.62 to 0.79)	-0.66 (-2.02 to 0.72)	-0.78 (-2.16 to 0.60)	-0.22 (-1.38 to 0.93)	-0.17 (-1.52 to 1.17)	0.04 (-1.31 to 1.38)	-0.84 (-2.32 to 0.63)	Aquatic: S+A	0.37 (-1.44 to 2.20)
-0.45 (-1.02 to 0.11)	0.21 (-0.66 to 1.08)	0.36 (-0.29 to 1.01)	-0.04 (-0.95 to 0.87)	0.05 (-0.58 to 0.68)	-0.19 (-1.12 to 0.74)	-0.32 (-1.26 to 0.62)	0.24 (-0.34 to 0.83)	0.29 (-0.59 to 1.17)	0.50 (-0.37 to 1.38)	-0.38 (-1.45 to 0.69)	0.47 (-0.80 to 1.74)	Aquatic: F+S+A

Pain (SMD, 95 CrI)	Comparison	Physical function (SMD, 95 CrI)
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