

APPENDIX 1:

PubMed database search syntax:

((Radicul*[tiab] OR (Nerve Root*[tiab] AND Disorder*[tiab]) OR (Nerve Root*[tiab] AND Inflammation*[tiab]) OR (Nerve Root*[tiab] AND Avulsion*[tiab]) OR (Nerve Root*[tiab] AND Compression*[tiab]) OR (Degenerat*[tiab] AND Intervertebral Disc*[tiab]) OR (Disc* Degenerat*[tiab] AND Intervertebral[tiab]) OR (Degenerat*[tiab] AND Intervertebral Disk*[tiab]) OR (Disk* Degenerat*[tiab] AND Intervertebral[tiab]) OR (Disk*[tiab] AND Degenerat*[tiab]) OR (Disk*[tiab] AND Degenerat*[tiab]) OR (Disc*[tiab] AND Degenerat*[tiab]) OR (Disc*[tiab] AND Herniat*[tiab]) OR (Disk*[tiab] AND Herniat*[tiab]) OR (Slipped[tiab] AND Disk*[tiab]) OR (Slipped[tiab] AND Disc*[tiab]) OR (Disc*[tiab] AND Prolaps*[tiab]) OR (Disk*[tiab] AND Prolaps*[tiab]) OR (Disk*[tiab] AND Prolaps*[tiab]) OR (Disc*[tiab] AND Prolaps*[tiab]) OR Sciatic*[tiab] OR (Sciatic*[tiab] AND Neuralg*[tiab]) OR (Bilateral[tiab] AND Sciatic*[tiab]) OR Spondylosis[tiab] OR (Lumb*[tiab] AND Spondylosis[tiab]) OR (Spondylosis[tiab] AND Deforman*[tiab]) OR (Disc*[tiab] AND Interveteb*[tiab]) OR (Disk*[tiab] AND Interveteb*[tiab]) OR Dissectom*[tiab] OR Diskectom*[tiab] OR Disciti*[tiab] OR Diskiti*[tiab] OR Spondylodiskit*[tiab] OR Spondylodiscit*[tiab] OR "Intervertebral Disc* Displacement"[tiab] OR "Intervertebral Disk* Displacement"[tiab]) AND ((Therap*[tiab] AND Exercise[tiab]) OR (Core Stabili*[tiab]) OR (Stabili*[tiab]) OR "Specific Exercise"[tiab] OR "General Exercise"[tiab] OR "Traditional Exercise"[tiab] OR Conventional Exercise"[tiab] OR Physical Therap*[tiab] OR "Physiotherap*[tiab] OR "Motor Control Exercise"[tiab] OR "Conservative"[tiab] OR "Habilitat*[tiab] OR "Rehab*[tiab] OR "Manage*[tiab] OR "Intervention*[tiab] OR (Movement Techni*[tiab] AND Exercise*[tiab]) OR (Pilates-Based[tiab] AND Exercise*[tiab]) OR (Pilates[tiab] AND Training*[tiab]) OR (Pilates Based[tiab] AND Exercise*[tiab]) OR "Surger*[tiab] OR (Operative[tiab] AND Therap*[tiab]) OR (Operative[tiab] AND Procedure*[tiab]) OR (Invasive[tiab] OR Procedure*[tiab]) OR (operation*[tiab]) OR (Peroperative[tiab] AND Procedure*[tiab]) OR (Perioperative[tiab] AND Procedure*[tiab]) OR (Preoperative[tiab] AND Procedure*[tiab]) OR (Intraoperative[tiab] AND Procedure*[tiab]))) AND (randomized controlled trial[pt] OR controlled clinical trial[pt] OR randomized controlled trials[mh] OR random allocation[mh] OR double-blind method[mh] OR single-blind method[mh] OR clinical trial[pt] OR clinical trials[mh] OR ("clinical trial"[tw]) OR ((singl*[tw] OR doubl*[tw] OR trebl*[tw] OR tripl*[tw]) AND (mask*[tw] OR blind*[tw])) OR ("latin square"[tw]) OR placebos[mh] OR placebo*[tw] OR random*[tw] OR research design[mh:noexp] OR comparative study[mh] OR evaluation studies[mh] OR follow-up studies[mh] OR prospective studies[mh] OR cross-over studies[mh] OR control*[tw] OR prospectiv*[tw] OR volunteer*[tw]) NOT (animal[mh] NOT human[mh]) AND 1990/01/01:2016/04/31[dp].