Table 1. Quality methodology.

Author (year)[ref]	Åkerstedt (2009) [14]	Khan (2007) [15]	Patikas (2006) [16]	Patikas (2006) [17]	Seniorou (2007) [18]	Thomason (2011) [19]
Design	Prospectief Cohort	Retrospectief Cohort	RCT	RCT	RCT	RCT
internal validity						
Randomly divided	dna	dna	yes	yes	yes	yes
blind randomized	dna	dna	yes	yes	no	yes
defined study	yes	no	yes	yes	yes	yes
Groups of identical baseline	dna	dna	yes(SC)	yes (SC)	yes (SC)	yes (SC)
blind subjects	dna	dna	no	no	no	no
therapists blind	dna	dna	no	no	no	no
testers blind	?	no	no	no	no	no
Confouders / bias	?	yes	?	?	?	?
Use valid, reproducible measuring instruments	yes	yes	yes	yes	yes	yes
defining outcome	yes	yes	Doubtful	Doubtful	Doubtful	Doubtful
Intention to treat	dna	dna	yes	no	no	yes
external validity						
Inclusion/exclusion	yes	yes	yes	yes	yes	yes
numbers (n)	11	85	39	39	20	19
Discription physicaltherapy intervention	no	no	no	no	no	no
Check co- intervention	no	yes	no	no	no	yes
Follow- up duration enough	yes	yes	yes	yes	yes	yes
Loss to follow- up< no0%	yes	yes	yes	yes	yes	yes
results						
Mean	yes	no	yes	yes	yes	yes
Standaard deviation	no	no	yes	yes	yes	yes
95 % confidence interval	no	no	yes	yes	no	yes
statistical analysis	- Descriptive statistics - Visual Analysis	no	- Within and between factor - ANCOVA - Unpaired t- tests - Chi- square nonpara. stat.	- ANCOVA - ANOVA	- within subject standard deviation - CV % - paired sample t-tests - ANCOVA	- ANCOVA - lineair regresion

ANCOVA: analysis of covariance, ANOVA: analysis of variance, CV: coefficients of variation, SC: statistical correction, dna: does not apply, ?: uncertain.