

S8 Appendix Means, Standard Deviations and Standardised Mean Differences for all exercise training programmes

	Comparator	Exercise Training Programme			Comparator			Effect Estimate (Std. Mean Difference IV, Random) [95%CI]
		Mean	SD	Total	Mean	SD	Total	
Motor Control								
<i>Pain</i>								
<u>Immediate Term: VAS</u>								
Kaur et al., 2018 [73]	Manual Therapy	3.41	0.94	17	4.53	1.07	17	-1.09 [-1.81,-0.36]
<u>Immediate Term: Max VAS</u>								
Izquierdo et al., 2016 [72]	Proprioceptive Training	5.84	2.12	14	4.65	1.48	14	0.63 [-0.13, 1.39]
<u>Immediate Term: Min VAS</u>								
Izquierdo et al., 2016 [72]	Proprioceptive Training	2.58	2.47	14	3.35	1.65	14	-0.36 [-1.10, 0.39]
<u>Immediate Term: VAS at Rest</u>								
Izquierdo et al., 2016 [72]	Proprioceptive Training	0.33	0.58	14	1.34	2.41	14	-0.56 [-1.32, 0.20]
O'Leary et al., 2007 [60]	Segmental	0.57	1.01	24	0.85	1.43	24	-0.22 [-0.79, 0.35]
<u>Immediate Term: VAS on Active Movements</u>								
O'Leary et al., 2007 [60]	Segmental	0.98	0.92	24	1.42	1.07	24	-0.43 [-1.01, 0.14]
<u>Short Term: VAS/NRS</u>								
Borisut et al., 2013 [63]	No Treatment	43.04	18.56	25	61.32	11.29	25	-1.17 [-1.78,-0.57]
Kwan-Woo et al., 2016 [75]	General AROM	2.00	0.50	15	3.80	0.40	15	-3.87 [-5.14,-2.60]
Chung et al., 2018 [13]	Pillar	2.72	1.28	22	3.97	0.87	19	-1.10 [-1.77,-0.44]
Gupta et al., 2013 [70]	Pillar	3.80	0.68	15	4.73	0.70	15	-1.31 [-2.11,-0.51]
Borisut et al., 2013 [63]	Segmental	43.04	18.56	25	38.68	9.49	25	0.29 [-0.27, 0.85]
Javanshir et al., 2015 [59]	Segmental	2.27	1.51	30	2.75	1.41	30	-0.32 [-0.83, 0.19]
Borisut et al., 2013 [63]	Motor Control + Segmental	43.04	18.56	25	16.88	7.75	25	1.81 [1.14, 2.48]
Kim 2016	Pillar + Another Intervention	1.70	1.80	14	3.10	1.90	14	-0.73 [-1.50, 0.03]
Suvrannato et al., 2019 [67]	Usual Care	2.93	0.16	18	3.06	0.18	18	-0.75 [-1.42,-0.07]
Suvrannato et al., 2019 [67]	Pillar (Therapist Assisted)	2.93	0.16	18	2.53	0.17	18	2.37 [1.50, 3.24]
<u>Short Term: Max VAS</u>								
Izquierdo et al., 2016 [72]	Proprioceptive Training	2.19	1.98	14	1.93	2.02	14	0.13 [-0.62, 0.87]
<u>Short Term: Min VAS</u>								
Izquierdo et al., 2016 [72]	Proprioceptive Training	0.40	0.83	14	1.09	1.66	14	-0.51 [-1.27, 0.24]
<u>Short Term: VAS at Rest</u>								
Izquierdo et al., 2016 [72]	Proprioceptive Training	0.09	0.21	14	0.23	0.58	14	-0.31 [-1.06, 0.43]
<u>Intermediate Term: NRS</u>								
Suvrannato et al., 2019 [67]	Usual Care	3.27	0.19	18	3.37	0.21	18	-0.49 [-1.15, 0.18]
Suvrannato et al., 2019 [67]	Pillar (Therapist Assisted)	3.27	0.19	18	2.97	0.19	18	2.47 [1.58, 3.36]
<i>Disability</i>								
<u>Immediate Term: NDI</u>								
Izquierdo et al., 2016 [72]	Proprioceptive Training	6.64	2.61	14	6.21	2.35	14	0.17 [-0.57, 0.91]
<u>Short Term: NDI</u>								
Borisut et al., 2013 [63]	No Treatment	14.41	4.94	25	33.86	5.04	25	-3.84 [-4.80,-2.88]
Kwan-Woo et al., 2016 [75]	General AROM	10.70	1.80	15	20.40	2.50	15	-4.33 [-5.71,-2.96]
Chung et al., 2018 [13]	Pillar	9.05	5.09	22	14.21	5.09	19	-0.99 [-1.65,-0.34]
Gupta et al., 2013 [70]	Pillar	14.33	1.23	15	16.33	1.05	15	-1.70 [-2.55,-0.85]

	Comparator	Exercise Training Programme			Comparator			Effect Estimate (Std. Mean Difference IV, Random) [95%CI]
		Mean	SD	Total	Mean	SD	Total	
Borisut et al., 2013 [63]	Segmental	14.41	4.94	25	14.69	4.64	25	-0.06 [-0.61, 0.50]
Javanshir et al., 2015 [59]	Segmental	15.20	9.16	30	19.01	10.10	30	-0.39 [-0.90, 0.12]
Izquierdo et al., 2016 [72]	Proprioceptive Training	4.46	2.02	14	4.14	2.62	14	0.13 [-0.61, 0.87]
Borisut et al., 2013 [63]	Motor Control + Segmental	14.41	4.94	25	15.71	3.01	25	-0.31 [-0.87, 0.25]
Kim 2016	Pillar + Another Intervention	15.40	2.80	14	17.40	3.90	14	-0.57 [-1.33, 0.19]
Suvrannato et al., 2019 [67]	Usual Care	15.68	0.90	18	21.12	0.92	18	-5.84 [-7.74,-4.27]
Suvrannato et al., 2019 [67]	Pillar (Therapist Assisted)	15.68	0.90	18	13.07	0.91	18	2.82 [1.87, 3.77]
<i>Intermediate Term: NDI</i>								
Suvrannato et al., 2019 [67]	Usual Care	16.62	1.00	18	21.69	1.10	18	-4.72 [-6.04,-3.39]
Suvrannato et al., 2019 [67]	Pillar (Therapist Assisted)	16.62	1.00	18	12.97	1.03	18	3.53 [2.44, 4.60]
Pillar								
<i>Pain</i>								
<i>Short Term: VAS</i>								
Li et al., 2017 [65] (Progressive Load)	Education	2.39	0.82	38	4.87	0.88	36	-2.89 [-3.55,-2.23]
Li et al., 2017 [65] (Fixed Load)	Education	2.96	0.70	35	4.87	0.88	36	-2.37 [-2.99,-1.76]
Chung et al., 2018 [13]	Motor Control	3.97	0.87	19	2.72	1.28	22	1.10 [0.44, 1.77]
Gupta et al., 2013 [70]	Motor Control	4.73	0.70	15	3.80	0.68	15	1.31 [0.51, 2.11]
Li et al., 2017 [65] (Progressive Load)	Pillar (Fixed Load)	2.39	0.82	38	2.96	0.70	35	-0.74 [-1.21,-0.26]
Li et al., 2017 [65] (Fixed Load)	Pillar (Progressive Load)	2.96	0.70	35	2.39	0.82	38	0.74 [0.26, 1.21]
Hingarajia et al., 2012 [71]	Motor Control + Pillar	2.03	1.00	25	1.39	0.90	25	0.66 [0.09, 1.23]
<i>Short Term: VAS at Rest</i>								
Gupta et al., 2010 [69]	Motor Control + Segmental + Pillar	2.00	0.83	12	0.08	0.29	12	2.98 [1.76, 4.20]
<i>Short Term: VAS on Activity</i>								
Gupta et al., 2010 [69]	Motor Control + Segmental + Pillar	3.75	0.87	12	1.42	0.79	12	2.71 [1.55, 3.87]
<i>Intermediate Term: VAS</i>								
Li et al., 2017 [65] (Progressive Load)	Education	1.92	0.90	38	5.10	0.95	36	-3.40 [-4.13,-2.68]
Li et al., 2017 [65] (Fixed Load)	Education	2.51	0.88	35	5.10	0.95	36	-2.80 [-3.46,-2.13]
Li et al., 2017 [65] (Progressive Load)	Pillar (Fixed Load)	1.92	0.90	38	2.51	0.88	35	-0.66 [-1.13,-0.18]
Li et al., 2017 [65] (Fixed Load)	Pillar (Progressive Load)	2.51	0.88	35	1.92	0.90	38	0.66 [0.18, 1.13]
<i>Disability</i>								
<i>Short Term: NDI</i>								
Li et al., 2017 [65] (Progressive Load)	Education	15.72	4.83	38	27.42	6.37	36	-2.06 [-2.62,-1.49]
Li et al., 2017 [65] (Fixed Load)	Education	16.87	5.10	35	27.42	6.37	36	-1.81 [-2.36,-1.25]
Chung et al., 2018 [13]	Motor Control	14.21	5.09	19	9.05	5.09	22	0.99 [0.34, 1.65]
Gupta et al., 2013 [70]	Motor Control	16.33	1.05	15	14.33	1.23	15	1.70 [0.85, 2.55]
Li et al., 2017 [65] (Progressive Load)	Pillar (Fixed Load)	15.72	4.83	38	16.87	5.10	35	-0.23 [-0.69, 0.23]
Li et al., 2017 [65] (Fixed Load)	Pillar (Progressive Load)	16.87	5.10	35	15.72	4.83	38	0.23 [-0.23, 0.69]
Hingarajia et al., 2012 [71]	Motor Control + Pillar	5.32	2.50	25	2.64	1.70	25	1.23 [0.63, 1.84]
Gupta et al., 2010 [69]	Motor Control + Segmental + Pillar	20.35	8.21	12	6.28	5.92	12	1.90 [0.91, 2.89]
<i>Intermediate Term: NDI</i>								
Li et al., 2017 [65] (Progressive Load)	Education	14.93	4.85	38	26.55	5.35	36	-2.25 [-2.84,-1.67]
Li et al., 2017 [65] (Fixed Load)	Education	15.80	4.77	35	26.55	5.35	36	-2.10 [-2.68,-1.51]
Li et al., 2017 [65] (Progressive Load)	Pillar (Fixed Load)	14.93	4.85	38	15.80	4.77	35	-0.18 [-0.64, 0.28]

	Comparator	Exercise Training Programme			Comparator			Effect Estimate (Std. Mean Difference IV, Random) [95%CIs]
		Mean	SD	Total	Mean	SD	Total	
Li et al., 2017 [65] (Fixed Load)	Pillar (Progressive Load)	15.80	4.77	35	14.93	4.85	38	0.18 [-0.28, 0.64]
Segmental								
Pain								
<u>Immediate Term: VAS at Rest</u>								
O'Leary et al., 2007 [60]	Motor Control	0.85	1.43	24	0.57	1.01	24	0.22 [-0.35, 0.79]
<u>Immediate Term: VAS on Active Movements</u>								
O'Leary et al., 2007 [60]	Motor Control	1.42	1.07	24	0.98	0.92	24	0.43 [-0.14, 1.01]
<u>Short Term: VAS/NRS</u>								
Borisut et al., 2013 [63]	No Treatment	38.68	9.49	25	61.32	11.29	25	-2.14 [-2.84,-1.43]
Borisut et al., 2013 [63]	Motor Control	38.68	9.49	25	43.04	18.56	25	-0.29 [-0.85, 0.27]
Javanshir et al., 2015 [59]	Motor Control	2.75	1.41	30	2.27	1.51	30	0.32 [-0.19, 0.83]
Borisut et al., 2013 [63]	Motor Control + Segmental	38.68	9.49	25	16.88	7.75	25	2.48 [1.73, 3.23]
Disability								
<u>Short Term: NDI</u>								
Borisut et al., 2013 [63]	No Treatment	14.69	4.64	25	33.86	5.04	25	-3.90 [-4.86,-2.93]
Borisut et al., 2013 [63]	Motor Control	14.69	4.64	25	14.41	4.94	25	0.06 [-0.50, 0.61]
Javanshir et al., 2015 [59]	Motor Control	19.01	10.1	30	15.20	9.16	30	0.39 [-0.12, 0.90]
Borisut et al., 2013 [63]	Motor Control + Segmental	14.69	4.64	25	15.71	3.01	25	-0.26 [-0.81, 0.30]
Upper Limb								
Pain								
<u>Short Term: VAS General</u>								
Shiravi et al., 2019 [68]	No Treatment	3.10	1.04	44	6.00	1.23	44	-2.52 [-3.09,-1.96]
Waling et al., 2002 [49]	Aerobic + Upper Limb	22.00	18.00	29	31.00	17.00	28	-0.51 [-1.03, 0.02]
Waling et al., 2002 [49]	Body Awareness Training	22.00	18.00	29	30.00	17.00	25	-0.45 [-0.99, 0.09]
Waling et al., 2002 [49]	Education and Stress Reduction	22.00	18.00	29	38.00	24.00	20	-0.76 [-1.35,-0.17]
<u>Short Term: VAS Present</u>								
Waling et al., 2002 [49]	Aerobic + Upper Limb	11.00	16.00	29	19.00	14.00	28	-0.52 [-1.05, 0.00]
Waling et al., 2002 [49]	Body Awareness Training	11.00	16.00	29	24.00	25.00	25	-0.62 [-1.17,-0.07]
Waling et al., 2002 [49]	Education and Stress Reduction	11.00	16.00	29	30.00	21.00	20	-1.03 [-1.64,-0.42]
<u>Short Term: VAS Worst</u>								
Waling et al., 2002 [49]	Aerobic + Upper Limb	54.00	27.00	29	59.00	21.00	28	-0.20 [-0.72, 0.32]
Waling et al., 2002 [49]	Body Awareness Training	54.00	27.00	29	67.00	19.00	25	-0.54 [-1.09, 0.00]
Waling et al., 2002 [49]	Education and Stress Reduction	54.00	27.00	29	74.00	19.00	20	-0.82 [-1.41,-0.22]
<u>Intermediate Term: VAS Worst</u>								
Waling et al., 2002 [49]	Aerobic + Upper Limb	60.00	28.00	24	57.00	19.00	24	0.12 [-0.44, 0.69]
Waling et al., 2002 [49]	Body Awareness Training	60.00	28.00	24	70.00	19.00	24	-0.41 [-0.98, 0.16]
Waling et al., 2002 [49]	Education and Stress Reduction	60.00	28.00	24	63.00	18.00	15	-0.12 [-0.76, 0.53]
<u>Intermediate Term: VAS Present</u>								
Waling et al., 2002 [49]	Aerobic + Upper Limb	20.00	21.00	24	20.00	18.00	24	0.00 [-0.57, 0.57]
Waling et al., 2002 [49]	Body Awareness Training	20.00	21.00	24	35.00	29.00	24	-0.58 [-1.16, 0.00]
Waling et al., 2002 [49]	Education and Stress Reduction	20.00	21.00	24	25.00	19.00	15	-0.24 [-0.89, 0.41]
<u>Intermediate Term: VAS General</u>								
Waling et al., 2002 [49]	Aerobic + Upper Limb	28.00	19.00	24	26.00	16.00	24	0.11 [-0.45, 0.68]

	Comparator	Exercise Training Programme			Comparator			Effect Estimate (Std. Mean Difference IV, Random) [95%CI]
		Mean	SD	Total	Mean	SD	Total	
Waling et al., 2002 [49]	Body Awareness Training	28.00	19.00	24	31.00	22.00	24	-0.14 [-0.71, 0.42]
Waling et al., 2002 [49]	Education and Stress Reduction	28.00	19.00	24	29.00	18.00	15	-0.05 [-0.70, 0.59]
<i>Long Term: VAS Worst</i>								
Waling et al., 2002 [49]	Aerobic + Upper Limb	61.00	27.00	34	58.00	27.00	34	0.11 [-0.37, 0.59]
Waling et al., 2002 [49]	Body Awareness Training	61.00	27.00	34	57.00	28.00	31	0.14 [-0.34, 0.63]
Waling et al., 2002 [49]	Education and Stress Reduction	61.00	27.00	34	58.00	29.00	27	0.11 [-0.40, 0.61]
<i>Long Term: VAS Present</i>								
Waling et al., 2002 [49]	Aerobic + Upper Limb	31.00	27.00	34	22.00	26.00	34	0.34 [-0.14, 0.81]
Waling et al., 2002 [49]	Body Awareness Training	31.00	27.00	34	27.00	27.00	31	0.15 [-0.34, 0.63]
Waling et al., 2002 [49]	Education and Stress Reduction	31.00	27.00	34	16.00	19.00	27	0.62 [0.10, 1.14]
<i>Long Term: VAS General</i>								
Waling et al., 2002 [49]	Aerobic + Upper Limb	32.00	22.00	34	29.00	19.00	34	0.14 [-0.33, 0.62]
Waling et al., 2002 [49]	Body Awareness Training	32.00	22.00	34	29.00	21.00	31	0.14 [-0.35, 0.63]
Waling et al., 2002 [49]	Education and Stress Reduction	32.00	22.00	34	20.00	18.00	27	0.58 [0.07, 1.10]
Motor Control + Pillar								
<i>Pain</i>								
<i>Short Term: VAS</i>								
Hingarajia et al., 2012 [71]	Pillar	1.39	0.90	25	2.03	1.00	25	-0.66 [-1.23,-0.09]
<i>Disability</i>								
<i>Short Term: NDI</i>								
Hingarajia et al., 2012 [71]	Pillar	2.64	1.70	25	5.32	2.50	25	-1.23 [-1.84,-0.63]
Motor Control + Segmental								
<i>Pain</i>								
<i>Short Term: VAS</i>								
Borisut et al., 2013 [63]	No Treatment	16.88	7.75	25	61.32	11.29	25	-4.52 [-5.59,-3.44]
Falla et al., 2013 [64]	No Treatment	3.60	2.40	22	4.90	2.30	20	-0.54 [-1.16, 0.08]
Borisut et al., 2013 [63]	Motor Control	16.88	7.75	25	43.04	18.56	25	-1.81 [-2.48,-1.14]
Borisut et al., 2013 [63]	Segmental	16.88	7.75	25	38.68	9.49	25	-2.48 [-3.23,-1.73]
<i>Disability</i>								
<i>Short Term: NDI</i>								
Borisut et al., 2013 [63]	No Treatment	15.71	3.01	25	33.86	5.04	25	-4.30 [-5.34,-3.26]
Falla et al., 2013 [64]	No Treatment	14.10	6.60	22	16.60	7.40	20	-0.35 [-0.96, 0.26]
Borisut et al., 2013 [63]	Motor Control	15.71	3.01	25	14.41	4.94	25	0.31 [-0.25, 0.87]
Borisut et al., 2013 [63]	Segmental	15.71	3.01	25	14.69	4.64	25	0.26 [-0.30, 0.81]
<i>Short Term: PSFS</i>								
Falla et al., 2013 [64]	No Treatment	-5.60	2.20	22	-3.9	1.70	20	-0.84 [-1.48,-0.21]
Motor Control + Segmental + Pillar								
<i>Pain</i>								
<i>Short Term: VAS on Activity</i>								
Gupta et al., 2010 [69]	Pillar	1.42	0.79	12	3.75	0.87	12	-2.71 [-3.87,-1.55]
<i>Short Term: VAS at Rest</i>								
Gupta et al., 2010 [69]	Pillar	0.08	0.29	12	2.00	0.83	12	-2.98 [-4.20,-1.76]
<i>Disability</i>								

	Comparator	Exercise Training Programme			Comparator			Effect Estimate (Std. Mean Difference IV, Random) [95%CI]
		Mean	SD	Total	Mean	SD	Total	
<u>Short Term: NDI</u>								
Gupta et al., 2010 [69]	Pillar	6.28	5.92	12	20.35	8.21	12	-1.9 [-2.89,-0.91]
Motor Control + Segmental + Another Intervention								
Pain								
<u>Short Term: NRS</u>								
Chiu et al., 2005 [57]	Another Intervention	3.04	1.87	67	3.96	2.18	78	-0.45 [-0.78,-0.12]
Chiu et al., 2005 [57]	TENs + Another Intervention	3.04	1.87	67	4.36	2.04	73	-0.67 [-1.01,-0.33]
<u>Short Term: NRS at Best</u>								
Bobos et al., 2016 [51]	Another Intervention	0.20	0.41	20	0.75	0.91	20	-0.76 [-1.41,-0.12]
Bobos et al., 2016 [51]	General AROM + Another Intervention	0.20	0.41	20	0.85	0.93	20	-0.89 [-1.54,-0.23]
<u>Short Term: NRS at Worst</u>								
Bobos et al., 2016 [51]	Another Intervention	3.60	1.19	20	3.90	1.80	20	-0.19 [-0.81, 0.43]
Bobos et al., 2016 [51]	General AROM + Another Intervention	3.60	1.19	20	4.30	2.41	20	-0.36 [-0.99, 0.26]
<u>Short Term: NRS Now</u>								
Bobos et al., 2016 [51]	Another Intervention	1.55	1.19	20	2.80	1.64	20	-0.86 [-1.51,-0.20]
Bobos et al., 2016 [51]	General AROM + Another Intervention	1.55	1.19	20	2.10	1.94	20	-0.33 [-0.96, 0.29]
<u>Intermediate Term: NRS</u>								
Chiu et al., 2005 [57]	Another Intervention	3.06	2.09	67	3.61	2.06	78	-0.26 [-0.59, 0.06]
Chiu et al., 2005 [57]	TENs + Another Intervention	3.06	2.09	67	3.40	2.35	73	-0.15 [-0.48, 0.18]
Disability								
<u>Short Term: NDI</u>								
Bobos et al., 2016 [51]	Another Intervention	4.95	2.70	20	8.00	2.66	20	-1.12 [-1.79,-0.44]
Bobos et al., 2016 [51]	General AROM + Another Intervention	4.95	2.70	20	8.85	4.50	20	-1.03 [-1.69,-0.37]
<u>Short Term: Northwick Park Neck Pain Questionnaire</u>								
Chiu et al., 2005 [57]	Another Intervention	1.00	0.42	67	1.13	0.56	78	-0.26 [-0.59, 0.07]
Chiu et al., 2005 [57]	TENs + Another Intervention	1.00	0.42	67	1.17	0.51	73	-0.36 [-0.69,-0.03]
<u>Intermediate Term: Northwick Park Neck Pain Questionnaire</u>								
Chiu et al., 2005 [57]	Another Intervention	1.02	0.58	67	1.16	0.56	78	-0.24 [-0.57, 0.08]
Chiu et al., 2005 [57]	TENs + Another Intervention	1.02	0.58	67	1.19	0.53	73	-0.30 [-0.64, 0.03]
Segmental + Upper Limb								
Pain								
<u>Short Term: 11 Point Box Scale</u>								
Randlov et al., 1998 [76] (Intense)	Segmental + Upper Limb Exercise (Light)	10.00*	NA	27	9.00*	NA	25	p > 0.05
Randlov et al., 1998 [76] (Light)	Segmental + Upper Limb Exercise (Intense)	9.00*	NA	25	10.00*	NA	27	p > 0.05
<u>Intermediate Term: 11 Point Box Scale</u>								
Randlov et al., 1998 [76] (Intense)	Segmental + Upper Limb Exercise (Light)	8.00*	NA	23	12.00*	NA	20	p > 0.05
Randlov et al., 1998 [76] (Light)	Segmental + Upper Limb Exercise (Intense)	12.00*	NA	20	8.00*	NA	23	p > 0.05
<u>Long Term: 11 Point Box Scale</u>								
Randlov et al., 1998 [76] (Intense)	Segmental + Upper Limb Exercise (Light)	9.00*	NA	21	12.00*	NA	20	p > 0.05
Randlov et al., 1998 [76] (Light)	Segmental + Upper Limb Exercise (Intense)	12.00*	NA	20	9.00*	NA	21	p > 0.05
Disability								
<u>Short Term: ADL Questionnaire</u>								
Randlov et al., 1998 [76] (Intense)	Segmental + Upper Limb Exercise (Light)	10.00*	NA	27	12.00*	NA	25	p = 0.99

	Comparator	Exercise Training Programme			Comparator			Effect Estimate (Std. Mean Difference IV, Random) [95%CI]
		Mean	SD	Total	Mean	SD	Total	
Randlov et al., 1998 [76] (Light)	Segmental + Upper Limb Exercise (Intense)	12.00*	NA	25	10.00*	NA	27	p = 0.99
<i>Intermediate Term: ADL Questionnaire</i>								
Randlov et al., 1998 [76] (Intense)	Segmental + Upper Limb Exercise (Light)	10.00*	NA	23	12.00*	NA	20	p = 0.43
Randlov et al., 1998 [76] (Light)	Segmental + Upper Limb Exercise (Intense)	12.00*	NA	20	10.00*	NA	23	p = 0.43
<i>Long Term: ADL Questionnaire</i>								
Randlov et al., 1998 [76] (Intense)	Segmental + Upper Limb Exercise (Light)	10.00*	NA	21	12.00*	NA	20	p = 0.26
Randlov et al., 1998 [76] (Light)	Segmental + Upper Limb Exercise (Intense)	12.00*	NA	20	10.00*	NA	21	p = 0.26
Pillar + Another Intervention								
Pain								
<i>Short Term: VAS</i>								
Khan et al., 2014 [77]	Another Intervention	5.96	2.23	34	6.23	1.31	34	-0.15 [-0.62, 0.33]
Ulug et al., 2018 [78]	Pilates + Another Intervention	2.50	2.30	18	1.70	1.80	20	0.38 [-0.26, 1.03]
Ulug et al., 2018 [78]	Yoga + Another Intervention	2.50	2.30	18	1.40	2.00	18	0.50 [-0.17, 1.16]
<i>Short Term: SF-MPQ</i>								
Ulug et al., 2018 [78]	Pilates + Another Intervention	2.20	3.70	18	2.40	3.50	20	-0.05 [-0.69, 0.58]
Ulug et al., 2018 [78]	Yoga + Another Intervention	2.20	3.70	18	1.30	2.20	18	0.29 [-0.37, 0.95]
Disability								
<i>Short Term: NDI</i>								
Ulug et al., 2018 [78]	Pilates + Another Intervention	11.30	6.30	18	10.00	4.80	20	0.23 [-0.41, 0.87]
Ulug et al., 2018 [78]	Yoga + Another Intervention	11.30	6.30	18	8.20	4.80	18	0.54 [-0.13, 1.21]
<i>Short Term: Northwick Park Neck Pain Questionnaire</i>								
Khan et al., 2014 [77]	Another Intervention	11.38	2.41	34	17.54	1.43	34	-3.07 [-3.79,-2.36]
Pillar + Upper Limb								
Pain								
<i>Intermediate Term: NRS</i>								
Rudolfsson et al., 2014 [61]	Co-ordination Training	4.40	2.00	28	3.80	1.70	28	0.32 [-0.21, 0.85]
Rudolfsson et al., 2014 [61]	Massage	4.40	2.00	28	4.00	2.10	29	0.19 [-0.33, 0.71]
Pillar + Upper Limb + Another Intervention								
Pain								
<i>Intermediate Term: VAS</i>								
Ylinen et al., 2007 [54]	Segmental + Upper Limb + Another Intervention	11.00	13.68	59	15.00	15.21	57	-0.27 [-0.64, 0.09]
<i>Long Term: VAS</i>								
Ylinen et al., 2007 [54]	Segmental + Upper Limb + Another Intervention	19.00	26.60	59	20.67	23.58	57	-0.07 [-0.43, 0.30]
Disability								
<i>Short Term: Neck and Shoulder Pain and Disability Index</i>								
Ylinen et al., 2007 [54]	Segmental + Upper Limb + Another Intervention	15.67	16.72	59	20.00	15.21	57	-0.27 [-0.63, 0.10]
<i>Intermediate Term: Neck and Shoulder Pain and Disability Index</i>								
Ylinen et al., 2007 [54]	Segmental + Upper Limb + Another Intervention	13.00	18.24	59	18.67	17.49	57	-0.32 [-0.68, 0.05]
<i>Long Term: Neck and Shoulder Pain and Disability Index</i>								
Ylinen et al., 2007 [54]	Segmental + Upper Limb + Another Intervention	14.00	18.24	59	14.00	15.97	57	0.00 [-0.36, 0.36]
<i>Long Term: NDI</i>								
Ylinen et al., 2007 [54]	Segmental + Upper Limb + Another Intervention	12.67	13.68	59	13.33	10.65	57	-0.05 [-0.42, 0.31]

	Comparator	Exercise Training Programme			Comparator			Effect Estimate (Std. Mean Difference IV, Random) [95%CI]
		Mean	SD	Total	Mean	SD	Total	
Segmental + Upper Limb + Another Intervention								
Pain								
<u>Short Term: 11 Point Box Scale</u>								
Jordan et al., 1998 [14]	Manipulation + Another Intervention	6.00*	3-9†	??	6.00*	4-7†	??	p = 0.44
Jordan et al., 1998 [14]	Passive Physiotherapy + Another Intervention	6.00*	3-9†	??	6.00*	3-8†	??	p = 0.44
<u>Intermediate Term: 11 Point Box Scale</u>								
Jordan et al., 1998 [14]	Manipulation + Another Intervention	4.00*	3-10†	??	6.00*	5-8†	??	p = 0.54
Jordan et al., 1998 [14]	Passive Physiotherapy + Another Intervention	4.00*	3-10†	??	4.00*	3-10†	??	p = 0.54
<u>Intermediate Term: VAS</u>								
Ylinen et al., 2007 [54]	Pillar + Upper Limb + Another Intervention	15.00	15.21	57	11.00	13.68	59	0.27 [-0.09, 0.64]
<u>Long Term: 11 Point Box Scale</u>								
Jordan et al., 1998 [14]	Manipulation + Another Intervention	6.00*	4-9†	??	6.00*	6-8†	??	p = 0.76
Jordan et al., 1998 [14]	Passive Physiotherapy + Another Intervention	6.00*	4-9†	??	8.00*	6-11†	??	p = 0.76
<u>Long Term: VAS</u>								
Ylinen et al., 2007 [54]	Pillar + Upper Limb + Another Intervention	20.67	23.58	57	19.00	26.60	59	0.07 [-0.30, 0.43]
Disability								
<u>Short Term: Self Reporting Disability</u>								
Jordan et al., 1998 [14]	Manipulation + Another Intervention	5.00*	4-7†	??	4.00*	4-5†	??	p = 0.61
Jordan et al., 1998 [14]	Passive Physiotherapy + Another Intervention	5.00*	4-7†	??	4.00*	3-6†	??	p = 0.61
<u>Short Term: Neck and Shoulder Pain and Disability Index</u>								
Ylinen et al., 2007 [54]	Pillar + Upper Limb + Another Intervention	20.00	15.21	57	15.67	16.72	59	0.27 [-0.10, 0.63]
<u>Intermediate: Self Reporting Disability</u>								
Jordan et al., 1998 [14]	Manipulation + Another Intervention	5.00*	3-7†	??	6.00*	4-7†	??	p = 0.69
Jordan et al., 1998 [14]	Passive Physiotherapy + Another Intervention	5.00*	3-7†	??	5.00*	3-8†	??	p = 0.69
<u>Intermediate: Neck and Shoulder Pain and Disability Index</u>								
Ylinen et al., 2007 [54]	Pillar + Upper Limb + Another Intervention	18.67	17.49	57	13.00	18.24	59	0.32 [-0.05, 0.68]
<u>Long Term: Self Reporting Disability</u>								
Jordan et al., 1998 [14]	Manipulation + Another Intervention	5.00*	4-7†	??	5.00*	3-6†	??	p = 0.66
Jordan et al., 1998 [14]	Passive Physiotherapy + Another Intervention	5.00*	4-7†	??	6.00*	4-7†	??	p = 0.66
<u>Long Term: Neck and Shoulder Pain and Disability Index</u>								
Ylinen et al., 2007 [54]	Pillar + Upper Limb + Another Intervention	14.00	15.97	57	14.00	18.24	59	0.00 [-0.36, 0.36]
<u>Long Term: NDI</u>								
Ylinen et al., 2007 [54]	Pillar + Upper Limb + Another Intervention	13.33	10.65	57	12.67	13.68	59	0.05 [-0.31, 0.42]
Upper Limb + Segmental + Motor Control + Another Intervention								
Pain								
<u>Short Term: VAS</u>								
Yildiz et al., 2017 [62]	Segmental + Motor Control + Another Intervention	1.20	1.40	13	1.10	1.30	12	0.07 [-0.71, 0.86]
Disability								
<u>Short Term: NDI</u>								
Yildiz et al., 2017 [62]	Segmental + Motor Control + Another Intervention	5.90	3.10	13	5.20	3.40	12	0.21 [-0.58, 1.00]
XX + Upper Limb								
Pain								
<u>Short Term: NRS</u>								

	Comparator	Exercise Training Programme			Comparator			Effect Estimate (Std. Mean Difference IV, Random) [95%CI]
		Mean	SD	Total	Mean	SD	Total	
Viljanen et al., 2003 [66]	No Treatment	2.90	2.60	135	2.70	2.50	130	0.08 [-0.16, 0.32]
Viljanen et al., 2003 [66]	Relaxation Techniques	2.90	2.60	135	2.90	2.40	128	0.00 [-0.24, 0.24]
<u>Intermediate Term: NRS</u>								
Viljanen et al., 2003 [66]	No Treatment	2.90	2.80	135	2.90	2.80	130	0.00 [-0.24, 0.24]
Viljanen et al., 2003 [66]	Relaxation Techniques	2.90	2.80	135	3.00	2.70	128	-0.04 [-0.28, 0.21]
<u>Long Term: NRS</u>								
Viljanen et al., 2003 [66]	No Treatment	3.10	2.50	135	3.20	2.50	130	-0.04 [-0.28, 0.20]
Viljanen et al., 2003 [66]	Relaxation Techniques	3.10	2.50	135	3.30	2.60	128	-0.08 [-0.32, 0.16]
<u>Disability</u>								
<u>Short Term: Unique Scale to Authors</u>								
Viljanen et al., 2003 [66]	No Treatment	15.00	14.6	135	14.00	13.80	130	0.07 [-0.17, 0.31]
Viljanen et al., 2003 [66]	Relaxation Techniques	15.00	14.6	135	14.00	12.50	128	0.07 [-0.17, 0.32]
<u>Intermediate Term: Unique Scale to Authors</u>								
Viljanen et al., 2003 [66]	No Treatment	15.00	15.40	135	14.00	13.80	130	0.07 [-0.17, 0.31]
Viljanen et al., 2003 [66]	Relaxation Techniques	15.00	15.40	135	15.00	14.50	128	0.00 [-0.24, 0.24]
<u>Long Term: Unique Scale to Authors</u>								
Viljanen et al., 2003 [66]	No Treatment	19.00	15.50	135	17.00	13.70	130	0.14 [-0.10, 0.38]
Viljanen et al., 2003 [66]	Relaxation Techniques	19.00	15.50	135	19.00	14.70	128	0.00 [-0.24, 0.24]

*Median, †90%CI, ??Data Missing

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