

Supplementary Table S2. Quality assessment of the included studies using the PEDro scale

	Eligibility criteria	Random allocation	concealed allocation	Baseline comparability	Blind subjects	Blind therapists	Blind assessors	Adequate follow-up	Intention-to- treat analysis	Between group comparisons	Point estimates and variability	Total score
Bang DH 2013 ¹⁸	Y	1	1	1	1	0	1	1	1	1	1	9
Cowles T 2013 ⁵	Y	1	1	0	0	0	1	0	0	1	1	5
Dettmers C 2014 ²⁶	Y	1	0	1	0	0	1	1	0	1	0	5
Ertelt D 2007 ²	Y	1	0	1	0	0	0	1	1	1	1	6
Franceschini M 2012 ⁶	Y	1	1	1	0	0	1	1	0	1	1	7
Fu J 2017 ⁷	Y	1	0	1	0	0	0	0	0	1	1	4
Kim CH 2016 ¹⁹	Y	1	1	1	0	0	1	1	1	1	1	8
Kim E 2015 ⁸	N	1	0	0	0	0	0	1	1	1	1	5
Kim JC 2018 ²⁰	Y	1	0	1	0	0	0	0	0	1	1	4
Kim JH 2013 ²¹	Y	1	1	1	0	0	0	1	0	1	1	6
Kim JS 2012 ²²	N	1	1	1	0	0	0	1	1	1	1	7
Oh SJ 2019 ²⁷	Y	1	0	1	0	0	0	1	0	1	1	5
Park EC 2015 ²³	Y	1	0	0	0	0	0	1	1	1	1	5
Park HJ 2017 ²⁴	Y	1	0	1	0	0	1	1	0	1	1	6
Park HR 2014 ²⁵	Y	1	1	1	0	0	1	0	0	1	1	6
Sale P 2014 ⁴	Y	1	1	1	0	0	1	1	1	1	1	8
Zhu MH 2015 ¹⁰	Y	1	0	1	0	0	1	1	1	1	1	7