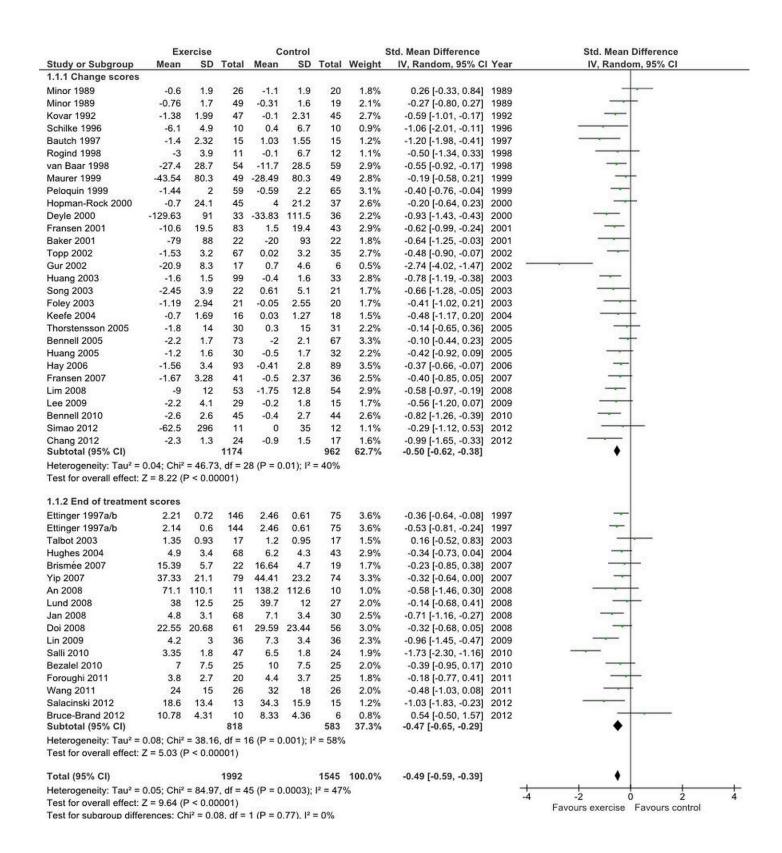
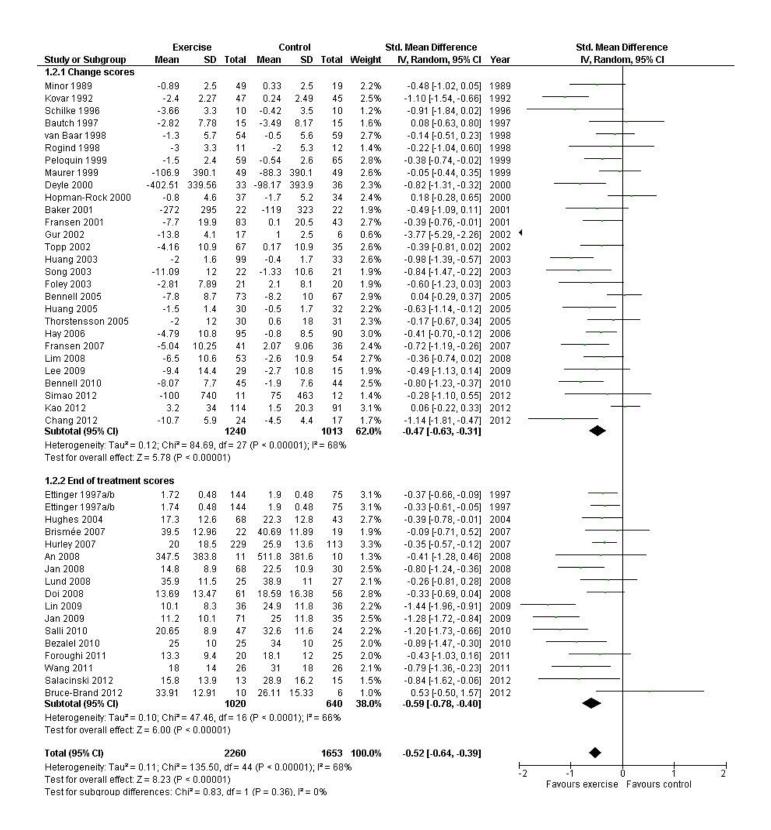
Supplementary Table 1 Forest plot of comparison: immediate post-treatment outcome on pain.



Supplementary Table 2. Forest plot of comparison: immediate post-treatment outcome on physical function



Supplementary Table 3 Forest plot of comparison: immediate post-treatment outcome on quality of life.

	Exercise			Control				Std. Mean Difference		Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	Year	IV, Random, 95% CI
1.3.1 Change scores										C
Minor 1989	-1.7	1.3	28	-2.4	1.7	28	5.3%	0.46 [-0.07, 0.99]	1989	
Fransen 2001	2	6.4	83	-0.7	3.7	43	10.7%	0.48 [0.10, 0.85]	2001	
Keefe 2004	0.38	1.22	16	0.05	0.33	18	3.2%	0.37 [-0.31, 1.05]	2004	- •
Thorstensson 2005	4	13	30	-0.7	14	31	5.8%	0.34 [-0.16, 0.85]	2005	
Bennell 2005	0.5	0.13	73	0.51	0.17	67	13.5%	-0.07 [-0.40, 0.27]	2005	
Hay 2006	0.14	2	93	-0.28	2	89	17.5%	0.21 [-0.08, 0.50]	2006	 •
Lee 2009	19.2	15.9	29	9.1	10.3	15	3.6%	0.69 [0.05, 1.34]	2009	
Kao 2012 Subtotal (95% CI)	2.1	9.3	114 466	-0.33	7.9	91 382	19.4% 78.8 %	0.28 [0.00, 0.55] 0.27 [0.13, 0.42]	2012	•
Test for overall effect:	Z = 3.70	(P = 0.0	0002)							
1.3.2 End of treatmer	nt ecores		86							
Fransen 2007	49.61	8.83	41	47.6	8.2	36	7.4%	0.23 [-0.22, 0.68]	2007	
Lund 2008	43.8	12.5	25	43.1	11.5	27	5.0%	0.06 [-0.49, 0.60]	2008	
Wang 2011	74	11	26	67	13	26	4.8%	0.57 [0.02, 1.13]	2011	-
Salacinski 2012	59.2	17.5	13	46.7	22.6	15	2.6%	0.59 [-0.17, 1.36]	2012	
Bruce-Brand 2012 Subtotal (95% CI)	66.64	20.36	10 115	65	\$500 months	6 110	1.4% 21.2 %	0.07 [-0.95, 1.08] 0.30 [0.04, 0.57]		•
Heterogeneity: Tau²=	0.00: CK	ni= 2.5	5 df=	4 (P = 0	64): I ² =		200 D 000 D			1000
Test for overall effect:				. (0	047,1	0.70				
Total (95% CI)			581			492	100.0%	0.28 [0.15, 0.40]		•
Heterogeneity: Tau² =	0.00; Ch	ni z = 10.	20, df=	12 (P =	0.60);	² = 0%			<u>⊢</u> -2	
Test for overall effect:	Z = 4.45	(P < 0.0	00001)	(5)	8				-2	-1 U 1 Favours control Favours exercise
Test for subgroup diff	erences:	Chi ² =	0.03. d	f=1 (P:	= 0.86).	$I^2 = 0\%$,			ravours control ravours exercise