Records identified through database searching (44):
- Cinahl = 8
- Cochrane Library = 3
- Medline = 6
- Pedro = 4
- Proquest Databases = 4
- Scopus = 10
- Sport Discus = 4
- Web of Science = 5

Duplicate papers removed (27)

Papers included (n=8):
- Systematic review
- Published in the English language

Papers excluded (n=9):
- Not a systematic review (n=8)
- Not published in English (n=1)

Papers included (n=5):
- Efficacy of Pilates exercise in the management of people with chronic low back pain

Full-text papers excluded (n=3):
- Do not investigate Pilates exercise in people with chronic low back pain (n=3)

Included articles in systematic review (n = 5)