Initial records identified (n=95)
- PubMed (n=19)
- Cochrane (n=1)
- SportDiscus (n=0)
- PEDro (n=4)
- Web of Science (n=22)
- DARE (n=32)
- Scopus (n=5)
- HEC (n=1)
- Proquest (n=8)
- Cross-referencing (n=3)

Records after duplicates removed (n=69)

Initial records screened based on title and abstract (n=69)

Records excluded (n=59), with reasons*
- Inappropriate population (n=16)
- Inappropriate intervention (n=17)
- Inappropriate comparison (n=6)
- Inappropriate outcome (n=9)
- Inappropriate study design (n=39)

Full-text articles assessed for eligibility (n=10)

Records excluded (n=8), with reasons*
- Inappropriate population (n=2)
- Inappropriate intervention (n=0)
- Inappropriate comparison (n=0)
- Inappropriate outcome (n=0)
- Inappropriate study design (n=7)

Meta-analyses included (n=2)