After removal of multiplicates and quick screening of Google Scholar hits: 192 citations identified through database searching

45 citations identified through other sources: references (n=19) experts (n=15) Alexander Technique societies (n=8) music medicine (n=3)

237 citations assessed

225 papers excluded: description, review, no study, Alexander Technique just mentioned (n=168) not related to musicians (n=18) studies without control group (n=5) surveys and cross-sectional studies (n=9) qualitative case reports and series (n=13) unpublished pilot studies (n=2) ongoing research (n=3) publication not found (n=7)

12 studies included in review

randomised controlled trials (n=5) controlled, non-randomised trials (n=5) mixed methods (n=2)