**Appendix Table F10. Sample size and intensity of examined physical therapy interventions**

| **Physical therapy interventions** | **N studies** | **Size-Mean** | **Size-Standard deviation** | **Size-Sum** | **N studies with reported intensity** | **Intensity/Week mean** |
| --- | --- | --- | --- | --- | --- | --- |
| ED | 9 | 316.0 | 467.0 | 2844 | 7 | 1.9 |
| Exercise ED | 10 | 221.7 | 215.6 | 2217 | 5 | 0.9 |
| Exercise NS | 3 | 288.0 | 87.0 | 864 | 3 | 3.3 |
| Exercise aerobic | 26 | 147.0 | 152.3 | 3821 | 22 | 2.6 |
| Exercise aerobic +ED | 2 | 96.0 | 82.0 | 192 | 2 | 3.0 |
| Exercise aquatic | 10 | 120.0 | 107.2 | 1200 | 10 | 2.4 |
| Exercise balance | 2 | 57.0 | 12.7 | 114 | 2 | 4.0 |
| Exercise proprioception | 5 | 74.6 | 33.1 | 373 | 5 | 3.0 |
| Exercise strength | 32 | 138.0 | 267.1 | 4417 | 28 | 3.1 |
| Exercise strength + ED | 1 | 1440.0 | 0.0 | 1440 | 1 | 4.0 |
| Exercise stretching | 1 | 36.0 | 0.0 | 36 | 1 | 7.0 |
| Exercise vibration | 1 | 35.0 | 0.0 | 35 | 1 | 2.0 |
| Tai Chi | 6 | 68.0 | 21.8 | 408 | 6 | 2.5 |
| Massage | 4 | 45.0 | 15.4 | 180 | 3 | 2.3 |
| Manual contact | 1 | 76.0 | 0.0 | 76 |  | 0.0 |
| Joint mobilization | 2 | 59.5 | 23.3 | 119 | 1 | 3.0 |
| Joint mobilization + exercise | 1 | 134.0 | 0.0 | 134 | 1 | 2.0 |
| Brace | 8 | 81.3 | 42.2 | 650 | 2 | 7.0 |
| Orthotics | 13 | 72.0 | 40.2 | 936 | 6 | 7.0 |
| Lateral wedge vs. neutral wedge | 4 | 119.3 | 74.5 | 477 | 2 | 7.0 |
| Taping | 3 | 40.7 | 15.5 | 122 | 1 | 4.0 |
| Taping + massage + exercise | 1 | 140.0 | 0.0 | 140 | 1 | 1.0 |
| Estim | 30 | 38.8 | 16.5 | 1086 | 26 | 4.0 |
| Estim bone | 1 | 88.0 | 0.0 | 88 | 1 | 1.0 |
| Estim + exercise | 2 | 35.0 | 0.0 | 70 | 2 | 5.0 |
| PEMF | 9 | 71.0 | 44.9 | 639 | 9 | 4.9 |
| Magnet therapy | 4 | 62.0 | 45.8 | 248 | 3 | 7.0 |
| US | **7** | 75.7 | 44.9 | 454 | 6 | 3.7 |
| US + HEAT | 1 | 40.0 | 0.0 | 40 | 1 | 3.0 |
| Diathermy | 10 | 56.3 | 24.0 | 563 | 10 | 3.2 |
| Pack | 1 | 60.0 | 0.0 | 60 | 1 | 5.0 |
| Cold | 2 | 45.5 | 31.8 | 91 | 1 | 5.0 |
| Heat | 3 | 53.3 | 14.0 | 160 | 3 | 5.0 |
| Heat+cold | 1 | 68.0 | 0.0 | 68 | 1 | 5.0 |
| Heat + vibration | 1 | 71.0 | 0.0 | 71 | 1 | 7.0 |
| Ice massage | 1 | 50.0 | 0.0 | 50 | 1 | 5.0 |
| Balneotherapy | 12 | 97.3 | 119.3 | 1168 | 12 | 4.3 |
| Therapeutic touch | 1 | 31.0 | 0.0 | 31 | 1 | 1.0 |
| Education vs. education | 1 | 344.0 | 0.0 | 344 | 1 | 0.3 |
| Exercise aerobic vs. ED | 1 | 162.0 | 0.0 | 162 | 1 | 3.0 |
| Exercise aerobic vs. aerobic | 4 | 103.8 | 62.5 | 415 | 3 | 2.7 |
| Exercise aerobic vs. education | 2 | 113.5 | 112.4 | 227 | 2 | 3.0 |
| Exercise aerobic vs. strength | 3 | 213.3 | 132.8 | 640 | 3 | 4.3 |
| Exercise aquatic or aerobic vs. ROM | 1 | 68.0 | 0.0 | 68 | 1 | 3.0 |
| Exercise aquatic vs. aerobic | 4 | 65.5 | 15.0 | 262 | 4 | 2.8 |
| Exercise aquatic vs. strength | 1 | 54.0 | 0.0 | 54 | 1 | 2.0 |
| Exercise aquatic vs. tai chi | 1 | 111.0 | 0.0 | 111 | 1 | 2.0 |
| Exercise proprioception vs. proprioception | 1 | 59.0 | 0.0 | 59 | 1 | 3.0 |
| Exercise proprioception vs. strength | 1 | 72.0 | 0.0 | 72 | 1 | 3.0 |
| Exercise strength vs. education | 2 | 847.5 | 946.8 | 1695 |  | 0.0 |
| Exercise strength vs. strength | 21 | 86.9 | 62.5 | 1825 | 17 | 3.2 |
| Tai chi vs. stretching | 2 | 37.5 | 3.5 | 75 | 2 | 2.0 |
| Brace vs. brace | 3 | 47.7 | 28.3 | 143 | 1 | 7.0 |
| Orthotics vs. brace | 1 | 91.0 | 0.0 | 91 | 1 | 7.0 |
| Orthotics vs. orthotics | 16 | 70.3 | 45.9 | 1124 | 8 | 7.0 |
| Estim vs. US | 2 | 50.0 | 14.1 | 100 | 2 | 3.0 |
| estim vs. diathermy | 2 | 50.0 | 14.1 | 100 | 2 | 3.0 |
| Estim vs. education | 1 | 68.0 | 0.0 | 68 | 1 | 3.0 |
| Estim vs. Estim | 3 | 60.0 | 42.7 | 180 | 2 | 4.5 |
| Estim vs. exercise | 3 | 37.3 | 11.0 | 112 | 3 | 5.0 |
| Estim vs. massage | 1 | 50.0 | 0.0 | 50 | 1 | 5.0 |
| Estim vs. EMF | 1 | 40.0 | 0.0 | 40 | 1 | 5.0 |
| Estim vs. Cryotherapy | 1 | 22.0 | 0.0 | 22 |  | 0.0 |
| Pulsed Signal Therapy vs. massage | 1 | 95.0 | 0.0 | 95 | 1 | 5.0 |
| Magnet therapy vs. magnet therapy | 1 | 129.0 | 0.0 | 129 | 1 | 7.0 |
| US vs. US | 2 | 90.0 | 42.4 | 180 | 2 | 4.0 |
| Diathermy + exercise vs. US | 1 | 46.0 | 0.0 | 46 | 1 | 4.0 |
| Diathermy vs. US | 4 | 62.3 | 26.5 | 249 | 3 | 3.3 |
| Diathermy vs. US + exercise | 1 | 48.0 | 0.0 | 48 | 1 | 4.0 |
| Diathermy vs. balneotherapy | 1 | 54.0 | 0.0 | 54 | 1 | 5.0 |
| Diathermy vs. diathermy | 3 | 49.3 | 25.4 | 148 | 3 | 3.0 |
| Diathermy vs. exercise | 1 | 50.0 | 0.0 | 50 | 1 | 1.0 |