

Table 3. Summary of findings table for the intervention ‘physical interventions’

Outcome	Time	Type of intervention	Author (year)	N studies in meta-analysis	Effect measure (95%CI)	Figure for meta-analysis (see appendix)	Certainty
Pain							
Pain intensity	Post treatment	Physical therapy	Fisher (2022)	6	SMD -0.60 (95%CI -1.15 to -0.04)	Figure 17	⊕○○○ very low
		Yoga	Abbott (2017)	3	SMD -0.31 (95%CI -0.67 to 0.05)	Figure 18	⊕⊕○○ low
	At follow-up	Physical therapy	Fisher (2022)	3	SMD -0.13 (95%CI -0.74 to 0.48)	Figure 19	⊕○○○ very low
		Yoga	Abbott (2017)	1	No difference	NA	
		Yoga	Gordon (2022)	1	No conclusions could be drawn	NA	⊕○○○ very low
Pain frequency		Yoga	Abbott (2017)	1	No difference postintervention, at 6, and at 12 months follow-up	NA	
		Yoga	Gordon (2022)	1	No conclusions could be drawn	NA	⊕○○○ very low
Anxiety							
Anxiety post-treatment		Physical therapy	Fisher (2022)	2	SMD 0.06 (95%CI -1.39 to 1.51)	Figure 20	⊕○○○ very low
Functioning							
Social or psychological function		Yoga	Abbott (2017)	3	No difference	Not performed	

Functional disability	Post intervention	Yoga	Abbott (2017)	2	SMD -0.32 (95%CI -1.07 to 0.43)	Figure 21	
		Physical therapy	Fisher (2022)	4	SMD -0.64 (95%CI -0.95 to -0.34)	Figure 22	⊕○○○ very low
	At follow-up	Physical therapy	Fisher (2022)	1	SMD -0.36 (95%CI -1.04 to 0.28)	Figure 23	⊕○○○ very low
Quality of life							
HRQoL post-treatment		Physical therapy	Fisher (2022)	2	SMD -0.64 (95%CI -1.91 to 0.63)		⊕○○○ very low

Green represents in favour of the intervention. Red represents in favour of the control. Yellow represents no significant difference between intervention and control. Grey represents no conclusions could be drawn.

SMD: standardized mean difference, 95%CI: 95% confidence interval, RR: risk ratio, OR: odds ratio, HRQoL: health-related quality of life, IG: intervention group, CG: control group