

Table 3. Swallowing function measured by clinical assessment

				Intervention group				Control group				Comparison between groups	
Study	Measure	Timing of measurement	Comparison	N	Baseline median(range)	Follow-up median(range)	Difference	N	Baseline median(range)	Follow-up median(range)	Difference	Change	CR
Wu, 2023	MASA-OC	Baseline (6 th day after surgery)- 15 th day after surgery	Exercise + usual care vs. usual care	62	Median (P25-P75) 92.5 (82.0~99.0)	Median (P25-P75) 101.5 (93.0~109.0)	AD -9	59	Median (P25-P75) 89.0(81.0~96.0)	Median (P25-P75) 99.0 (90.5~103.0)	AD -10	AD 1	No
		Baseline- 1 month day after surgery	Exercise + usual care vs. usual care	62	Median (P25-P75) 92.5 (82.0~99.0)	Median (P25-P75) 112.0 (107.0~116.0)	AD -19,5	59	Median (P25-P75) 89.0(81.0~96.0)	Median (P25-P75) 103.0 (94.0~109.0)	AD -14	AD 5.5	No
Zhang, 2022	MASA-OC	Baseline (6 th day after surgery)- 15 th day after surgery before the start of (chemo)radiotherapy	Exercise + usual care vs. usual care	34	Median (P25-P75) 93.00 (78.00 ~ 99.25)	Median (P25-P75) 104.00 (98.25 ~ 109.00)	AD -11	34	Median (P25-P75) 87.00 (77.75 ~ 96.00)	Median (P25-P75) 94.50 (87.75 ~ 104.25)	AD -7.50	AD 3.5	No
		Baseline (6 th day after surgery)- 1 month after surgery before the start of (chemo)radiotherapy	Exercise + usual care vs. usual care	34	Median (P25-P75) 93.00 (78.00 ~ 99.25)	Median (P25-P75) 113.00(108.75 ~ 116.00)	AD -20	34	Median (P25-P75) 87.00 (77.75 ~ 96.00)	Median (P25-P75) 102.00 (94.75 ~ 108.25)	AD -15	AD 5	No
Mortensen, 2015	Mouth opening (interdental distance in mm)	Pre-treatment-2 months	Exercise vs. usual care	19	52 (40-60)	47 (29-59)	AD 5	34	46 (17-69)	43 (28-57)	AD 3	AD 2	No
	Mouth opening (interdental distance in mm)	Pre-treatment-5 months	Exercise vs. usual care	19	52 (40-60)	48 (39-59)	AD 4	34	46 (17-69)	43 (25-61)	AD 3	AD 1	No

	ntal distance in mm)											
Mouth opening (interde ntal distance in mm)	Pre-treatment-11 months	Exercise vs. usual care	19	52 (40–60)	50 (31–65)	AD 2	34	46 (17–69)	45 (33–60)	AD 1	AD 1	No

AD, absolute difference; CR, clinically relevant; MASA, Mann Assessment of Swallowing Ability-Oral Cancer ; N, number of patients; P, percentile