

Supplementary Table 3. Classifying treatments as recommended, not-recommended and no recommendation

<b>MUSCULOSKELETAL</b>			
Low back pain	<b>RECOMMENDED</b>	<b>NOT-RECOMMENDED</b>	<b>NO RECOMMENDATION*</b>
	<p><b>Primary guideline (1):</b> <i>MUST PROVIDE</i></p> <ul style="list-style-type: none"> <li>• Advice and education to support self-management</li> <li>• Reassurance</li> <li>• Advice to keep active</li> </ul> <p><i>CONSIDER PROVIDING</i></p> <ul style="list-style-type: none"> <li>• Group exercise</li> </ul> <p><i>CONSIDER</i> combinations of two or more of:</p> <ul style="list-style-type: none"> <li>• Manual therapy<sup>a</sup></li> <li>• Exercise</li> <li>• Psychological therapy (with a CBT approach)</li> </ul> <p><b>Secondary guideline (2):</b> <i>SHOULD PROVIDE</i></p> <ul style="list-style-type: none"> <li>• Superficial heat (acute and sub-acute low back pain)</li> </ul> <p><b>Systematic reviews:</b></p> <ul style="list-style-type: none"> <li>• McKenzie (chronic low back pain) (3)</li> </ul>	<p><b>Primary guideline (1):</b></p> <ul style="list-style-type: none"> <li>• US, ES, TENS, IF</li> <li>• Poor advice<sup>b</sup></li> <li>• Acupuncture</li> <li>• Traction</li> <li>• External support<sup>c</sup></li> </ul> <p><b>Systematic reviews:</b></p> <ul style="list-style-type: none"> <li>• McKenzie (acute or subacute low back pain) (3)</li> </ul>	<p><b>Secondary guideline (2):</b></p> <ul style="list-style-type: none"> <li>• Superficial heat (4) (chronic low back pain)</li> <li>• Cold therapy (4)</li> <li>• SWD</li> </ul> <p><b>Systematic reviews:</b></p> <ul style="list-style-type: none"> <li>• Pulse electromagnetic field therapy (5)</li> <li>• Laser (6)</li> <li>• Work-related interventions (7)</li> <li>• Ergonomic interventions (8)</li> <li>• Back schools (9, 10)</li> <li>• Biofeedback (11)</li> <li>• Neural mobilisation (12)</li> <li>• Mulligan (13)</li> </ul> <p><b>No reviews:</b></p> <ul style="list-style-type: none"> <li>• Infrared or Micro current therapy</li> <li>• Cyriax manual therapy</li> <li>• Magnet therapy</li> <li>• Electroacupuncture</li> <li>• Advice on heavy lifting, long standing, sitting habits, posture, avoiding painful movements</li> <li>• Relaxation therapy</li> </ul>

<sup>a</sup>: includes massage, mobilisation or manipulation;

<sup>b</sup>: advice promoting bed rest or time off work

<sup>c</sup>: corsets, belts, braces, sticks or taping

Neck pain and whiplash	RECOMMENDED	NOT-RECOMMENDED	NO RECOMMENDATION*
	<p><b><u>Acute neck pain/whiplash</u></b>  <b>Primary guideline (14):</b>  <b>SHOULD PROVIDE</b></p> <ul style="list-style-type: none"> <li>Information on nature, management and course</li> <li>Importance of maintaining activity and movement</li> </ul> <p><i>CONSIDER</i> structured education in combination with:</p> <ul style="list-style-type: none"> <li>Multimodal care<sup>a</sup></li> <li>Unsupervised range of motion/flexibility exercises</li> </ul> <p><b><u>Chronic neck pain/whiplash</u></b> (not mentioned above)  <b>Primary guideline (14):</b>  <i>CONSIDER</i> structured education in combination with:</p> <ul style="list-style-type: none"> <li>Range of motion/flexibility and strengthening exercises</li> <li>Strengthening combined exercise</li> <li>Yoga</li> <li>Clinical massage</li> <li>Laser</li> </ul>	<p><b><u>Acute neck pain/whiplash</u></b>  <b>Primary guideline (14):</b></p> <ul style="list-style-type: none"> <li>Education alone</li> <li>Strain-counter strain therapy</li> <li>Relaxation massage</li> <li>Electroacupuncture</li> <li>ES</li> <li>Collar</li> <li>Clinic based heat</li> <li>Poor advice<sup>b</sup></li> <li>Heat therapy</li> </ul> <p><b><u>Chronic neck pain/whiplash</u></b>  <b>Primary guideline (14):</b></p> <ul style="list-style-type: none"> <li>Strengthening alone</li> <li>Strain-counter strain therapy</li> <li>Relaxation massage</li> <li>Electroacupuncture</li> <li>ES, TENS, SWD</li> <li>Relaxation therapy</li> <li>Clinic based heat</li> <li>Poor advice<sup>b</sup></li> <li>Heat therapy</li> </ul> <p><b><u>All neck pain/whiplash</u></b></p>	<p><b><u>Acute neck pain/whiplash</u></b>  <b>Primary guideline (14):</b></p> <ul style="list-style-type: none"> <li>Supervised combined exercise</li> <li>Supervised graded strengthening</li> <li>Yoga</li> <li>Strengthening alone</li> <li>Clinical massage</li> <li>Laser</li> <li>Acupuncture</li> <li>TENS, SWD</li> <li>Traction</li> <li>Relaxation therapy</li> <li>CBT</li> </ul> <p><b><u>Chronic neck pain/whiplash</u></b>  <b>Primary guideline (14):</b></p> <ul style="list-style-type: none"> <li>Education alone</li> <li>Supervised graded strengthening</li> <li>Acupuncture</li> <li>Traction</li> <li>Collar</li> <li>CBT</li> </ul> <p><b><u>All neck pain</u></b>  <b>Systematic reviews:</b></p>

**Systematic reviews:**

- US (15)
- Cold therapy (15)

- Other exercise<sup>c</sup> (16)
- Manual therapy alone<sup>d</sup> (17)
- Neural mobilisation (12)
- Ergonomic interventions (8)

**All whiplash****Systematic reviews:**

- Other exercise<sup>c</sup> (18)
- Manual therapy alone<sup>d</sup> (19)

**No reviews for neck pain/whiplash\*:**

- Advice on posture
- McKenzie
- Biofeedback

**No reviews for neck pain\*:**

- Magnetic field therapy

**No reviews for whiplash\*:**

- Neural mobilisation
- Work-related/ergonomic interventions
- Motor control<sup>e</sup>

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\*: treatments were only listed here if the included studies reported them

<sup>a</sup>: includes mobilisation or manipulation and unsupervised range of motion exercises

<sup>b</sup>: advice promoting bed rest or time off work;

<sup>c</sup>: includes any exercise not included in the above categories;

<sup>d</sup>: includes mobilisation or manipulation;

<sup>e</sup>: includes deep flexor strengthening or cervical kinaesthetic training

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	<b>RECOMMENDED</b>	<b>NOT-RECOMMENDED</b>	<b>NO RECOMMENDATION*</b>
Subacromial pain syndrome or shoulder pain	<b>Primary guideline (20):</b>	<b>Systematic reviews:</b>	<b>Primary guideline (20):</b>

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**LIKELY TO BE BENEFICIAL**

- Exercise
- Manual therapy<sup>a</sup>
- Laser

- IF (21)
- Magnetic field therapy (22)

- Shockwave
- Acupuncture
- ES, US
- Cold therapy

**Secondary guideline (23):**

- CBT
- Advice to reduce activity or rest

**Systematic reviews:**

- SWD, TENS or microwave current (23, 24)
- Tape (25, 26)

**No reviews:**

- Advice on posture
- Heat therapy
- Body awareness

<sup>a</sup>: includes massage, mobilisation or manipulation

	<b>RECOMMENDED</b>	<b>NOT-RECOMMENDED</b>	<b>NO RECOMMENDATION*</b>
Knee osteoarthritis/pain	<b>Primary guideline (27):</b> <b>MUST PROVIDE</b> <ul style="list-style-type: none"> <li>• Advice to stay active</li> <li>• Advice on weight loss</li> <li>• Education</li> <li>• Reassurance</li> <li>• Self-management strategies <sup>a</sup></li> <li>• Prescribe aerobic and strengthening</li> <li>• Offer weight loss interventions</li> </ul>	<b>Primary guideline (27):</b> <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Poor advice<sup>c</sup></li> </ul> <b>Secondary guideline (28):</b> <ul style="list-style-type: none"> <li>• SWD</li> <li>• IF</li> <li>• US</li> <li>• Laser</li> </ul> <b>Systematic reviews:</b>	<b>Primary guideline (27):</b> <ul style="list-style-type: none"> <li>• Other exercise<sup>d</sup></li> </ul> <b>Systematic reviews:</b> <ul style="list-style-type: none"> <li>• Balneotherapy<sup>e</sup> (30)</li> </ul>

- ES (29)

*CONSIDER PROVIDING*

- Bracing/joint supports/insoles
- Manual therapy<sup>b</sup>/traction or stretching
- Assistive devices (e.g. stick)
- Advice on footwear
- TENS
- Heat or cold therapy

**Secondary guideline (28):***CONSIDER PROVIDING*

- CBT

<sup>a</sup>: included exercise, weight loss, use of suitable footwear or pacing;

<sup>b</sup>: includes massage, mobilisation or manipulation;

<sup>c</sup>: advice promoting bed rest or time off work;

<sup>d</sup>: exercise that is neither aerobic nor strengthening;

<sup>e</sup>: spa bath therapy (separate to hydrotherapy which is included within 'other exercise')

	<b>RECOMMENDED</b>	<b>NOT-RECOMMENDED</b>	<b>NO RECOMMENDATION*</b>
Acute ankle sprain	<b>Primary guideline (31):</b> <i>SHOULD PROVIDE</i> <ul style="list-style-type: none"> <li>• Exercise</li> </ul> <i>CONSIDER PROVIDING</i> <ul style="list-style-type: none"> <li>• Short period of immobilisation</li> <li>• Rest, ice, compression and elevation</li> <li>• External support<sup>a</sup></li> </ul>	<b>Primary guideline (31):</b> <ul style="list-style-type: none"> <li>• US, ES, Laser</li> <li>• Joint mobilisation</li> <li>• Heat or cold therapy alone</li> </ul>	<b>No reviews:</b> <ul style="list-style-type: none"> <li>• Advice or education</li> <li>• IF, SWD, Diadynamic current</li> </ul>
	<sup>a</sup> : includes braces, boots or taping		

Plantar fasciitis	<b>RECOMMENDED</b>	<b>NOT-RECOMMENDED</b>	<b>NO RECOMMENDATION*</b>
	<p><b>Primary guideline(32):</b> <i>SHOULD PROVIDE</i></p> <ul style="list-style-type: none"> <li>• Stretching</li> <li>• Night splints</li> <li>• Manual therapy<sup>a</sup></li> <li>• Taping</li> </ul> <p><i>MAY PROVIDE</i></p> <ul style="list-style-type: none"> <li>• Laser</li> <li>• Strengthening exercises and movement training</li> <li>• Education and counselling for weight loss</li> <li>• Rocker-bottom shoe and shoe rotation during the week</li> </ul>	<p><b>Primary guideline (32):</b></p> <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• US, ES</li> </ul>	<p><b>Primary guideline (32):</b></p> <ul style="list-style-type: none"> <li>• Shockwave</li> </ul> <p><b>No reviews:</b></p> <ul style="list-style-type: none"> <li>• Heat or cold therapy</li> <li>• Other exercise<sup>b</sup></li> <li>• Other advice<sup>c</sup></li> <li>• Prefabricated or custom orthotics</li> </ul>
<p><sup>a</sup>: includes massage, mobilisation or manipulation;  <sup>b</sup>: includes any exercise not included in the above categories;  <sup>c</sup>: includes advice on self-management, pacing, ergonomics, etc.</p>			
Total knee arthroplasty	<b>RECOMMENDED</b>	<b>NOT-RECOMMENDED</b>	<b>NO RECOMMENDATION*</b>
	<p><b>Systematic reviews:</b></p> <ul style="list-style-type: none"> <li>• Exercise (33-35)</li> </ul>	<p><b>Systematic reviews:</b></p> <ul style="list-style-type: none"> <li>• Passive range of motion (36)</li> <li>• Cold therapy (37)</li> </ul>	<p><b>Systematic reviews:</b></p> <ul style="list-style-type: none"> <li>• TENS (38)</li> <li>• Electrotherapy (39)</li> <li>• Acupuncture (39)</li> </ul> <p><b>No reviews:</b></p> <ul style="list-style-type: none"> <li>• Manual therapy<sup>a</sup></li> <li>• Advice or education</li> <li>• Biofeedback</li> </ul>
<p><sup>a</sup>: includes massage or mobilisation</p>			

\*: treatments that have not been mentioned in a clinical practice guideline or investigated in a systematic review do not have a citation.

CBT: cognitive behavioural therapy; ES: electrical stimulation; IF: interferential current; NSAIDs: non-steroidal anti-inflammatory drugs; SWD: short wave diathermy; TENS: transcutaneous electrical nerve stimulation; US: Ultrasound.

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