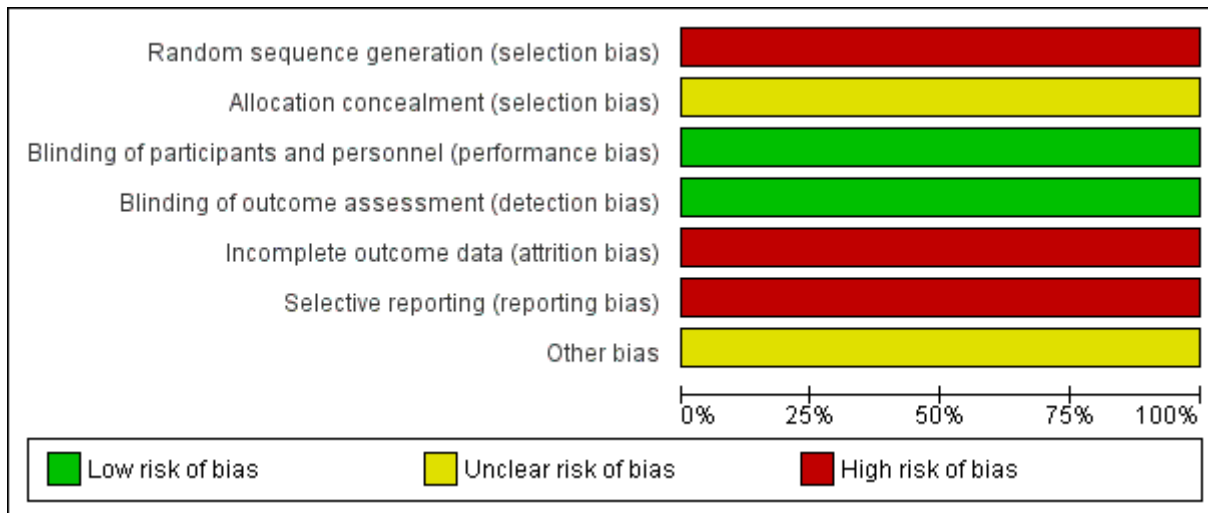


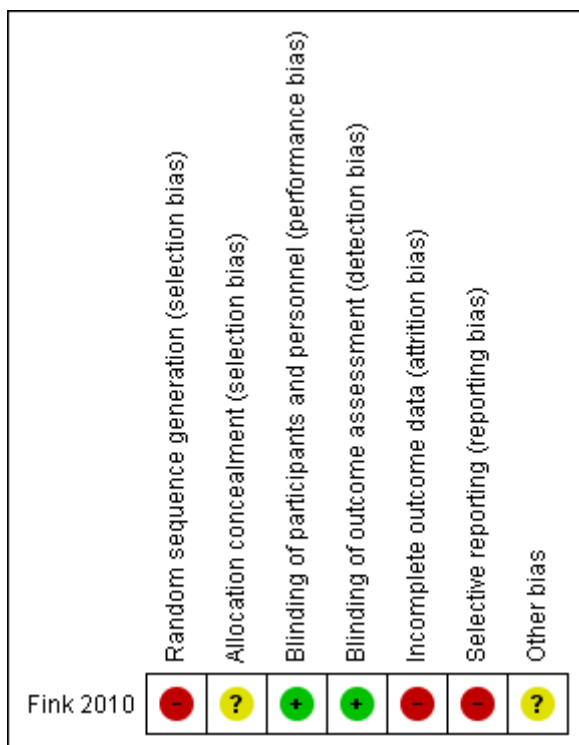
## Figures

Figure 1



Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

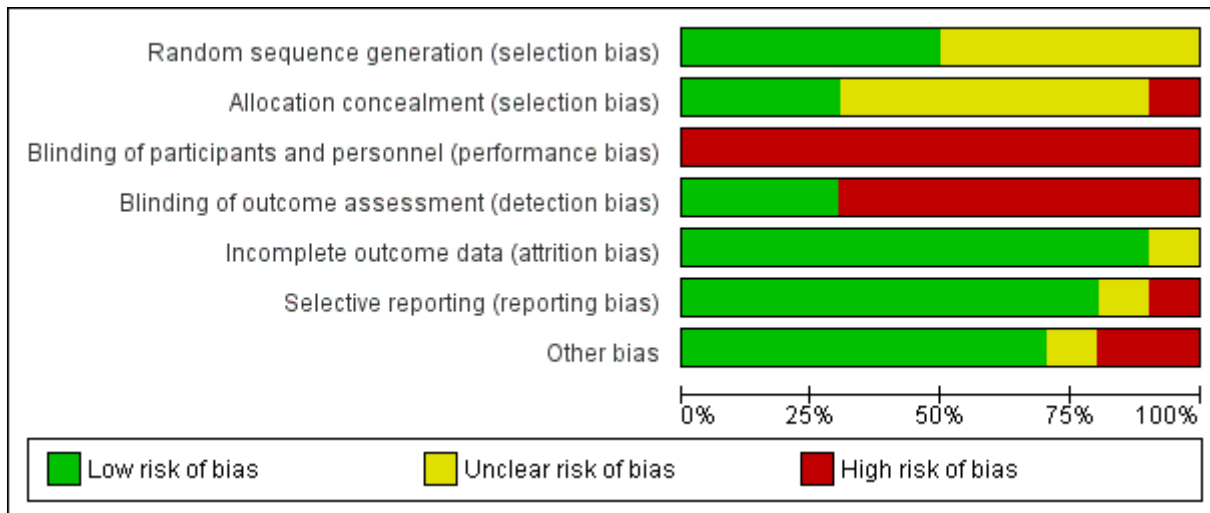
Figure 2



Risk of bias summary: review authors' judgements about each risk of bias item for each included study.

## Figures

Figure 1



Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

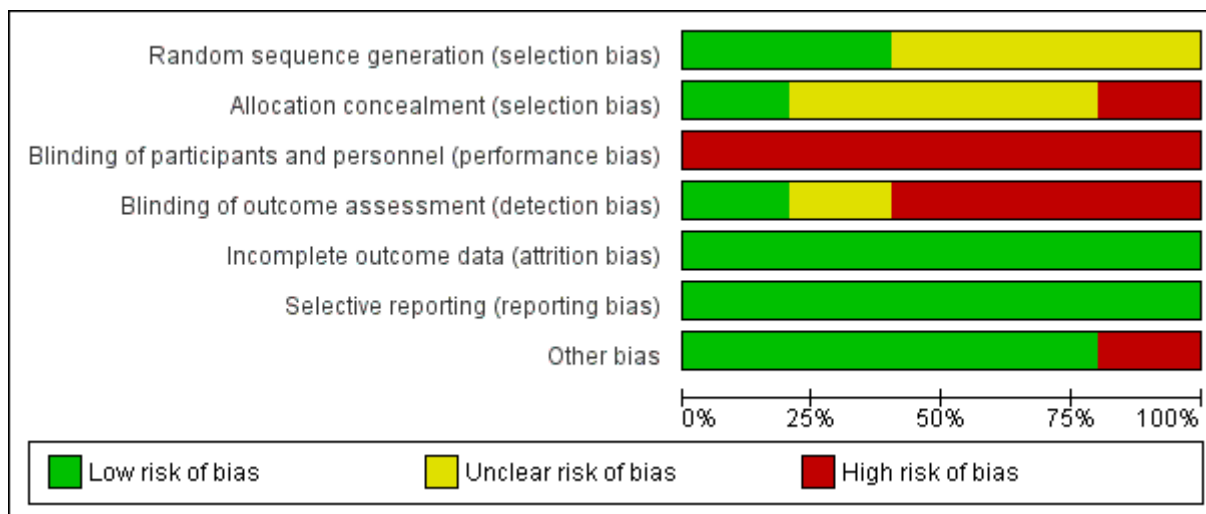
Figure 2

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Ahmadi 2010 + 2013	?	?	-	-	+	-	-
Briken 2014	+	?	-	-	+	+	+
Geddes 2009	+	?	-	-	+	+	-
Hebert 2011	+	+	-	+	+	+	+
Kargarfard 2012	+	+	-	+	+	?	?
McCullagh 2008	?	-	-	-	+	+	+
Petajan 1996	?	?	-	-	+	+	+
Shulz 2004	?	?	-	-	?	+	+
Skjerbaek 2014	?	?	-	-	+	+	+
van den Berg 2006	+	+	-	+	+	+	+

Risk of bias summary: review authors' judgements about each risk of bias item for each included study.

## Figures

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Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

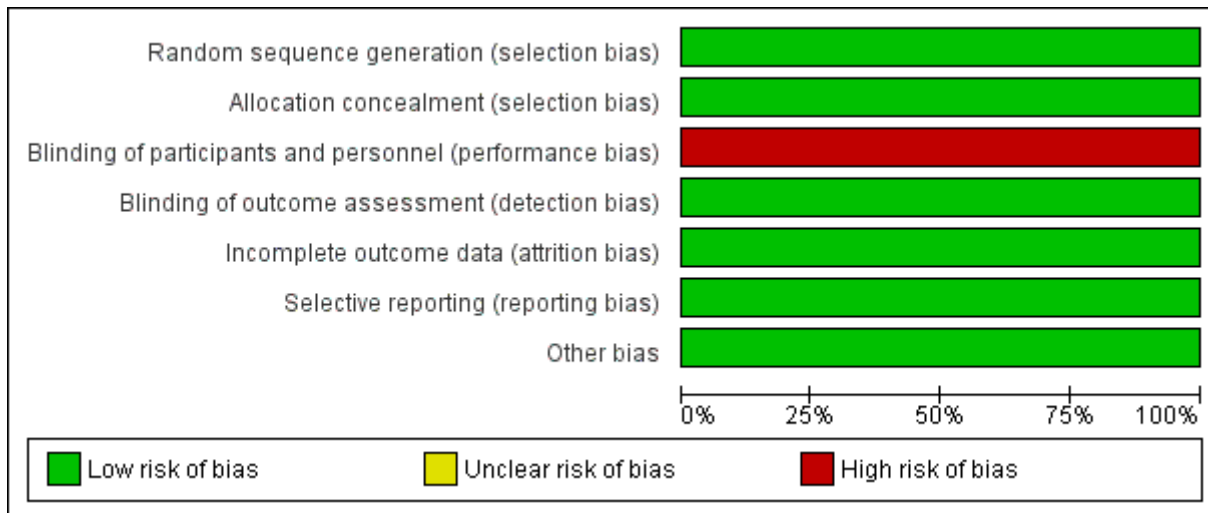
Figure 2

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Broekmans 2011	?	?	-	-	+	+	+
Dalgas 2009 2010A+B 2013	?	?	-	-	+	+	+
DeBolt 2004	+	?	-	-	+	+	+
Dodd 2011	+	+	-	+	+	+	+
Medina-Perez 2014	?	-	-	?	+	+	-

Risk of bias summary: review authors' judgements about each risk of bias item for each included study.

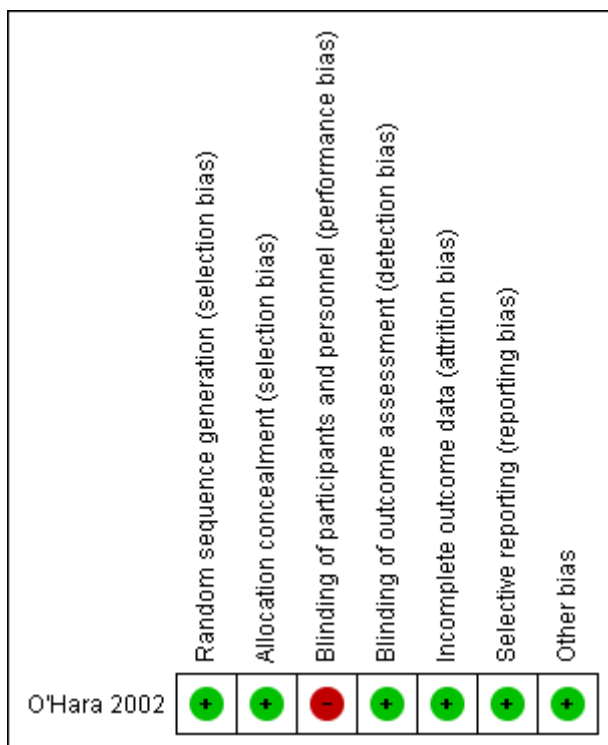
## Figures

Figure 1



Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

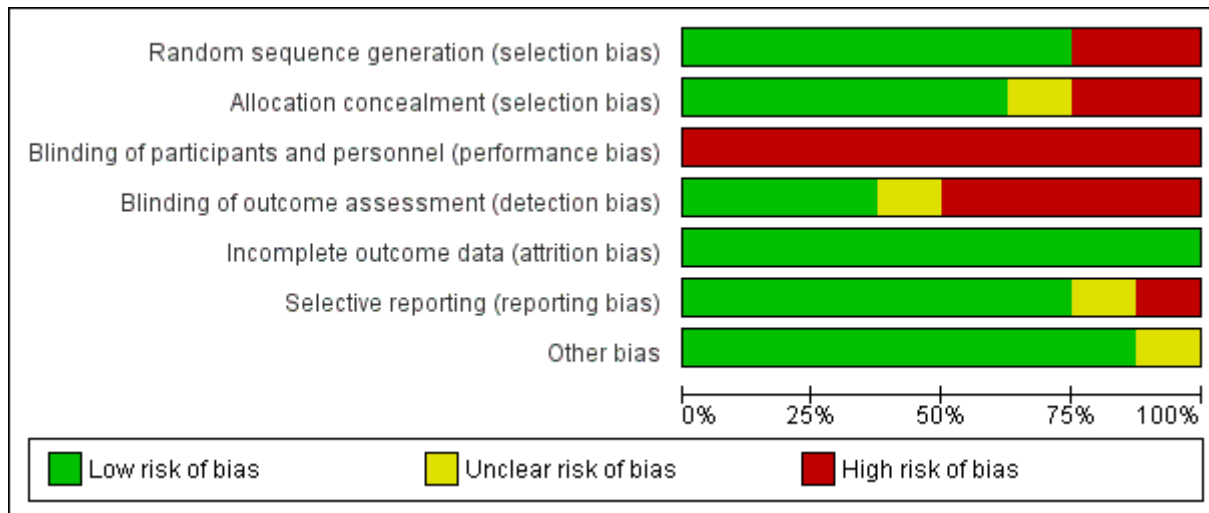
Figure 2



Risk of bias summary: review authors' judgements about each risk of bias item for each included study.

## Figures

Figure 1



Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

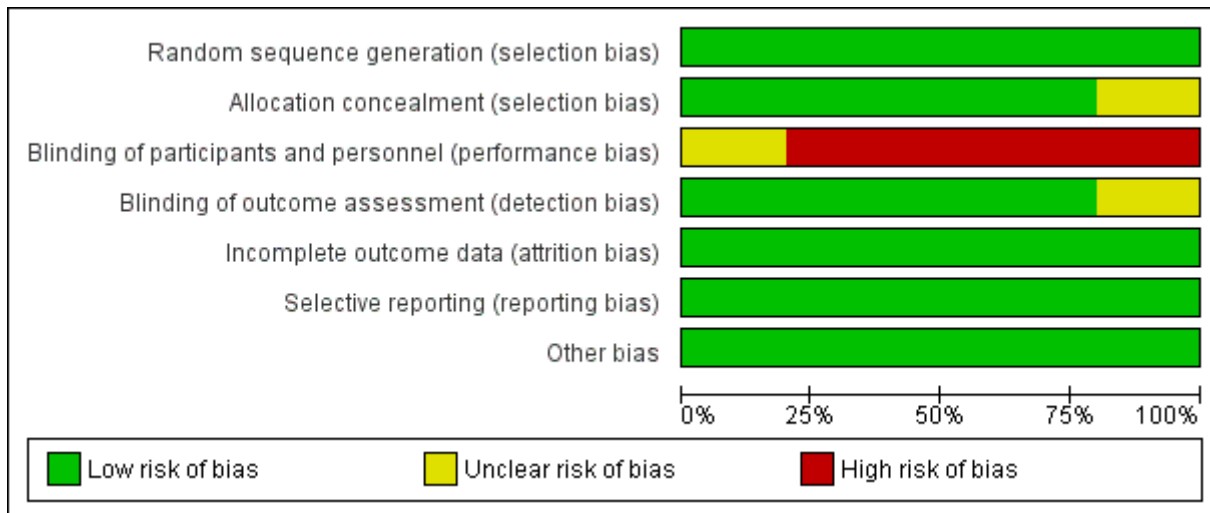
Figure 2

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Finlayson 2011	+	+	-	-	+	+	+
Garcia Jalón 2013	+	+	-	+	+	+	+
Hugos 2010	+	+	-	-	+	+	+
Kos 2007	+	+	-	+	+	-	+
Mathiowetz 2005	+	?	-	+	+	+	+
Sauter 2008	-	-	-	-	+	+	?
Thomas 2013	+	+	-	?	+	+	+
Vanage 2003	-	-	-	-	+	?	+

Risk of bias summary: review authors' judgements about each risk of bias item for each included study.

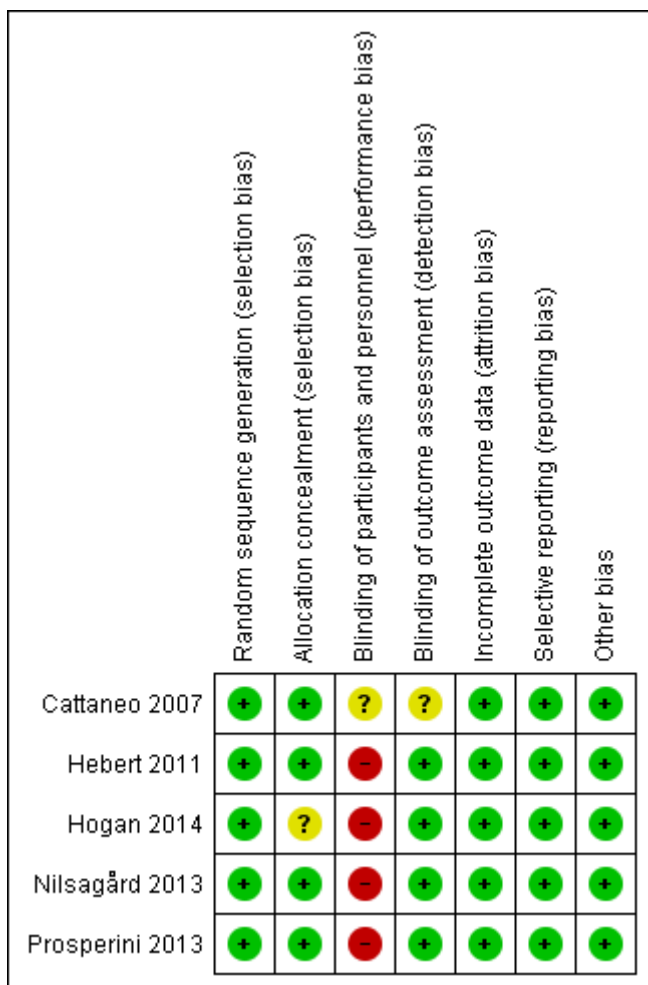
## Figures

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Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

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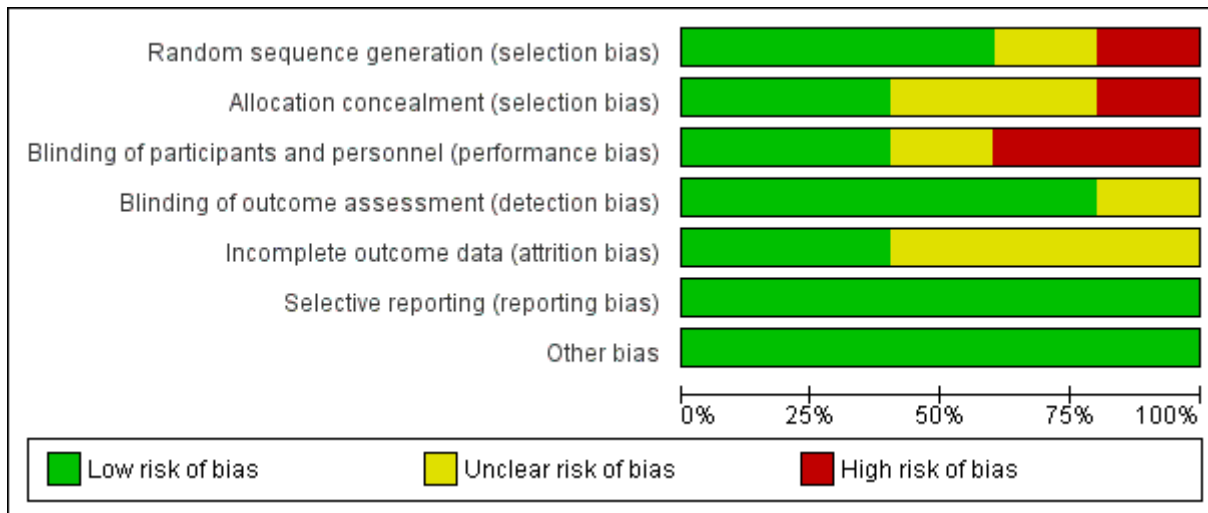


Risk of bias summary: review authors' judgements about each risk of bias item for each included study.



## Figures

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Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

Figure 2

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Carr 2014	+	?	-	+	?	+	+
Chiaravalloti 2005	-	-	+	+	?	+	+
Chiaravalloti 2013	+	?	+	+	+	+	+
Jönsson 1993	?	+	?	?	?	+	+
Lincoln 2002	+	+	-	+	+	+	+

Risk of bias summary: review authors' judgements about each risk of bias item for each included study.