

Appendix 1 (as supplied by the authors): Cochrane and PubMed Search Strategies

Cochrane search strategy

- #1 [mh Exercise] or [mh "Exercise Therapy"] or Exercise or Exercises
- #2 [mh Therapeutics] or Therapeutics or Therapeutic or Treatment or Treatments or Therapy or Therapies or Program or Programs or Programme or Programmes or Rehabilitation or Effective or Effectiveness
- #3 #1 and #2
- #4 [mh "Fatigue Syndrome, Chronic"] or "Chronic fatigue" or "Fatigue syndrome"
- #5 [mh "Low Back Pain"] or "Low back pain" or "Lower back pain"
- #6 [mh Osteoarthritis] or Osteoarthritis
- #7 [mh "Accidental Falls"] or "Accidental Falls" or "Accidental Fall"
- #8 [mh "Coronary Disease"] or "Coronary Disease" or "Coronary diseases" or "Heart disease" or "Heart diseases" or "Heart failure"
- #9 [mh "Respiratory Tract Diseases"] or "Respiratory disease" or "Respiratory diseases" or "pulmonary disease" or "pulmonary diseases" or COPD
- #10 [mh "Diabetes Mellitus, Type 2"] OR "Type 2 Diabetes" OR "Type II Diabetes" OR "Adult Onset Diabetes" OR "Maturity Onset Diabetes" OR "Noninsulin Dependent Diabetes"
- #11 #4 or #5 or #6 or #7 or #8 or #9 OR #10
- #12 #3 and #11 Publication Year from 2000 to 2015

PubMed search strategy

(((((("Exercise"[Mesh] OR "Exercise Therapy"[Mesh] OR Exercise OR Exercises))))))

AND

("Therapeutics"[Mesh] OR Therapeutics OR Therapeutic OR Treatment OR Treatments OR Therapy OR Therapies OR Program OR Programs OR Programme OR Programmes OR Rehabilitation OR Effective OR Effectiveness))

AND

("Fatigue Syndrome, Chronic"[Mesh] OR "Chronic fatigue" OR "Fatigue syndrome" OR "Low Back Pain"[Mesh] OR "Low back pain" OR "Lower back pain" OR "Osteoarthritis"[Mesh] OR Osteoarthritis OR "Accidental Falls"[Mesh] OR "Accidental Falls" OR "Accidental Fall" OR "Coronary Disease"[Mesh] OR "Coronary Disease" OR "Coronary diseases" OR "Heart disease" OR "Heart diseases" OR "Heart failure" OR "Respiratory Tract Diseases"[Mesh] OR "Respiratory disease" OR "Respiratory diseases" OR "pulmonary disease" OR "pulmonary diseases" OR COPD OR "Diabetes Mellitus, Type 2"[Mesh] OR "Type 2 Diabetes" OR "Type II Diabetes" OR "Adult Onset Diabetes" OR "Maturity Onset Diabetes" OR "Noninsulin Dependent Diabetes"))

AND

(randomized controlled trial[Publication Type] OR controlled clinical trial[Publication Type] OR randomized[Title/Abstract] OR randomised[Title/Abstract] OR placebo[Title/Abstract] OR "drug therapy"[MeSH Terms] OR randomly[Title/Abstract] OR trial[Title/Abstract] OR groups[Title/Abstract] OR systematic[sb])

Filters: Publication date from 2000/01/01 to 2015/12/31