

Supplementary Table S2. Methodological quality of the studies included in the review according to the Physiotherapy Evidence Database (PEDro) scale.

<i>Referencia</i>	<i>ítems scale PEDro</i>											<i>Quality</i>
	1	2	3	4	5	6	7	8	9	10	11	
<i>Jordán et al. (2004)</i>	+	+	+	-	+	+	+	+	+	+	-	High
<i>Wilson et al. (2013)</i>	+	+	+	+	+	+	+	+	+	+	-	High
<i>Purpura et al. (2017)</i>	+	+	+	+	+	+	+	+	+	+	+	High
<i>Freitas et al. (2019)</i>	+	+	+	-	+	+	+	+	+	+	+	High
<i>Dos Santos Nunes de Moura et al. (2021)</i>	+	+	+	-	+	+	+	+	+	+	-	High

(+) indicates that it meets the criteria; (-) indicates that it does not meet the criteria.