

The study quality and risk of bias assessment were performed by two review authors (M.Ka. The RoB 2 tool assesses bias in five distinct domains: bias arising from the randomization process, bias due to deviations from intended interventions, bias due to missing outcome data, bias in the measurement of the outcome, and bias in the selection of the reported result. The PEDro scale is used to assess the methodological quality of clinical trials included in systematic reviews across physiotherapy, health and medical research.