Supplementary material 8. Study findings (i.e. effect sizes and risk of bias) for articles reporting on the effect of the intervention on performance of physical activities on the long- and short-term. Findings are stratified by patient sample (back, hip, knee and upper extremity surgery patients). Individual study as well as pooled effects are presented. SE = standard error; CI = confidence interval; IV = Inverse variance.

•		E	xperimental	Control		Mean Difference	Mean Difference	Risk of Bias
Study or Subgroup	Mean Difference	SE	Total	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI	ABCDEFG
1.5.1 Back (long-term)							L	000000
McGregor 2010 (long-term) Hou 2019 (long-term)		2.117 2.133	177 82		31.5% 31.2%	2.70 [-1.45, 6.85] 3.51 [-0.67, 7.69]	<u> </u>	
Archer 2016 (long-term)		1.696	43		37.3%	8.11 [4.79, 11.43]		424442
Subtotal (95% CI)	0.11	1.000	302		100.0%	4.97 [1.45, 8.49]	<b>◆</b>	
Heterogeneity: Tau² = 5.76; C Test for overall effect: Z = 2.77		0.08);  *=	= 60%					
1.5.2 Back (short-term)								
Hou 2019 (short-term)	-0.63	0.06	82	80	61.9%	-0.63 [-0.75, -0.51]	•	
Archer 2016 (short-term) Subtotal (95% CI)	2.4	1.48	43 <b>12</b> 5		38.1% 100.0%	2.40 [-0.50, 5.30] 0.52 [-2.36, 3.41]	<b>.</b>	•?•••?
Heterogeneity: Tau² = 3.49; C Test for overall effect: Z = 0.36		0.04);  2:	= 76%					
1.5.3 Hip (long-term)								
Wang 2018 (long-term) Subtotal (95% CI)	8.4	2.24	200 <b>200</b>		100.0% 100.0%	8.40 [4.01, 12.79] 8.40 [4.01, 12.79]	-	??•••??
Heterogeneity: Not applicable Test for overall effect: Z = 3.75								
1.5.4 Hip (short-term)								
Sandell 2008 (short-term)	4.33	1.962	33	30	56.5%	4.33 [0.48, 8.18]	<del>=</del>	
Wang 2018 (short-term) Subtotal (95% CI)	7.7	2.31	200 <b>233</b>		43.5% 100.0%	7.70 [3.17, 12.23] 5.79 [2.52, 9.07]	<b>-</b>	3300033
Heterogeneity: Tau² = 1.09; C Test for overall effect: Z = 3.47		0.27);  ²=	= 19%					
1.5.5 Knee (long-term)								
Subtotal (95% CI)			0	0		Not estimable		
Heterogeneity: Not applicable Test for overall effect: Not app								
1.5.6 Knee (short-term)								
Szöts 2016 (short-term)		2.492	59		94.2%	2.08 [-2.80, 6.96]	, programa i de la companya de la co	
Levinger 2017 (short-term)	2.7	10	16 <b>7</b> 5		5.8%	2.70 [-16.90, 22.30]		
Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0.00; C	bi≥ - 0.00 df - 1./P -	0.06\-18-		14	100.0%	2.12 [-2.62, 6.86]	<b>Y</b>	
Test for overall effect: Z = 0.86		0.93),1 -	- 070					
1.5.7 Upper extremity (long-	term)					Not soften **		
Subtotal (95% CI)			0	0		Not estimable		
Heterogeneity: Not applicable Test for overall effect: Not app								
1.5.8 Upper extremity (short	-term)						$\perp$	
Damkjaer 2015 (short-term) Subtotal (95% CI)	0.973	6.058	44 44			0.97 [-10.90, 12.85] 0.97 [-10.90, 12.85]	<b>.</b>	??••?•?
Heterogeneity: Not applicable Test for overall effect: Z = 0.16								
rescioi overan enect. Z = 0.18	5 (1 - U.O/)							
							-50 -25 0 25	50
							Favours control Favours interve	

- Risk of bias legend
  (A) Random sequence generation (selection bias)
  (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
  (D) Blinding of outcome assessment (detection bias)
  (E) Incomplete outcome data (attrition bias)

- (F) Selective reporting (reporting bias)
  (G) Other bias