

## Appendix C1. Citation details of studies from search results excluded [Alexander Technique]

Study ID	Reference	Reason for exclusion
Kim 2018	Kim, S. Exploring the field application of combined cognitive-motor program with mild cognitive impairment elderly patients. <i>J Exerc Rehabil.</i> 2018; 14(5) 817-820. doi: 10.12965/jer.1836418.209	Comparator: Alexander Technique with co-intervention that is not also in a standalone comparator arm
Moon 2022	Moon, S.; Park, J.; Yang, S. The Effects of Therapeutic Singing on Vocal Functions of the Elderly: A Study on Korean Elderly. <i>J Voice.</i> 2022; 36(3) 437.e1-437.e9. doi: 10.1016/j.jvoice.2020.06.007	Comparator: Alexander Technique with co-intervention that is not also in a standalone comparator arm
Sandsund 2011	Sandsund, Catherine A.; Roughton, Michael; Hodson, Margaret E.; Pryor, Jennifer A. Musculoskeletal techniques for clinically stable adults with cystic fibrosis: a preliminary randomised controlled trial. <i>Physiotherapy.</i> 2011; 97(3) 209-217. doi: 10.1016/j.physio.2010.08.016	Comparator: Alexander Technique with co-intervention that is not also in a standalone comparator arm
Becker 2021	Becker, Jordan J; Mclsaac, Tara L; Copeland, Shawn L; Cohen, Rajal G Alexander Technique vs. Targeted Exercise for Neck Pain - A Preliminary Comparison. <i>Applied Sciences.</i> 2021; 11(10) 4640.	NRSI: no appropriate control for confounding
Dennis 1999	Dennis, R. J. Functional reach improvement in normal older women after Alexander Technique instruction. <i>J Gerontol A Biol Sci Med Sci.</i> 1999; 54(1) M8-11. doi: 10.1093/gerona/54.1.m8	NRSI: no contemporaneous control
Egner 2003	Egner, T.; Gruzelier, J. H. Ecological validity of neurofeedback: modulation of slow wave EEG enhances musical performance. <i>Neuroreport.</i> 2003; 14(9) 1221-4. doi: 10.1097/01.wnr.0000081875.45938.d1	Participants: study includes only healthy participants
Valentine 1995	Valentine, E. R.; Fitzgerald, D. F. P.; Gorton, T. L.; Hudson, J. A.; Symonds, E. R. C. The effect of lessons in the Alexander Technique on music performance in high and low stress situations. <i>Psychology of music.</i> 1995; 23() 129-141.	Participants: study includes only healthy participants
Baime 2016	Baime, M. J. In chronic nonspecific neck pain, adding Alexander Technique lessons or acupuncture to usual care reduced pain. <i>Annals of Internal Medicine.</i> 2016; 164(6) JC29. doi: 10.7326/ACPJC-2016-164-6-029	Publication type: clearly ineligible
Ball 2013	Ball, M. Easing chronic back pain with the Alexander technique. <i>Occupational Health.</i> 2013; 65(7) 27-29. doi:	Publication type: clearly ineligible
Daya 2005	Daya, S.; Shepherd, A.; Upjohn, S. A postural approach to the management of patellofemoral pain syndrome. <i>SportEX Medicine.</i> 2005; (26) 43435. doi:	Study design: clearly ineligible
Gibbs 2009	Gibbs, V.; Young, P. Work-related musculoskeletal disorders in sonography and the Alexander technique. <i>Ultrasound.</i> 2009; 16(4) 213-219. doi: 10.1179/174313408X361199	Study design: clearly ineligible
Herzberg 1990	Herzberg, E. Using the Alexander technique to combat osteoarthritis. <i>Journal of Alternative &amp; Complementary Medicine - New York.</i> 1990; 8(9) 45562. doi:	Study design: clearly ineligible
O'Neill 2015	O'Neill, M. M.; Anderson, D. I.; Allen, D. D.; Ross, C.; Hamel, K. A. Effects of Alexander Technique training experience on gait behavior in older adults. <i>J Bodyw Mov Ther.</i> 2015; 19(3) 473-81. doi: 10.1016/j.jbmt.2014.12.006	Study design - not a study of the effects of intervention Observational study comparing biomechanical measures in trained Alexander technique teachers versus a matched control group of healthy adults. Participants did not receive any intervention, nor was there any measurement of exposure to Alexander technique.
Schulte 2006	Schulte, D.; Walach, H. F.M. Alexander technique in the treatment of stuttering-- a randomized single-case intervention study with ambulatory monitoring. <i>Psychother Psychosom.</i> 2006; 75(3) 190-1. doi: 10.1159/000091779	Study design: clearly ineligible

## Appendix C2. Citation details of studies from submissions (Alexander Technique)

Reference	Retrieved by search?	Classification
Cacciatore TW, Gurfinkel VS, Horak FB, Cordo PJ, Ames KE. Increased dynamic regulation of postural tone through Alexander Technique training. Human Movement Science. 2011; 30 (1) 74-89. doi: 10.1016/j.humov.2010.10.002	Yes	included
Cacciatore TW, Mian OS, Peters A, Day BL. Neuromechanical interference of posture on movement: evidence from Alexander technique teachers rising from a chair. Journal of Neurophysiology. 2014; 112 (3)719-29. doi: 10.1152/jn.00617.2013	Yes	excluded at Ti/Ab (ineligible population)
Essex H, Parrott S, Atkin K, Ballard K, Bland M, Eldred J, Hewitt C, Hopton A, Keding A, Lansdown H, Richmond S, Tilbrook H, Torgerson D, Watt I, Wenham A, Woodman J, MacPherson H. An economic evaluation of Alexander Technique lessons or acupuncture sessions for patients with chronic neck pain: A randomized trial (ATLAS). PLoS One. 2017; 12 (12)e0178918. doi: 10.1371/journal.pone.0178918	Yes	included as linked study report (economic evaluation of MacPherson 2015)
Gleeson M, Sherrington C, Borkowski E, Keay L. Improving balance and mobility in people over 50 years of age with vision impairments: can the Alexander Technique help? A study protocol for the VISIBILITY randomised controlled trial. Injury Prevention. 2014; 20 (1)e3. doi: 10.1136/injuryprev-2012-040726	Yes	included as protocol for Gleeson 2015
Gleeson M, Sherrington C, Lo S, Auld R, Keay L. Impact of the Alexander technique on well-being: a randomised controlled trial involving older adults with visual impairment. Clinical and Experimental Optometry. 2017; 100 (6)633-641. doi: 10.1111/cxo.12517	Yes	included as linked study report for Gleeson 2015
Gleeson M, Sherrington C, Lo S, Keay L. Can the Alexander Technique improve balance and mobility in older adults with visual impairments? A randomized controlled trial. Clinical Rehabilitation. 2015; 29 (3)244-60. doi: 10.1177/0269215514542636	Yes	included
Hamel KA, Ross C, Schultz B, O'Neill M, Anderson DI. Older adult Alexander Technique practitioners walk differently than healthy age-matched controls. Journal of Bodywork and Movement Therapies. 2016; 20 (4)751-760. doi: 10.1016/j.jbmt.2016.04.009	Yes	excluded at Ti/Ab (ineligible population)
Lauche R, Schuth M, Schwickert M, Lüdtker R, Musial F, Michalsen A, Dobos G, Choi KE. Efficacy of the Alexander Technique in treating chronic non-specific neck pain: a randomized controlled trial. Clinical Rehabilitation. 2016; 30 (3)247-58. doi: 10.1177/0269215515578699	Yes	included
Little P, Lewith G, Webley F, Evans M, Beattie A, Middleton K, Barnett J, Ballard K, Oxford F, Smith P, Yardley L, Hollinghurst S, Sharp D. Randomised controlled trial of Alexander technique lessons, exercise, and massage (ATEAM) for chronic and recurrent back pain. British Medical Journal. 2008; 337 (7684)a884. doi: 10.1136/bmj.a884	Yes	included

Reference	Retrieved by search?	Classification
Little P, Stuart B, Stokes M, Nicholls C, Roberts L, Preece S, Cacciatore T, Brown S, Lewith G, Geraghty A, Yardley L, O'Reilly G, Chalk C, Sharp D, Smith P. Alexander technique and Supervised Physiotherapy Exercises in back pain (ASPEN): a four-group randomised feasibility trial. National Institute for Health Research Journals Library. 2014; 1 (2). doi: 10.3310/eme01020	Yes	included
MacPherson H, Tilbrook H, Richmond S, Woodman J, Ballard K, Atkin K, Bland M, Eldred J, Essex H, Hewitt C, Hopton A, Keding A, Lansdown H, Parrott S, Torgerson D, Wenham A, Watt I. Alexander Technique Lessons or Acupuncture Sessions for Persons With Chronic Neck Pain: A Randomized Trial. Annals of Internal Medicine. 2015; 163 (9)653-62. doi: 10.7326/M15-0667	Yes	included
MacPherson H, Tilbrook HE, Richmond SJ, Atkin K, Ballard K, Bland M, Eldred J, Essex HN, Hopton A, Lansdown H, Muhammad U, Parrott S, Torgerson D, Wenham A, Woodman J, Watt I. Alexander Technique Lessons, Acupuncture Sessions or usual care for patients with chronic neck pain (ATLAS): study protocol for a randomised controlled trial. Trials. 2013; 14:209. doi: 10.1186/1745-6215-14-209	Yes	included as protocol for MacPherson 2015
O'Neill MM, Anderson DI, Allen DD, Ross C, Hamel KA. Effects of Alexander Technique training experience on gait behavior in older adults. Journal of Bodywork and Movement Therapies. 2015; 19 (3)473-81. doi: 10.1016/j.jbmt.2014.12.006	Yes	excluded (no intervention delivered; comparing six Alexander Technique teachers to seven controls)
Preece SJ, Jones RK, Brown CA, Cacciatore TW, Jones AK. Reductions in co-contraction following neuromuscular re-education in people with knee osteoarthritis. BMC Musculoskeletal Disorders. 2016; 17 (1)372. doi: 10.1186/s12891-016-1209-2	Yes	excluded at Ti/Ab
Wenham A, Atkin K, Woodman J, Ballard K, MacPherson H. Self-efficacy and embodiment associated with Alexander Technique lessons or with acupuncture sessions: A longitudinal qualitative sub-study within the ATLAS trial. Complementary Therapies in Clinical Practice. 2018; 31:308-314. doi: 10.1016/j.ctcp.2018.03.009	Yes	excluded (ineligible study design; matched healthy controls)
Woodman J, Ballard K, Hewitt C, MacPherson H. Self-efficacy and self-care-related outcomes following Alexander Technique lessons for people with chronic neck pain in the ATLAS randomised, controlled trial. European Journal of Integrative Medicine. 2018; 17:64-71. doi: 10.1016/j.eujim.2017.11.006	Yes	included as linked study report for MacPherson 2015

### Appendix C3. Citation details of studies on evidence inventory [Alexander Technique]

Study ID	Reference
Banoofatemeh 2017	Banoofatemeh, S.; Oreyzi, H. R.; Bahadoran, P. Effects of Implementing the Alexander Technique on Enjoying the Sense of Motherhood in the Postpartum Period. 2017. Iran J Nurs Midwifery Res; 22(5) 392-397. doi: 10.4103/ijnmr.IJNMR_26_16
Cacciatore 2011	Cacciatore, T. W.; Gurfinkel, V. S.; Horak, F. B.; Cordo, P. J.; Ames, K. E. Increased dynamic regulation of postural tone through Alexander Technique training. 2011. Hum Mov Sci; 30(1) 74-89. doi: 10.1016/j.humov.2010.10.002
Lauche 2016	Lauche, R.; Schuth, M.; Schwickert, M.; L Efficacy of the Alexander Technique in treating chronic non-specific neck pain: a randomized controlled trial. 2016. Clin Rehabil; 30(3) 247-58. doi: 10.1177/0269215515578699  Lauche, R.; Schuth, M.; Schwickert, M.; Ludtke, R.; Musial, F.; Michalsen, A.; Dobos, G.; Choi, K. E. Efficacy of alexander technique in the treatment of chronic non-specific neck pain: A randomized controlled trial. 2014. Journal of Alternative and Complementary Medicine; 20(5) A59. doi: 10.1089/acm.2014.5155
Pour Kamali 2018	Pour Kamali, Tahereh; Yazdkhasti, Fariba; Oreyzi, Hamid Reza; Chitsaz, Ahmad A Comparison of Effectiveness of Dohsa?hou and the Alexander Technique on Happiness, Social Adjustment, Hope, Mental Health, and Quality of Life in Patients with Parkinson's Disease. 2018. Japanese Psychological Research; 60(2) 87-98. doi:

## Appendix C4. Citation details of studies awaiting assessment [Alexander Technique]

Study ID	Reference	Reason for awaiting assessment
Ahn 2006	Ahn, C. K.; Seo, J. W.; Kim, S. J. The Effect of the 4 Imageries of Alexander Technique in Traffic Accident Patients with Whiplash Injuries. Journal of oriental rehabilitation medicine = hanbang jaehwal euihakgwa hakhoe chi. 2006; 16(4) 61-72. doi:	language other than English - likely eligible
Fisher 1988	Fisher K. Early experiences of a multidisciplinary pain management programme. Holistic Medicine 1988;3(1):47-56.	full-text could not be retrieved
Newtonjayakumar 2022	Newtonjayakumar, N.; Mohan Kumar, G.; Rajalaxmi, V.; Veena, K. S.; Priya, C.; Tharani, G.; Kamatchi, K.; Rajavel, R. Impact of Alexander technique, mirror therapy versus conventional therapy on musician's cramp in guitarists. Biomedicine (India). 2022; 42(1) 185-189. doi: <a href="https://dx.doi.org/10.51248/v42i1.1607">https://dx.doi.org/10.51248/v42i1.1607</a>	full-text could not be retrieved
Vickers 1999	Vickers, AP; Ledwith, F; Gibbens, AO The impact of the Alexander Technique on chronic mechanical low back pain. Kendal, UK. 1999; () 1-19. [unpublished report]	full-text could not be retrieved
Gross 2019	Gross, M.; Ravichandra, R.; Batson, G.; Cohen, R.; Norcia, M.; First, L. Poised for Parkinson's: Group classes in Alexander technique for managing symptoms of Parkinson's disease. Journal of Parkinson's Disease. 2019; 9(1) 206. doi: <a href="https://dx.doi.org/10.3233/JPD-199900">https://dx.doi.org/10.3233/JPD-199900</a>	reported in abstract only - cannot determine which are abstracts of the same study see also <a href="https://www.thepoiseproject.org/tpp-research">https://www.thepoiseproject.org/tpp-research</a>
Gross 2019	Gross, M.; Ravichandra, R.; Norcia, M.; Cohen, R. "poised for Parkinson's": Group classes in Alexander technique for managing symptoms of Parkinson's disease. Movement Disorder. 2019; 34(Supplement 2) S891. doi:	reported in abstract only - cannot determine which are abstracts of the same study see also <a href="https://www.thepoiseproject.org/tpp-research">https://www.thepoiseproject.org/tpp-research</a>
Gross 2019	Gross, M.; Cohen, R.; Ravichandra, R.; Basye, M.; Norcia, M. Poised for Parkinson's: Alexander Technique Course improves Balance, Mobility and Posture for People With PD. Archives of Physical Medicine and Rehabilitation. 2019; 100(12) e193. doi: <a href="https://dx.doi.org/10.1016/j.apmr.2019.10.095">https://dx.doi.org/10.1016/j.apmr.2019.10.095</a>	reported in abstract only - cannot determine which are abstracts of the same study see also <a href="https://www.thepoiseproject.org/tpp-research">https://www.thepoiseproject.org/tpp-research</a>
Gross 2019	Gross, M.; Ravichandra, R.; Mello, B.; Cohen, R. Alexander technique group classes are a feasible and promising intervention for care partners of people living with Parkinson's disease. Journal of Parkinson's Disease. 2019; 9(1) 173. doi: <a href="https://dx.doi.org/10.3233/JPD-199900">https://dx.doi.org/10.3233/JPD-199900</a>	reported in abstract only - cannot determine which are abstracts of the same study see also <a href="https://www.thepoiseproject.org/tpp-research">https://www.thepoiseproject.org/tpp-research</a>
Gross 2020	Gross, M.; McInnis, M.; Norcia, M.; Ravichandra, R.; Basye, M.; Abdelrahman, A.; Cohen, R. 'poised for parkinson's': Alexander technique group course improves posture, balance and mobility for people living with pd. Movement Disorders Clinical Practice. 2020; 7(Supplement 1) S59. doi: <a href="https://dx.doi.org/10.1002/mdc3.12905">https://dx.doi.org/10.1002/mdc3.12905</a>	reported in abstract only - cannot determine which are abstracts of the same study see also <a href="https://www.thepoiseproject.org/tpp-research">https://www.thepoiseproject.org/tpp-research</a>
Gross 2020	Gross, M.; Cohen, R.; Lazaro, S.; Basye, M.; Achabal, A.; Norcia, M. Poised for Parkinson's': Retention of Benefits from Alexander Technique Group Course for People Living with Parkinson's Disease. Archives of Physical Medicine and Rehabilitation. 2020; 101(12) e149. doi: <a href="https://dx.doi.org/10.1016/j.apmr.2020.10.072">https://dx.doi.org/10.1016/j.apmr.2020.10.072</a>	reported in abstract only - cannot determine which are abstracts of the same study see also <a href="https://www.thepoiseproject.org/tpp-research">https://www.thepoiseproject.org/tpp-research</a>
Gross 2022	Gross, M.; Cohen, R.; Bellingham, J.; Brisset, P.; Condie, C.; Lazaro, S.; Mello, B.; Abdelrahman, A.; Becker, J.; Smith, S.; Moote, T.; Trusty, W. Feasibility of in-person and remote delivery of Alexander technique course for care partners of people with neurodegenerative disease. Movement Disorders. 2022; 37(Supplement 2) S140. doi: <a href="https://dx.doi.org/10.1002/mds.29223">https://dx.doi.org/10.1002/mds.29223</a>	reported in abstract only - cannot determine which are abstracts of the same study see also <a href="https://www.thepoiseproject.org/tpp-research">https://www.thepoiseproject.org/tpp-research</a>
Gross 2022	Gross, M.; Condie, C.; Grieb, J.; Cohen, R. Poised for Parkinson's: Retention of Benefits 6-7 Months After Alexander Technique Synchronous Online Group Course. Archives of Physical Medicine and Rehabilitation. 2022; 103(12) e150. doi: <a href="https://dx.doi.org/10.1016/j.apmr.2022.08.835">https://dx.doi.org/10.1016/j.apmr.2022.08.835</a>	reported in abstract only - cannot determine which are abstracts of the same study see also <a href="https://www.thepoiseproject.org/tpp-research">https://www.thepoiseproject.org/tpp-research</a>
Gross 2022	Gross, M.; Bellingham, J. G.; Brisset, P.; Condie, C. L.; Lazaro, S.; Mello, B.; Cohen, R. G. 'Partnering with Poise': Alexander technique online group classes are a promising intervention to decrease loss-of-self and increase agency for care partners of people living with dementia. Alzheimer's and Dementia. 2022; 18(S8) e065292. doi: <a href="https://dx.doi.org/10.1002/alz.065292">https://dx.doi.org/10.1002/alz.065292</a>	reported in abstract only - cannot determine which are abstracts of the same study see also <a href="https://www.thepoiseproject.org/tpp-research">https://www.thepoiseproject.org/tpp-research</a>

## Appendix C5. Characteristics of ongoing studies

<b>NCT05255809</b> [ALR034-S]  <b>Design:</b> RCT  <b>Country:</b> Pakistan  <b>Status:</b> Can't determine	<b>Population:</b> Cerebrovascular diseases  <b>ICD code:</b> 8B00 Intracerebral haemorrhage, hemiplegia  <b>No. participants:</b> 80	<b>Inactive comparators:</b> physiotherapy (co-intervention)  <b>Active comparators:</b>	<b>Outcomes:</b> disability (Postural Assessment Scale for Stroke); mobility (timed up-and-go test); balance (Berg Balance Scale)	<b>Enrolment start:</b> 28 Dec 2021  <b>Enrolment end:</b> 29 Sep 2022  <b>Study completion:</b> 10 Oct 2022 (estimated)  <b>Last registry update:</b> 31 Mar 2022
<b>IRCT20211022052833N1</b> [ALR035-S]  <b>Design:</b> RCT  <b>Country:</b> Iran  <b>Status:</b> Recruitment completed	<b>Population:</b> Chronic MSK conditions  <b>ICD code:</b> MG30.02 Chronic primary neck pain  <b>No. participants:</b> 84	<b>Inactive comparators:</b> Mulligan technique + isometric exercises (co-intervention)  <b>Active comparators:</b>	<b>Outcomes:</b> pain (VAS), disability (Neck Disability Index)	<b>Enrolment start:</b> 20 Nov 2021  <b>Enrolment end:</b> 28 Feb 2022  <b>Study completion:</b> NR  <b>Last registry update:</b> 23 Nov 2021
<b>IRCT20111210008348N4</b> <b>6</b> [ALR036-S]  <b>Design:</b> RCT  <b>Country:</b> Iran  <b>Status:</b> Recruitment completed	<b>Population:</b> Chronic MSK conditions  <b>ICD code:</b> FB1Y Herniation of disc or FA82 Spinal stenosis (post laminectomy)  <b>No. participants:</b> 70	<b>Inactive comparators:</b>  <b>Active comparators:</b> Continuation of usual therapeutic procedures	<b>Outcomes:</b> quality of life (SF-36)	<b>Enrolment start:</b> 06 Jun 2020  <b>Enrolment end:</b> 20 Sep 2020  <b>Study completion:</b> NR  <b>Last registry update:</b> 04 Aug 2020