

Appendix C1. Citation details of studies from search results excluded [Feldenkrais]

Study	Reference	Exclusion reason
Cook 2014	Cook, Summer B.; LaRoche, Dain P.; Swartz, Erik E.; Hammond, Precious R.; King, Marjorie A. A novel sensorimotor movement and walking intervention to improve balance and gait in women. <i>Complementary therapies in clinical practice</i> . 2014; 20(4) 311-6. doi: 10.1016/j.ctcp.2014.09.003	Participants: study includes only healthy participants
Crivelli 2021	Crivelli, Davide; Di Ruocco, Massimilla; Balena, Alessandra; Balconi, Michela The Empowering Effect of Embodied Awareness Practice on Body Structural Map and Sensorimotor Activity: The Case of Feldenkrais Method. <i>Brain sciences</i> . 2021; 11(12) . doi: 10.3390/brainsci11121599	Participants: study includes only healthy participants
Rardin 2007	Rardin, M. A. The effects of an injury prevention intervention on playing-related pain, tension, and attitudes in the high school string orchestra classroom. . 2007; (D.M.A.) 212 p-212 p. doi:	Participants: study includes only healthy participants
Gyllensten 2003	Gyllensten, Amanda Lundvik; Hansson, Lars; Ekdahl, Charlotte Outcome of basic body awareness therapy. A randomized controlled study of patients in psychiatric outpatient care. <i>Advances in Physiotherapy</i> . 2003; 5(4) 179-190. doi: Gyllensten, Amanda Lundvik; Ekdahl, Charlotte; Hansson, Lars Long-term effectiveness of Basic Body Awareness Therapy in psychiatric outpatient care. A randomized controlled study. <i>Advances in Physiotherapy</i> . 2009; 11(1) 2-12. doi:	Intervention: not Feldenkrais
Galea 2011 (Connors)	Galea, M. P.; Connors, K. A.; Said, C. M. Feldenkrais method balance classes improve balance in older adults: A controlled trial. <i>Evidence-based Complementary and Alternative Medicine</i> . 2011; 2011() 873672. doi: 10.1093/ecam/nep055	NRSI: no appropriate control for confounding
Gutman 1977	Gutman, G. M.; Herbert, C. P.; Brown, S. R. Feldenkrais versus conventional exercises for the elderly. <i>Journal of gerontology</i> . 1977; 32(5) 562-72. doi:	NRSI: no appropriate control for confounding
Laumer 1997	Laumer, U. Therapeutic effects of the Feldenkrais Method (Awareness through Movement) in eating disorders. <i>PPmP Psychotherapie Psychosomatik Medizinische Psychologie</i> . 1997; 47(5) 170-180. doi:	NRSI: no appropriate control for confounding
Lowe 2002	Lowe, B.; Breining, K.; Wilke, S.; Wellmann, R.; Zipfel, S.; Eich, W. Quantitative and qualitative effects of Feldenkrais, progressive muscle relaxation, and standard medical treatment in patients after acute myocardial infarction. <i>Psychotherapy Research</i> . 2002; 12(2) 179-191. doi: 10.1093/ptr/12.2.179	NRSI: no appropriate control for confounding
Wyszynski 2010	Wyszynski, M. Lifestyle. The Feldenkrais Method for people with chronic pain. <i>Pain Practitioner</i> . 2010; 20(1) 56-61. doi:	Publication type: clearly ineligible

Appendix C2. Citation details of studies on evidence inventory [Feldenkrais]

Study ID	Reference
Ahmadi 2020	Ahmadi, Hanieh; Adib, Hanieh; Selk-Ghaffari, Maryam; Shafizad, Misagh; Moradi, Siavash; Madani, Zahra; Partovi, Gholamreza; Mahmoodi, Aliakbar Comparison of the effects of the Feldenkrais method versus core stability exercise in the management of chronic low back pain: a randomised control trial. 2020. Clinical rehabilitation; 34(12) 1449-1457. doi: 10.1177/0269215520947069
Ayiesah 2012	Ayiesah, H. R.; Roslina, A. M. A study comparing the effectiveness of the Feldenkrais method versus the standard pulmonary rehabilitation program in improving the borg score and 6 minute walk in patients with chronic obstructive pulmonary disease (COPD). 2012. Journal of Health and Translational Medicine; 15(2) 1-6. doi:
Chinn 1994	Chinn, J.; Trujillo, D.; Kegerreis, S.; Worrell, T. Effect of a Feldenkrais intervention on symptomatic subjects performing a functional reach. 1994. Isokinetics and Exercise Science; 4(4) 131-136. Chin, J. J.; Trujillo, D.; Kegerreis, S. T.; Worrell, T. W. The effect of a feldenkrais intervention on symptomatic subjects performing a functional reach. 1995. 12th intern congress world confed physical therapy 1995;30():386
Hillier 2010	Hillier, Susan; Porter, Louise; Jackson, Kate; Petkov, John The effects of Feldenkrais classes on the health and function of an ageing Australian sample: a pilot study. 2010. The Open Rehabilitation Journal; 3(1) 62-66. doi: 10.2174/1874943701003010062
Kendall 2001	Kendall, S. A.; Ekselius, L.; Gerdle, B.; Soren, B.; Bengtsson, A. Feldenkrais intervention in fibromyalgia patients: A pilot study. 2001. Journal of Musculoskeletal Pain; 9(4) 25-35. doi: 10.1300/J094v09n04_04
Malmgren-Olsson 2001	Malmgren-Olsson, E.; Armelius, B.; Armelius, K. A comparative outcome study of body awareness therapy, Feldenkrais, and conventional physiotherapy for patients with nonspecific musculoskeletal disorders: changes in psychological symptoms, pain, and self-image. 2001. Physiotherapy Theory & Practice; 17(2) 77-95. doi: 10.1080/095939801750334167 Malmgren-Olsson EB, Bränholm IB. A comparison between three physiotherapy approaches with regard to health-related factors in patients with non-specific musculoskeletal disorders. Disability and Rehabilitation. 2002 Jan 1;24(6):308-17.
Nambi 2014	Nambi, G; Trivedi, PS; Momin, SM; Patel, S; Pancholi, DP Comparative effect of Pilates and Feldenkrais intervention on functional balance and quality of life in ambulatory geriatric population: a randomized controlled study. 2014. International Journal of Health Sciences and Research; 4(3) 71-77. doi:
Paolucci 2017	Paolucci, Teresa; Zangrando, Federico; Iosa, Marco; De Angelis, Simona; Marzoli, Caterina; Piccinini, Giulia; Saraceni, Vincenzo Maria Improved interoceptive awareness in chronic low back pain: a comparison of Back school versus Feldenkrais method. 2017. Disability and rehabilitation; 39(10) 994-1001. doi: 10.1080/09638288.2016.1175035
Quintero 2009	Quintero, Y.; Restrepo, C. C.; Tamayo, V.; Tamayo, M.; Velez, A. L.; Gallego, G.; Pelaez-Vargas, A. Effect of awareness through movement on the head posture of bruxist children. 2009. Journal of oral rehabilitation; 36(1) 18-25. doi: 10.1111/j.1365-2842.2008.01906.x
Teixeira-Machado 2017	Teixeira-Machado, L.; de Araujo, F. M.; Menezes, M. A.; Cunha, F. A.; Menezes, T.; Ferreira, C. D.; DeSantana, J. M. Feldenkrais method and functionality in Parkinson's disease: A randomized controlled clinical trial. 2017. International Journal on Disability and Human Development; 16(1) 59-66. doi: 10.1515/ijdh-2016-0006 Teixeira-Machado L, Araujo F, Cunha F, Menezes M, Menezes T, DeSantana J. (550) Feldenkrais method-based exercise improves quality of life in individuals with Parkinson's disease: a controlled, randomized clinical trial. The Journal of Pain. 2015 Apr 1;16(4):S113. Teixeira-Machado L, Araújo FM, Cunha FA, Menezes M, Menezes T, DeSantana JM. Feldenkrais method-based exercise improves quality of life in individuals with Parkinson's disease: a controlled, randomized clinical trial. Alternative therapies in health and medicine. 2015;21(1):8.

Appendix C3. Citation details of studies awaiting classification [Feldenkrais]

Study ID	Reference	Reason for awaiting assessment
Sobie 2020	Sobie, T. Virtual reality bonestm and feldenkrais movements compared to core stabilization biofeedback and motor control exercises: Comparative effects on chronic nonspecific low back pain in an outpatient clinical setting: A dissertation study and randomized controlled trial. Global Advances in Health and Medicine. 2020; 9() 104-105. doi: 10.1177/2164956120912849 Sobie Timothy, J. Body schema acuity training and FeldenkraisRTM movements compared to core stabilization biofeedback and motor control exercises: comparative effects on chronic non-specific low back pain in an outpatient clinical setting: a randomized controlled comparative efficacy study. Dissertation abstracts international: section B: the sciences and engineering. 2018; 78() . doi:	reported in abstract only
Grubel 2003	Grubel, R.; Erbacher, G.; Larisch, A. Die Wirksamkeit der Feldenkrais-Methode bei Krebs-Betroffenen. Erfahrungsheilkunde. 2003; 52(2) 71-83. doi:	language other than English - likely eligible
Jung 2003	Jung, M. Feldenkrais fur Frauen mit Brustkrebs. Kranken Gymnastik. 2003; 55(9) 1573-4. doi:	language other than English - unclear
Ruhl 2010	Ruhl, Christof Antidepressivum, Feldenkrais oder Manualtherapie? : Was hilft beim spontanen Schiefhals.. Aktuelle Medizin. 2010; 152(22) . doi: 10.1007/BF03366359	language other than English - unclear
Schneider 1992	Schneider, C. Effekte zweier unterschiedlicher krankengymnastischer Therapiemoglichkeiten bei chronischem Ruckenschmerz (Teil 3). Kranken Gymnastik. 1992; 44(7) 850-4. doi:	language other than English - unclear

Appendix C4. Characteristics of ongoing & unpublished studies (registry records, protocols)

ACTRN12618000234213 [FKR-034-S] Design: RCT Country: Australia Status: Recruiting	Population: Chronic MSK conditions ICD code: FA01.0 Primary osteoarthritis of knee No. participants: 15	Inactive comparators: no intervention (continue with usual activity) Active comparators:	Outcomes: mobility (timed up-and-go, sit to stand, squat test, functional reach test, walking speed), disability (Knee Injury and Osteoarthritis Outcome Score), HR-QoL (SF-36)	Enrolment start: 02 Aug 2017 Enrolment end: NR Study completion: NR Last registry update: 14 Feb 2018
NCT05262946 [FKR-035-S] Design: RCT Country: Spain Status: Completed	Population: Other chronic pain,Chronic conditions ICD code: 8C03.0 Diabetic polyneuropathy No. participants: 44	Inactive comparators: foot care intervention + usual care (co-intervention) Active comparators:	Outcomes: HR-QoL (SF-36), disability (SF-Late-Life Function & Disability Instrument, Cumulative Somatosensory Impairment Index), mobility (up-and-go test, four-square-step test, Tinetti Performance-Oriented Mobility Assessment), fear of falling (Falls Efficacy Scale)	Enrolment start: 01 Jan 2016 Enrolment end: 22 Dec 2029 Study completion: 30 Jan 2022 Last registry update: 04 Nov 2022
NCT05870371 [FKR-036-S] Design: RCT Country: Greece Status: Can't determine	Population: Chronic MSK conditions ICD code: MG30.02 Chronic primary musculoskeletal (neck) pain No. participants: 160	Inactive comparators: Active comparators: Acupuncture + stretching	Outcomes: pain (IPP, VAS, SF-MPQ, PCS, FABQ, PPT, GPES), anxiety & depression (HADS), disability (NDI, Tampa scale), HR-QoL (SF-12), biomechanical outcomes (ROM, kinesthesia, FVC, VC/SVC, MVV, muscle endurance)	Enrolment start: 26 Sep 2022 Enrolment end: 16 Dec 2022 Study completion: 30 Jun 2023 (estimated) Last registry update: 18 May 2023

Ullmann 2021* [FKR-037-S]	Population: Falls risk	Inactive comparators: no intervention	Outcomes: mobility (walk endurance, gait speed); emotional functioning/mental health (GDS - depressive symptoms); fear of falling (FES); [exercise] self-efficacy (9-item SE for Exercise Scale); physical activity enjoyment (PACES-8); biomechanical outcomes (postural sway, grip strength); other outcomes (mindfulness - FFMQ-SF)	Enrolment start: 2019
Design: RCT	ICD code: Older population at risk of falls [65-85 years]	Active comparators: strength training		Enrolment end: 2019
Country: USA	No. participants: 108			Study completion: This study was terminated prior to collection of outcome data due to issues with the Institutional Review Board. https://reporter.nih.gov/project-details/9441121
Status: Can't determine				Last registry update: NA

*Ullmann G, Li Y, Ray MA, Lee ST. Study protocol of a randomized intervention study to explore effects of a pure physical training and a mind–body exercise on cognitive executive function in independent living adults age 65–85. *Aging Clinical and Experimental Research*. 2021;33(5):1259-66.

Ullmann G, Li Y, Ray M. Effects of Mindful Feldenkrais Exercises and Strength Training on Cognitive Executive Function in Older Adults. *Innov Aging*. 2019;3(Suppl 1):S649. doi 10.1093/geroni/igz038.2410. eCollection 019 Nov.