Appendix E1. Characteristics of studies included in the evidence synthesis

Study details	Population	Feldenkrais intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
Johnson 1999 [FK-008-S] **Country:** USA **Setting (detail):** hospital - outpatient (Carolines Medical Center MS Center) **RCT design:** RCT	**No. randomised [eligible treatment arms] (age; sex):** 20 adults (33-54 years [range]; 75% female) **Treatment goal:** relieve symptoms of a condition (multiple sclerosis) **Inclusion criteria:** Clinically diagnosed mutliple sclerosis (Poser criteria); neurological impairment (EDSS 2.0 - 6.0); illness duration 6 months to 15 years **Exclusion criteria:** n/a **ICD code:** 8A40 Multiple sclerosis	**Name:** Feldenkrais **What – procedure:** Awareness of changes in movement patterns: flexion, lateral flexion, extension and rotation. **When & how much:** 1 x 60-minute session per week for 8 weeks (480 minutes total) **Who administered (provider); training:** provider administered (Feldenkrais practitioner); NR **Co-intervention(s):** n/a	**Name:** inactive - sham **What – procedure:** Sham involving systematic light touch, avoiding any therapeutic manoeuvres or trigger points. **When & how much:** as per Feldenkrais group **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Fatigue*: *Fatigue* impact ([MS] Performance Scales - *Fatigue*)* *Emotional functioning/mental health*: depression symptoms (HADS anxiety & depression* scales); stress (Perceived Stress Scale) *Function - disability*: disability (MS Self-Efficacy Scale - function*); hand function (9-hole pegboard [seconds] - right & left hand; [MS] Performance Scales - hand function); [MS] Performance Scales: vision, bladder/bowel, sensory, spasticity *Function - mobility*: mobility impact ([MS] Performance Scales - mobility)* **Ineligible outcomes:** *Other symptoms*: MS Symptom Inventory neurological symptom subscales (visual, left hemisphere, right hemisphere, brain stem/cerebellar, spinal cord, nonlocalising symptoms); *Other:* cognitive disability ([MS] Performance Scale); *Self-efficacy:* self-efficacy (MS Self-Efficacy Scale - control subscale) **Timing of outcome measurement:** before each of 8 weekly interventions [unclear if post-intervention result is mean of 8 weekly scores, or final week 8 score]
Lundblad 1999 [FK-012-S] **Country:** Sweden **Setting (detail):** community based, other (occupational health service + home) **RCT design:** RCT	**No. randomised [eligible treatment arms] (age; sex):** 65 adults (FK. 35 years, C. 34 [mean]; 100% female) **Treatment goal:** relieve symptoms of a condition (neck/shoulder *Pain*) **Inclusion criteria:** neck and should complaints; industrial workers at a factory	**Name:** Feldenkrais **What – procedure:** Functional Integration movement sequences using nonverbal guiding techniques (individual sessions) and Awareness Through Movement exercises targeting neck-shoulder complaints (group sessions) + home exercises **When & how much:** 1 x 50 minutes per week for 16 weeks [4 x individual Functional Integration and 12 x group-	**Name:** inactive - wait list control **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2	**Eligible outcomes:** *Pain*: pain overall [usual] (VAS)*, pain overall [worst in last 7 days] (VAS), days of *Pain*/ache/discomfort (Nordic Council of Ministers questionnaire - neck-shoulder index) **Ineligible outcomes:** *Biomechanical outcomes:* range of motion (neck, shoulders), endurance (Borg test), cortical control, peak torque, SAR, EMG, VO2; *Function - disability - work* (2-item study-specific questionnaire, not published); *Disability - leisure* (8-item study-specific questionnaire, not published)

Study details	Population	Feldenkrais intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	Exclusion criteria: pregnancy, coronary disease, rheumatoid arthritis, rotator cuff tendinitis; long-term sick leave periods and/or previous attempts at intensive rehabilitation **ICD code:** MG30.02 Chronic primary musculoskeletal *Pain*	based Awareness Through Movement sessions] (800 minutes total) + home exercises (frequency and duration NR) **Who administered (provider); training:** provider administered, self-administered, provider prescribed (NR); NR **Co-intervention(s):** n/a	**Ineligible arms:** Physiotherapy (group-based)	**Timing of outcome measurement:** ~1.5 months after end of intervention period*
Lundqvist 2014 [FK-013-S] **Country:** Sweden **Setting (detail):** community based (Low Vision Centre at Orebro County Council) **RCT design:** RCT	**No. randomised [eligible treatment arms] (age; sex):** 61 adults (FK. 52 years, C. 55 [mean]; FK. 83% female, C. 84%) **Treatment goal:** relieve symptoms of a condition (neck/shoulder *Pain*) **Inclusion criteria:** Chronic neck/scapular *Pain* (population drawn from individuals registered at Low Vision Centre) **Exclusion criteria:** Neck/scapular *Pain* of traumatic origin; comorbidity of musculoskeletal related disorders **ICD code:** MG30.02 Chronic primary musculoskeletal *Pain*; 9D9Z Vision impairment, unspecified	**Name:** Feldenkrais **What – procedure:** Individually tailored Functional Integration movement sequences using nonverbal guiding techniques (individual sessions) and verbally directed Awareness Through Movement exercises organised around a functional theme (group sessions) + home exercises **When & how much:** 1 x 2-hour session per week for 12 weeks (1440 minutes total) + home exercises (frequency and duration NR) **Who administered (provider); training:** provider administered, self-administered, provider prescribed (Feldenkrais practitioner); other training **Co-intervention(s):** n/a	**Name:** inactive - wait list control **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Pain*: *Pain* overall (SF-36 bodily *Pain* subscale)*, muscle *Pain* during palpitation (VAS, 6 muscles) *Function - disability*: disability during visual activities (VMBC - muscular complaints subscale)* **Ineligible outcomes:** n/a **Timing of outcome measurement:** end of 12-week intervention period*, 12 months
Mohan 2020 [FK-015-S] **Country:** NR **Setting (detail):** other (Centre of Physiotherapy at a public university) **RCT design:** RCT	**No. randomised [eligible treatment arms] (age; sex):** 40 adults (FK. 23 years, C. 24 [mean]; FK. 80% female, C. 70%) **Treatment goal:** relieve symptoms of a condition (low back *Pain*) **Inclusion criteria:** Chronic low-back *Pain* (physician-diagnosed, NRS 2-5/10) **Exclusion criteria:** Respiratory disease, pregnancy, history of surgery to lumbar spine	**Name:** Feldenkrais **What – procedure:** as per protocol, progressing through following themes: tilting legs, pelvic lift, spine like a chain, prone kneeling, prone lying + home practice **When & how much:** 4 x 1-hour sessions per week for 8 weeks [1 x supervised session, 3 x home-based sessions] (1920 minutes total)	**Name:** inactive control - physiotherapy (co-intervention) **What – procedure:** routine physiotherapy using modalities such as infrared rays, interferential therapy or shortwave diathermy, spinal flexion or extension exercises (exercise progression based on level of *Pain*) + home practice	**Eligible outcomes:** *Pain*: *Pain* overall (NRS)* *Breathing patterns:* breathing pattern (TFBS)* **Ineligible outcomes:** *Biomechanical outcomes:* core stability (pressure biofeedback device); respiratory muscle endurance (4 measurements); chest expansion (4 measurements) **Timing of outcome measurement:** end of 8-week intervention period*

Study details	Population	Feldenkrais intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	ICD code: MG30.02 Chronic primary low back *Pain*	**Who administered (provider); training:** provider administered, self-administered, provider prescribed (research staff); other training **Co-intervention(s):** see comparator arm	**When & how much:** 4 x sessions per week for 8 weeks [1 x supervised session, 3 x home-based sessions] (session duration NR) **Who administered (provider):** provider administered, self-administered, provider prescribed **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	
Palmer 2017 [FK-017-S] **Country:** USA **Setting (detail):** community based (community centers serving independent adults aged 55 years and older) **RCT design:** RCT	**No. randomised [eligible treatment arms] (age; sex):** 124 older adults (76 years [median]; 87% female) **Treatment goal:** prevent a condition among people with risk factors (older adults) **Inclusion criteria:** ≥55 years **Exclusion criteria:** n/a **ICD code:** Older population at risk of falls [median age 76 years]	**Name:** Feldenkrais **What – procedure:** lessons addressed issues including flexibility, balance, lower back comfort, breathing, turning, rising from a chair, and standing comfortably (intervention otherwise not described) **When & how much:** 2 x 1-hour sessions per week over 6-7 weeks [8/9 centres] (720 minutes) 1 x 1-hour sessions per week over 12 weeks [1/9 centres] (720 minutes) **Who administered (provider); training:** provider administered (Feldenkrais practitioner); other training **Co-intervention(s):** n/a	**Name:** inactive - wait list control **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Function - mobility*: balance (functional reach*, tandem stance, base of support); mobility (timed up and go) *Function - disability*: global disability (OPTIMAL [13/21 original items])* **Ineligible outcomes:** n/a **Timing of outcome measurement:** within a week of end of intervention period*
Smith 2001 [FK-020-S] **Country:** Australia **Setting (detail):** NR (NR) **RCT design:** RCT	**No. randomised [eligible treatment arms] (age; sex):** 28 adults (FK. 55 years, C. 51 [mean]; 62% female) **Treatment goal:** relieve symptoms of a condition (low back *Pain*) **Inclusion criteria:** Chronic low back *Pain* (AMA 1988 definition), self-reported **Exclusion criteria:** n/a	**Name:** Feldenkrais **What – procedure:** Awareness Through Movement audio tape (Awareness of Breath) guiding participants through gentle breathing sequences and visualisations, avoiding repetitive movements of the upper and lower limbs, or pelvis.	**Name:** inactive - other **What – procedure:** audiotaped story (Wodehouse, 1992) **When & how much:** as per Feldenkrais group **Who administered (provider):**	**Eligible outcomes:** *Pain*: *Pain* intensity (SF-MPQ - sensory *Pain* dimension, affective *Pain* dimension, evaluative measure* [version and scoring NR; possibly total SF-MPQ +/- *Pain* intensity scale and VAS]) *Emotional functioning/mental health*: mental distress (STAI-state)* **Ineligible outcomes:** n/a

Study details	Population	Feldenkrais intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	ICD code: MG30.02 Chronic primary low back *Pain*	**When & how much:** 1 x 30-minute session (30 minutes total) **Who administered (provider); training:** self-administered, provider prescribed (n/a); n/a **Co-intervention(s):** n/a	self-administered, provider prescribed **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Timing of outcome measurement:** immediately post-intervention*
Stephens 2001 [FK-021-S] **Country:** USA **Setting (detail):** other (university classroom) **RCT design:** RCT	**No. randomised [eligible treatment arms] (age; sex):** 12 adults (FK. 56 years, C. 52 [mean]; FK. 83% female, C. 50%) **Treatment goal:** prevent a condition among people with risk factors (multiple sclerosis) **Inclusion criteria:** Definitive or probable diagnosis of multiple sclerosis; ability to stand independently without assistive device and ambulate 100 feet with or without assistive device. **Exclusion criteria:** Exacerbation of MS in previous month; surgery within previous 3 months **ICD code:** 8A40 Multiple sclerosis (definitive or probable)	**Name:** Feldenkrais **What – procedure:** Awareness Through Movement classes, starting with basic principles of movement and breathing, and progressing through a range of movements each class. Minimal manual guidance was given and the primary goal was to develop skill in using intrinsic feedback. Home practice was encouraged. **When & how much:** 8 x ATM classes, delivered in 2- or 4-hour sessions over 10 weeks (20 hours total) **Who administered (provider); training:** provider administered (Feldenkrais practitioner); other training **Co-intervention(s):** n/a	**Name:** inactive - other **What – procedure:** general health education: use of acupuncture treatment for people with MS, new medications available for treatment of MS, benefits of exercise for people with MS, and social support issues encountered in the process of dealing with MS **When & how much:** 4 x 90-minute classes (6 hours total) [frequency and total intervention period NR] **Who administered (provider):** provider administered **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Function - disability*: disability (MSSE function subscale*, total) *Falls:* no. of falls per person*, balance confidence (ABC) **Ineligible outcomes:** *Self-efficacy:* self-efficacy (MSSE - control subscale); *Function - mobility*: balance (EQUI-SCALE, computerised balance assessment) **Timing of outcome measurement:** *Function:* end of 10-week intervention period* *Falls:* over 10 week intervention period*
Stephens 2005 [FK-022-S] **Country:** USA **Setting (detail):** community based (retirement community) **RCT design:** RCT	**No. randomised [eligible treatment arms] (age; sex):** 32 older people (FK. 79 years, C. 77 [mean]; 61% female) **Treatment goal:** prevent a condition among people with risk factors (older adults) **Inclusion criteria:** Able to: walk independently without assistive device for 10 mins; walk on a treademill at 2-3 miles per hour; get up from floor without assistance	**Name:** Feldenkrais **What – procedure:** Awareness Through Movement classes, each structured around one of ten simple movements: leg movements (seated); body image & pelvic movements (seated); lengthening of body (supine); flexion (supine); rotational movements (side lying); rotational movements transferring from sit to stand; leg slide to side (supine); rolling from supine to sit; rolling from supine to prone; standing &	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *HR-QoL:* emotional well-being (SF-36 emotional well-being scale*; energy/vitality scale); results not reported for other SF-36 scales) *Function - mobility*: supine to stand (time in minutes*; movement units) **Ineligible outcomes:** *Fatigue*: *Fatigue* severity overall (SF-36 energy/vitality subdomain); *Biomechanical outcomes:* sacral deviation while walking; *Emotional functioning/mental health*: mental distress (SF-36 emotional well-being scale)

Study details	Population	Feldenkrais intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	Exclusion criteria: Musculoskeletal or neurological problems preventing independent mobility; uncontrolled hypertension; history of falling related to cardiac problems; orthopaedic surgery in past year **ICD code:** Older population at risk of falls [mean age 78 years]	walking. [Note: no lesson on supine to stand - dependent variable] **When & how much:** 10 x 45-minute lessons over 2 consecutive days (10 hours total) **Who administered (provider); training:** provider administered (NR); NR **Co-intervention(s):** n/a		**Timing of outcome measurement:** 3 days after 2-day intervention period*
Torres-Unda 2017 [FK-024-S] **Country:** S*Pain* **Setting (detail):** other (supported employment) **RCT design:** RCT	**No. randomised [eligible treatment arms] (age; sex):** 41 adults (FK. 50 years, C. 48 [mean]; FK. 31% female; C. 37%) **Treatment goal:** prevent a condition among people with risk factors (intellectual disability) **Inclusion criteria:** mild to moderate intellectual disability **Exclusion criteria:** previous experience with Feldenkrais **ICD code:** 6A00 Disorders of intellectual development (mild to moderate)	**Name:** Feldenkrais **What – procedure:** Awareness Through Movement classes (sitting, standing or moving) with verbal direction of movement **When & how much:** 1 x 1-hour session per week over 30 weeks (30 hours total) **Who administered (provider); training:** provider administered (Feldenkrais practitioner); other training **Co-intervention(s):** n/a	**Name:** inactive - no intervention **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Function - mobility*: physical functioning (SPPB - total)*; gait speed (SPPB score, seconds); muscle strength (SPPB chair stand score, seconds); standing balance (SPPB score comprised of: side-by-side stand, semi-tandem stand, tandem stand) **Ineligible outcomes:** *Biomechancial outcomes:* postural control (static stabilometric platform) **Timing of outcome measurement:** just before final intervention session (30 weeks)*
Ullmann 2010 [FK-025-S] **Country:** USA **Setting (detail):** other (Arnold School of Public Health at the University of South Carolina) **RCT design:** RCT	**No. randomised [eligible treatment arms] (age; sex):** 47 older adults (FK. 74 years, C. 77 [mean]; FK. 68% female, C. 73%) **Treatment goal:** prevent a condition among people with risk factors (older adults) **Inclusion criteria:** Independently living; able to ambulate min. 10 metres without assistance **Exclusion criteria:** Medical contra-indications to moderate exercise; neurological disorder; blindness, severe hearing loss or indication of dementia (score <25 on the MMSE)	**Name:** Feldenkrais **What – procedure:** Awareness Through Movement classes focussed on improving balance and mobility based on common Feldenkrais themes, with movements: sitting, reaching, walking, turning, transfers and relaxation. **When & how much:** 3 x 1-hour sessions per week for 5 weeks (900 minutes total) **Who administered (provider); training:** provider administered (Feldenkrais practitioner); certificate **Co-intervention(s):** n/a	**Name:** inactive - wait list control **What – procedure:** n/a **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *Emotional functioning/mental health*: depression symptoms (CES-D)*, stress (PSS-10) *HR-QoL:* overall HR-QoL (CDC HRQOL-4)* *Function - mobility*: mobility (timed up-and-go test*, timed up-and-go with cognitive task); balance (tandem stance), gait (GAITRite Walkway System: velocity, cadence, stride length, cycle time, step length, step time) *Falls:* falls efficacy (FES)*; balance confidence (ABCS) **Ineligible outcomes:** n/a **Timing of outcome measurement:** end of 5-week intervention period*

Study details	Population	Feldenkrais intervention arm(s)	Comparator arm(s)	Outcomes (* = selected for synthesis)
	ICD code: Older population at risk of falls [mean age 76 years]			
Vrantsidis 2009 [FK-026-S] **Country:** Australia **Setting (detail):** community based (community-library meeting room) **RCT design:** RCT	**No. randomised [eligible treatment arms] (age; sex):** 62 older people (FK. 75 years, C. 74 [mean]; FK. 85% female, C. 69%) **Treatment goal:** prevent a condition among people with risk factors (older adults) **Inclusion criteria:** At least one functional impairment (Qn 1-11, Frenchay Activity Index); history of one or more falls in previous 6 months; stand unsupported for at least 1 min; walk at least 5 metres without walking aid **Exclusion criteria:** Cognitive impairment (<7 Abbreviated Mental Test Score) **ICD code:** Older population with history of falls and/or min. one functional impairment [mean age 75 years]	**Name:** Feldenkrais **What – procedure:** Getting Grounded Gracefully program, exploring movement and balance in: sitting, transition from sitting to standing, standing, walking with ease. **When & how much:** 2 x 40- to 60-minute sessions per week over 8 weeks (640 to 960 minutes total) **Who administered (provider); training:** provider administered (Feldenkrais practitioner); diploma **Co-intervention(s):**	**Name:** inactive - no intervention **What – procedure:** no intervention; participants offered Getting Grounded Gracefully program at the completion of the control phase of the study **When & how much:** n/a **Who administered (provider):** n/a **No. arms included in synthesis (treatment & control):** 2 **Ineligible arms:** none	**Eligible outcomes:** *HR-QoL:* overall HR-QoL (AQOL [version NR] - total)* *Function - disability*: disability (FAI)*, physical activity level (HAP) *Function - mobility*: mobility (timed up-and-go test)*, balance (4-square step test); muscle strength & endurance (step test, timed sit-to-stand test); gait (Clinical Stride Analyzer: speed, double-support duration) *Falls:* falls efficacy (MFES)* **Ineligible outcomes:** *Biomechanical outcomes:* limits of stability, reaction time, maximum excursion, rhythmic weight transfer, step quick turn, step width, weight transfer time & rising index during sit-to-stand, ability to stand under conditions of reduced or conflicting sensory cues (Neurcom Balance Master force platform; Clinical Test of Sensory Interaction of Balance) **Timing of outcome measurement:** within 2-3 weeks of end of 8-week intervention period*

Appendix E2. Funding sources, potential conflicts of interest and ethics approval for studies included in the evidence synthesis

Study ID Record ID Registry number	Funding sources	Funders	Review authors' judgment of potential conflicts	Ethics approval
Johnson 1999 FK-008-S	Government, Not for profit organisation (incl. academic)	Kessler Research and Education Corporation (NIH grant), University of North Carolina at Charlotte	Can't tell - insufficient information reported	Not reported
Lundblad 1999 FK-012-S	Government	Swedish Council for Work Life Research and the Work Life Fund (Arbetslivsfonden)	Can't tell - insufficient information reported	Not reported
Lundqvist 2014 FK-013-S NCT01361906	Not reported		Can't tell - insufficient information reported	Yes
Mohan 2020 FK-015-S	Not reported		Can't tell - insufficient information reported	Yes
Palmer 2017 FK-017-S	Industry	The Feldenkrais Foundation	Industry funding	Yes
Smith 2001 FK-020-S	Not reported		Can't tell - insufficient information reported	Yes
Stephens 2001 FK-021-S	Not reported		Can't tell - insufficient information reported	Yes
Stephens 2005 FK-022-S	Not reported		Can't tell - insufficient information reported	Yes
Torres-Unda 2017 FK-024-S NCT03203226	Government	Regional government Diputación Foral de Bizkaia/Bizkaiko Foru Aldundia (Departamento de Acción Social/Gizarte Ekintza Zaila) and Lantegi Batuak.	Can't tell - insufficient information reported	Yes
Ullmann 2010 FK-025-S	Not for profit organisation (incl. academic)	Esther Thelen Research and Education Fund	No conflicts identified	Yes
Vrantsidis 2009 FK-026-S	Government	Moreland Community Health Service	Author has potentially conflicting interests. The designer (and supplier) of the Getting Grounded Gracefully program was the Feldenkrais practitioner in this study and CDs of the program were purchased by interested participants at the end of the study.	Yes

Appendix E3. Characteristics of studies included in the evidence inventory

Ahmadi 2020 [FK-001-S] **Reasons for exclusion from synthesis:** C: active or ineligible comparator	**Population:** Chronic MSK conditions **ICD code:** MG30.02 Non-specific chronic low back pain **No. randomised (all arms):** 60	**Intervention group(s):** Feldenkrais	**Inactive comparators:** **Active/Ineligible comparators:** Home-based core stability exercises + education	**Outcome domains:** Pain,HR-QoL,Function (disability),Other (ineligible) domains **Eligible outcomes (measures):** pain (MPQ), disability (OWD [LBP]), HR-QoL (HR-QOL-BREF) **Ineligible outcome domains:** *Domain* — *Outcomes* Other Biomechanical — TVA muscle: at rest, in contraction
Ayiesah 2012 [FK-002-S] **Reasons for exclusion from synthesis:** C: active or ineligible comparator	**Population:** Chronic respiratory conditions **ICD code:** CA22 Chronic obstructive pulmonary disease **No. randomised (all arms):** 66	**Intervention group(s):** Feldenkrais	**Inactive comparators:** **Active/Ineligible comparators:** Pulmonary Rehabilitation Program	**Outcome domains:** Function (mobility), Breathing patterns **Eligible outcomes (measures):** function [exercise capacity] (Borg scale, 6-min walk test), FEV1 **Ineligible outcome domains:** *Domain* — *Outcomes*
Chinn 1994 [FK-003-S] **Reasons for exclusion from synthesis:** C: active or ineligible comparator	**Population:** Chronic MSK conditions **ICD code:** MG30.02 Chronic primary musculoskeletal pain **No. randomised (all arms):** 23	**Intervention group(s):** Feldenkrais	**Inactive comparators:** **Active/Ineligible comparators:** Neck and shoulder exercises	**Outcome domains:** Function (mobility),Other (ineligible) domains **Eligible outcomes (measures):** function - mobility: functional reach **Ineligible outcome domains:** *Domain* — *Outcomes* Other
Hillier 2010 [FK-007-S] **Reasons for exclusion from synthesis:** C: active or ineligible comparator	**Population:** Falls risk **ICD code:** Older population at risk of falls [mean age 71 years] **No. randomised (all arms):** 22	**Intervention group(s):** Balance exercise class 'Falls & Fractures: Beating the odds'	**Inactive comparators:** **Active/Ineligible comparators:** Balance exercise class 'Falls & Fractures: Beating the odds'	**Outcome domains:** HR-QoL,Function (mobility) **Eligible outcomes (measures):** function [mobility] (patient-specific functional scale, timed up & go test; functional reach test, single limb stance test, walk with eyes closed test **Ineligible outcome domains:** *Domain* — *Outcomes*

Kendall 2001 [FK-009-S] **Reasons for exclusion from synthesis:** C: active or ineligible comparator	**Population:** Other chronic pain **ICD code:** MG30.01 Chronic widespread pain **No. randomised (all arms):** 39	**Intervention group(s):** Feldenkrais	**Inactive comparators:** **Active/Ineligible comparators:** Education + hydrotherapy	**Outcome domains:** Pain,Fatigue,HR-QoL,Function (disability),Function (mobility),Self-efficacy,Other (ineligible) domains **Eligible outcomes (measures):** pain (VAS); function [disability] (study-specific scale); function [mobility] (balance, endurance); fatigue (VAS); HR-QoL (Fibromyalgia Impact Questionnaire); self-efficacy (ASES) **Ineligible outcome domains:** *Domain* — *Outcomes* Biomechanical Other — personality traits (Karolinska Scales of Personality)
Malmgren-Olsson 2001 [FK-014-S] **Reasons for exclusion from synthesis:** C: active or ineligible comparator	**Population:** Chronic MSK conditions **ICD code:** MG30.02 Chronic primary musculoskeletal pain **No. randomised (all arms):** 78	**Intervention group(s):** Feldenkrais	**Inactive comparators:** **Active/Ineligible comparators:** Physiotherapy; Body Awareness Therapy	**Outcome domains:** Pain,Emotional functioning/mental health,HR-QoL,Function (disability),Self-efficacy,Other (ineligible) domains **Eligible outcomes (measures):** pain intensity (SF-36 bodily pain; MPI - pain severity & pain interference); disability (SF-36 physical function); mental distress (SF-36 mental health; SCL-90 subscales, global severity index); overall HR-QoL (SF-36 general health, vitality); social function (SF-36 subscale); physical role (SF-36 subscale); emotional role (SF-36 subscale); support (MPI - support subscale) **Ineligible outcome domains:** *Domain* — *Outcomes* Other
Nambi 2014 [FK-016-S] **Reasons for exclusion from synthesis:** C: active or ineligible comparator	**Population:** Falls risk **ICD code:** Older population at risk of falls [65-74 years] **No. randomised (all arms):** 60	**Intervention group(s):** Feldenkrais	**Inactive comparators:** **Active/Ineligible comparators:** Pilates	**Outcome domains:** HR-QoL,Function (mobility) **Eligible outcomes (measures):** balance (functional reach test); mobility (timed up & go test); gait (dynamic gait index); HR-QoL (SF-36 - score not described) **Ineligible outcome domains:** *Domain* — *Outcomes*
Paolucci 2017 [FK-018-S]	**Population:** Chronic MSK conditions	**Intervention group(s):** Feldenkrais	**Inactive comparators:**	**Outcome domains:** Pain,Emotional functioning/mental health,HR-QoL,Function (disability),Other (ineligible) domains

Reasons for exclusion from synthesis: C: active or ineligible comparator	**ICD code:** MG30.02 Chronic primary low back pain **No. randomised (all arms):** 53		**Active/Ineligible comparators:** Back school	**Eligible outcomes (measures):** pain intensity (VAS, MPQ - total & subscales); disability (Waddle Disability Index; SF36 physical function); mental heatlh (SF-36 mental health); HR-QoL (SF-36 general health, SF-36 vitality); social function (SF-36); physical role (SF-36); emotional role (SF-36) **Ineligible outcome domains:** *Domain* — *Outcomes* Other
Quintero 2009 [FK-019-S] **Reasons for exclusion from synthesis:** O: does not report any outcome domain from framework	**Population:** Sleep disturbance **ICD code:** 7A83 Sleep-related bruxism **No. randomised (all arms):** 26	**Intervention group(s):**	**Inactive comparators:** No intervention **Active/Ineligible comparators:**	**Outcome domains:** Other (ineligible) domains **Eligible outcomes (measures):** **Ineligible outcome domains:** *Domain* — *Outcomes* Biomechanical outcomes
Teixeira-Machado 2017 [FK-023-S] **Reasons for exclusion from synthesis:** C: active or ineligible comparator	**Population:** Parkinson's disease **ICD code:** 8A00.0 Parkinson disease, idiopathic **No. randomised (all arms):** 30	**Intervention group(s):** Feldenkrais	**Inactive comparators:** **Active/Ineligible comparators:** Education (inc falls prevention)	**Outcome domains:** Emotional functioning/mental health,HR-QoL,Function (mobility),Other (ineligible) domains **Eligible outcomes (measures):** depression (BDI); function [balance] (figure of 8 walk, 360 degree turn in place, functional reach, Berg balance scale), function [mobility] (timed up & go, rollover task, sitting-and-standing); HR-QoL (Parkinsons' Disease QoL Questionnaire - total) **Ineligible outcome domains:** *Domain* — *Outcomes* Biomechanical Other — cognitive mental status (MMSE)