

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ak 2016	Ak, Akodu; Sra, Akinbo; Cs, Okonkwo	COMPARATIVE EFFICACY OF CORE STABILIZATION EXERCISE AND PILATES EXERCISE ON PATIENTS WITH NONSPECIFIC CHRONIC LOW BACK PAIN	2016	Romanian Journal of Physical Therapy / Revista Romana de Kinetoterapie	21	38	14-22	3a. Intervention out of scope
Akodu 2016	Akodu, A.; Okonkwo, S.; Akinbo, S.	Comparative efficacy of core stabilization exercise and pilates exercise on patients with non-specific chronic low back pain	2016	Physiotherapy	102 (Supplement 1)		e243-e244	3a. Intervention out of scope
Aliaga-Martínez 2013	Aliaga-Martínez, Francisca; Prats-Ribera, Elisenda; Alsina-Hipólito, Mercè; Allepuz-Palau, Alejandro	Impacto en la función de los músculos del suelo pélvico de un programa de entrenamiento específico incluido en el control habitual del embarazo y el posparto: ensayo clínico controlado no aleatorizado	2013	Matronas prof	14	2	36-44	3a. Intervention out of scope
Araujo-Gomes 2019	Araujo-Gomes, R. C.; Valente-Santos, M.; Vale, R. G. S.; Drigo, A. J.; Borba-Pinheiro, C. J.	Effects of resistance training, tai chi chuan and mat pilates on multiple health variables in postmenopausal women	2019					3a. Intervention out of scope
Au 2020	Au, D.; Matthew, A. G.; Alibhai, S. M. H.; Jones, J. M.; Fleshner, N. E.; Finelli, A.; Elterman, D.; Singal, R. K.; Jamnicky, L.; Faghani, N.; Hilton, W. J.; Auger, L. E.; Ritvo, P.; Trachtenberg, J.; Santa Mina, D.	Pilates and Hypopressives for the Treatment of Urinary Incontinence After Radical Prostatectomy: Results of a Feasibility Randomized Controlled Trial	2020	PM and R	12	1	55-63	3a. Intervention out of scope
Berea 2010	Berea, S.; Ancuta, C.; Chiriac, R.	[Rehabilitation of coxitis in patients with ankylosing spondylitis. Observations in a series of 30 patients hospitalized at the Rheumatology and Recovery Hospital of Iasi]	2010	Revista Medico-Chirurgicala a Societatii de Medici Si Naturalisti Din Iasi	114	4	1008-11	3a. Intervention out of scope
Cancelliero-GaiadKarina 2014	Cancelliero-Gaiad Karina, M.; Ike, Daniela; Pantoni Camila, B. F.; Borghi-Silva, Audrey; Costa, Dirceu	Respiratory pattern of diaphragmatic breathing and pilates breathing in COPD subjects	2014	Revista brasileira de fisioterapia (Sao Carlos (Sao Paulo, Brazil))	18	4	291-299	3a. Intervention out of scope
Castro-Martin 2017	Castro-Martin, E.; Ortiz-Comino, L.; Gallart-Aragon, T.; Esteban-Moreno, B.; Arroyo-Morales, M.; Galiano-Castillo, N.	Myofascial induction effects on neck-shoulder pain in breast cancer survivors: randomized, single-blind, placebo-controlled crossover design	2017	Archives of Physical Medicine and Rehabilitation 2017 May;98(5):832-840				3a. Intervention out of scope
Cohen 2018	Cohen, E. M.; Dossett, M. L.; Mehta, D. H.; Davis, R. B.; Lee, Y. C.	Factors associated with insomnia and complementary medicine use in children: results of a national survey	2018	Sleep Medicine	44		82-88	3a. Intervention out of scope

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deBritoBrandao 2010	de Brito Brandao, M.; Mancini, M. C.; Vaz, D. V.; Pereira de Melo, A. P.; Fonseca, S. T.	Adapted version of constraint-induced movement therapy promotes functioning in children with cerebral palsy: a randomized controlled trial	2010	Clinical Rehabilitation	24	7	639-47	3a. Intervention out of scope
Dias 2018	Dias, N. T.; Ferreira, L. R.; Fernandes, M. G.; Resende, A. P. M.; Pereira-Baldon, V. S.	A Pilates exercise program with pelvic floor muscle contraction: Is it effective for pregnant women? A randomized controlled trial	2018	Neurourology & Urodynamics	37	1	379-384	3a. Intervention out of scope
Franco 2017	Franco, Km; dos, Santos Franco Y; de, Oliveira Nb; Miyamoto, Gc; Santos, Mo; Liebano, Re; Cabral, Cn	Is interferential current before pilates exercises more effective than placebo in patients with chronic nonspecific low back pain?: A randomized controlled trial	2017	Archives of Physical Medicine and Rehabilitation	98	2	320-8.	3a. Intervention out of scope
Franco 2018	Franco, Y. R. S.; Franco, K. F. M.; Silva, L. A.; Silva, M. O.; Rodrigues, M. N.; Liebano, R. E.; Cabral, C. M. N.	Does the use of interferential current prior to Pilates exercises accelerate improvement of chronic nonspecific low back pain? [with consumer summary]	2018	Pain Management 2018 Nov;8(6):465-474				3a. Intervention out of scope
Hackett 2016	Hackett, K.; Forder, R.; Lendrem, D. W.; Hargreaves, B.; Strassheim, V.; Gotts, Z.; Deary, V.; Ng, W. F.; Newton, J.	Objective improvement in fatigue scores for primary Sjogren's patients receiving a tailored multidisciplinary fatigue intervention in a generic fatigue clinic	2016	Arthritis and Rheumatology	68 (Supplement 10)		3622-3623	3a. Intervention out of scope
Hagen 2017	Hagen, S.; Glazener, C.; McClurg, D.; Macarthur, C.; Elders, A.; Herbison, P.; Wilson, D.; Toozs-Hobson, P.; Hemming, C.; Hay-Smith, J.; Collins, M.; Dickson, S.; Logan, J.	Pelvic floor muscle training for secondary prevention of pelvic organ prolapse (PREVPROL): a multicentre randomised controlled trial	2017	Lancet	389	10067	393-402	3a. Intervention out of scope
Iacorossi 2019	Iacorossi, L.; Gambalunga, F.; Molinaro, S.; De Domenico, R.; Giannarelli, D.; Fabi, A.	The effectiveness of the sport "dragon boat racing" in reducing the risk of lymphedema incidence: An observational study	2019	Cancer Nursing	42	4	323-331	3a. Intervention out of scope
Irct20141001019351N 2019	Irct20141001019351N,	Effect of exercise on preventing gestational diabetes	2019	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT20141001019351N2				3a. Intervention out of scope
Irct20150531022498N 2019	Irct20150531022498N,	Effect of combined exercise training in pediatric type 1 diabetes	2019	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT20150531022498N30				3a. Intervention out of scope
Jajoo 2019	Jajoo, A.; Taylor-Pilliae, R.; Killgore, W. D. S.; Warlick, C.; Alfonso-Miller, P.; Grandner, M. A.	Types of habitual physical activity associated with habitual sleep duration, sleep quality, and daytime sleepiness	2019	Sleep	42 (Supplement 1)		A72-A73	3a. Intervention out of scope

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Khoei 2015	Khoei, E. Y.; Hassannejad, R.; Tazehkand, B. M.	Muscles data compression in body sensor network using the principal component analysis in wavelet domain	2015	BiolImpacts	5	1	9-16	3a. Intervention out of scope
Kouhbanani 2020	Kouhbanani, S. S.; Arabi, S. M.; Zarenezhad, S.; Khosrorad, R.	The effect of perceptual-motor training on executive functions in children with non-verbal learning disorder	2020	Neuropsychiatric Disease and Treatment	16		1129-1137	3a. Intervention out of scope
Lai 2020	Lai, B.; Chiu, C. Y.; Pounds, E.; Tracy, T.; Mehta, T.; Young, H. J.; Riser, E.; Rimmer, J.	A description of Covid-19 modifications to the TEAMS study protocol for remotely delivering teleassessment/teletraining of complementary alternative medicine among people with multiple sclerosis: protocol for a randomized controlled effectiveness trial	2020	JMIR Research Protocols	13		13	3a. Intervention out of scope
Lin 2016	Lin, Y. S.; Huang, H. Y.; Kuo, L. Y.; Chen, B. Y.; Tsai, H. Y.	Cardiac rehabilitation improve hospital-acquired anemia for patients with cardiac surgery	2016	European Heart Journal: Acute Cardiovascular Care	5 (Supplement 1)		148-149	3a. Intervention out of scope
Mallery 2003	Mallery, L. H.; MacDonald, E. A.; Hubley-Kozey, C. L.; Earl, M. E.; Rockwood, K.; MacKnight, C.	The feasibility of performing resistance exercise with acutely ill hospitalized older adults	2003	BMC Geriatrics	3		3	3a. Intervention out of scope
Marín 2009	Marín, Gustavo Horacio; Homar, Cecilia; Niedfeld, Germán; Matcovick, Graciela; Mamonde, Mario	Evaluación del proyecto estatal de intervención para la mejora de la calidad de vida y la reducción de complicaciones asociadas al envejecimiento: <<Agrega salud a tus años>>	2009	Gac Sanit	23	4	272-7	3a. Intervention out of scope
Marin 2009	Marin, G. H.; Homar, C.; Niedfeld, G.; Matcovick, G.; Mamonde, M.; Grupo Interdisciplinario para la, Salud	[Evaluation of the state intervention project to improve quality of life and reduce the complications associated with aging: "Add health to your years"]	2009	Gaceta Sanitaria	23	4	272-7	3a. Intervention out of scope
MinLim 2016	Min Lim, K.; Jung, J.; Shim, S.	The effect of bilateral trainings on upper extremities muscle activation on level of motor function in stroke patients	2016					3a. Intervention out of scope
Nct 2018	Nct,	Combined Exercise Training in Patients With Multiple Sclerosis	2018	https://clinicaltrials.gov/show/NC T03591809				3a. Intervention out of scope
Nct 2019	Nct,	The Effectiveness of Exercise on Reducing the Angle of Kyphosis	2019	https://clinicaltrials.gov/show/NC T04143464				3a. Intervention out of scope

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Nct 2019	Nct,	The Effect of Care Given Using Levine's Conservation Model on Postpartum Quality of Life in Primiparas	2019	https://clinicaltrials.gov/show/NC T04084275				3a. Intervention out of scope
Nct 2020	Nct,	Comparison Between the Segmental Mobilization and Entire Segmental Spine Mobilization in Cervical Spondylosis	2020	https://clinicaltrials.gov/show/NC T04287634				3a. Intervention out of scope
Neal 2017	Neal, W.; Young, H. J.; Mehta, T.; Thirumalai, M.; Tracy, T.; Riser, E.; Rimmer, J.	Comparative effectiveness trial between a clinic-and home-based exercise intervention for multiple sclerosis	2017	Archives of Physical Medicine and Rehabilitation	98 (10)		e46	3a. Intervention out of scope
Neumark&Sztainer 2011	Neumark&Sztainer, Dianne; Eisenberg, Marla E.; Wall, Melanie; Loth, Katie A.	Yoga and pilates: Associations with body image and disordered-eating behaviors in a population-based sample of young adults	2011	International Journal of Eating Disorders	44	3	276-280	3a. Intervention out of scope
Odynets 2018	Odynets, T.; Briskin, Y.; Putrov, S.	Effectiveness of individualised intervention on pulmonary function in women with post-mastectomy syndrome	2018	Physiotherapy Practice and Research 2018 Jul;39(2):147-154				3a. Intervention out of scope
Perić 2015	Perić, Dragan; Stojanović, Darko; Pavlović-Veselinović, Sonja; Ilić, Dejan; Stojanović, Toplica	THE EFFECTS OF AN ERGONOMIC EXERCISE PROGRAM WITH A PILATES BALL ON REDUCING THE RISK OF THE INCIDENCE OF MUSCULOSKELETAL DISORDERS. / EFEKTI ERGONOMSKOG PROGRAMA VEŠTAČA SA PILATES LOPTOM NA SMANJENJE RIZIKA OD NASTANKA MIŠIČNO-SKELETNIH POREMEĆAJA	2015	Facta Universitatis: Series Physical Education & Sport	13	3	383-391	3a. Intervention out of scope
R 2015	R. B. R. hvfzj	Physiotherapy techniques in Parkinson's Disease	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-4hvfzj				3a. Intervention out of scope
R 2015	R. B. R. sgtn	Effectiveness of Pilates and ingestion of Green Tea in elderly patients who have Metabolic Syndrome	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-2sgtn2				3a. Intervention out of scope
Rimmer 2018	Rimmer, J. H.; Thirumalai, M.; Young, H. J.; Pekmezi, D.; Tracy, T.; Riser, E.; Mehta, T.	Rationale and design of the tele-exercise and multiple sclerosis (TEAMS) study: A comparative effectiveness trial between a clinic- and home-based telerehabilitation intervention for adults with multiple sclerosis (MS) living in the deep south	2018	Contemporary Clinical Trials	71		186-193	3a. Intervention out of scope

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Rosu 2014	Rosu, M. O.; Topa, I.; Chirieac, R.; Ancuta, C.	Effects of Pilates, McKenzie and Heckscher training on disease activity, spinal motility and pulmonary function in patients with ankylosing spondylitis: a randomized controlled trial	2014	Rheumatology International	34	3	367-72	3a. Intervention out of scope
Shariat 2017	Shariat, Ardalan; Lam, Eddie T. C.; Kargarfard, Mehdi; Tamrin, Shamsul B. M.; Danaee, Mahmoud	The application of a feasible exercise training program in the office setting. [References]	2017					3a. Intervention out of scope
Sieczkowska 2020	Sieczkowska, S. M.; Vilarino, G. T.; de Souza, L. C.; Andrade, A.	Does physical exercise improve quality of life in patients with fibromyalgia?	2020	Irish Journal of Medical Science	189	1	341-347	3a. Intervention out of scope
SoláSerrabou 2014	Solá Serrabou, Marta; López del Amo, José Luis; Valero, oliver	Efecto de 24 semanas de entrenamiento de fuerza a moderada-alta intensidad en ancianos	2014	Rev. esp. geriatr. gerontol. (Ed. impr.)	49	3	115-120	3a. Intervention out of scope
Taylor 2019	Taylor, S. M.; Cheung, E. O.; Sun, R.; Grote, V.; Marchlewski, A.; Addington, E. L.	Applications of complementary therapies during rehabilitation for individuals with traumatic Spinal Cord Injury: Findings from the SCIRehab Project	2019	Journal of Spinal Cord Medicine	42	5	571-578	3a. Intervention out of scope
Tulloch 2012	Tulloch, E; Phillips, C; Sole, G; Carman, A; Abbott,	DMA clinical pilates directional-bias assessment: Reliability and predictive validity	2012	Journal of Orthopaedic and Sports Physical Therapy	42	8	676-87.	3a. Intervention out of scope
Unal 2018	Unal, E.; Arin, G.; Karaca, N. B.; Ozcadirci, A.; Oflaz, F. B.; Bilgen, S. A.	Examination of the effects of the cognitive exercise therapy approach on functional and emotional status in individuals with rheumatic disease	2018	Fizyoterapi Rehabilitasyon	29 (2)		S19	3a. Intervention out of scope
Unal 2018	Unal, E.; Arin, G.; Karaca, N. B.; Oflaz, F. B.; Ozcadirci, A.; Erden, A.; Armagan, B.; Yakut, Y.; Bilgen, S. A.	Effectiveness of a biopsychosocial exercise approach in rheumatic diseases	2018	Arthritis and Rheumatology	70 (Supplement 9)		368-369	3a. Intervention out of scope
Woolstenhulme 2019	Woolstenhulme, J. G.; Guccione, A. A.; Herrick, J. E.; Collins, J. P.; Nathan, S. D.; Chan, L.; Keyser, R. E.	Left Ventricular Function Before and After Aerobic Exercise Training in Women With Pulmonary Arterial Hypertension	2019	Journal of Cardiopulmonary Rehabilitation & Prevention	39	2	118-126	3a. Intervention out of scope
		DMA clinical pilates directional bias assessment: reliability and predictive validity...Abstracts from the Physiotherapy New Zealand Conference, held in Wellington on 5th - 6th May 2012	2012	New Zealand Journal of Physiotherapy	40	2	94-94	3a. Intervention out of scope

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Arin 2015	Arin, G.; Kisacik, P.; Unal, E.	Investigation of the effect of exercise on functional status in patients with osteoarthritis of the knee	2015	Fizyoterapi Rehabilitasyon	26 (2)		5125	3b. Comparator out of scope
BarbosaSilva 2013	Barbosa Silva, Daiane Karine; Murata, Eduardo; de Freitas, Cíntia Domingues	Compara��o do m�todo Pilates com e sem a estabiliza��o segmentar na dor lombar cr�nica	2013	Revista Terapia Manual	11	51	90-94	3b. Comparator out of scope
Cagla 2019	Cagla, C. B.; Keskin, A.; Kabul, E. G.; Calik, B. B.; Aslan, U. B.; Karasu, U.	The effects of clinical pilates training in patients with fibromyalgia: A randomized controlled trial	2019	Annals of the Rheumatic Diseases	78 (Supplement 2)		1051	3b. Comparator out of scope
Canarslan 2017	Canarslan, B.; Akbayrak, T.	Assessing the effects of clinical pilates exercises on the strength of abdominal muscles and diastasis recti abdominis in pregnant women	2017	Fizyoterapi Rehabilitasyon	28 (2)		S42-S43	3b. Comparator out of scope
Chae-Woo 2014	Chae-Woo, Lee; Ju, Hyun; Seong Gil, Kim	Influence of Pilates Mat and Apparatus Exercises on Pain and Balance of Businesswomen with Chronic Low Back Pain	2014	Journal of Physical Therapy Science	26	4	475-477	3b. Comparator out of scope
Dorado 2020	Dorado, C.; Lopez-Gordillo, A.; Serrano-Sanchez, J. A.; Calbet, J. A. L.; Sanchis-Moysi, J.	Hypertrophy of Lumbopelvic Muscles in Inactive Women: A 36-Week Pilates Study	2020	Sports & Health	DOI: 10.1177/1941738120918381		1-5	3b. Comparator out of scope
DosSantosFranco 2014	Dos Santos Franco, Y. R.; Liebano, R. E.; Moura, K. F.; De Oliveira, N. T. B.; Miyamoto, G. C.; Santos, M. O.; Cabral, C. M. N.	Efficacy of the addition of interferential current to Pilates method in patients with low back pain: A protocol of a randomized controlled trial	2014	BMC Musculoskeletal Disorders	15 (1) (no pagination)	420		3b. Comparator out of scope
dosSantosRodrigues 2014	dos Santos Rodrigues, Thalita; de Oliveira, Jefferson Quaresma; Lima Matos, Ludmilla Karen Brand�o	Effects of pilates method in low back pain	2014	Manual Therapy, Posturology & Rehabilitation Journal	12	1	392-399	3b. Comparator out of scope
Drks 2020	Drks,	The Effect of a Visceral Osteopathic Manipulation on Non-Specific Low Back Pain and Lumbo-Pelvic Control in Dancers. A randomised controlled trial	2020	http://www.who.int/trialsearch/Trial2.aspx?TrialID=DRKS00019112				3b. Comparator out of scope
Dronen 2012	Dronen, A	Group training in ankylosing spondylitis: Effect of pilates training in water and on land - a pilot study	2012	Fysioterapeuten	79	12	22-8.	3b. Comparator out of scope
Franco 2014	Franco, C. B.; Ribeiro, A. F.; Morcillo, A. M.; Zambon, M. P.; Almeida, M. B.; Rozov, T.	Air stacking: effects of Pilates mat exercises on muscle strength and on pulmonary function in patients with cystic fibrosis	2014	Jornal Brasileiro De Pneumologia: Publicacao Oficial Da Sociedade Brasileira De Pneumologia E Tisiologia	40	5	521-7	3b. Comparator out of scope

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Franco 2018	Franco, K. F. M.; Franco, Yrds; Oliveira, N. T. B.; Padula, R. S.; Cabral, C. M. N.	Predictive factors for progression through the difficulty levels of Pilates exercises in patients with low back pain: a secondary analysis of a randomized controlled trial	2018	Brazilian Journal of Physical Therapy	22	6	512-518	3b. Comparator out of scope
Giacomini 2016	Giacomini, M. B.; da Silva, A. M.; Weber, L. M.; Monteiro, M. B.	The Pilates Method increases respiratory muscle strength and performance as well as abdominal muscle thickness	2016	Journal of Bodywork & Movement Therapies	20	2	258-64	3b. Comparator out of scope
Gronesova 2018	Gronesova, P.; Cholujova, D.; Kozic, K.; Korbuly, M.; Vlcek, M.; Penesova, A.; Imrich, R.; Sedlak, J.; Hunakova, L.	Effects of short-term Pilates exercise on selected blood parameters	2018	General Physiology and Biophysics	37	4	443-451	3b. Comparator out of scope
Jung 2020	Jung, K.; Seo, J.; Jung, W. S.; Kim, J.; Park, H. Y.; Lim, K.	Effects of an Acute Pilates Program under Hypoxic Conditions on Vascular Endothelial Function in Pilates Participants: A Randomized Crossover Trial	2020	International Journal of Environmental Research & Public Health [Electronic Resource]	17	7	9	3b. Comparator out of scope
Melo 2011	Melo, M. O.; Gomes, L. E.; Silva, Y. O.; Bonezi, A.; Loss, J. F.	Assessment of resistance torque and resultant muscular force during pilates hip extension exercise and its implications to prescription and progression. [Portuguese]	2011	Revista Brasileira de Fisioterapia	15	1	23-30	3b. Comparator out of scope
Mew 2011	Mew, Rosie	Activation of the deep abdominals.	2011	SportEX Medicine		49	12-18	3b. Comparator out of scope
Miranda 2017	Miranda, I. F.; Souza, C.; Schneider, A. T.; Chagas, L. C.; Loss, J. F.	Comparison of low back mobility and stability exercises from Pilates in non-specific low back pain: A study protocol of a randomized controlled trial	2018	Complementary Therapies in Clinical Practice. (no pagination)	31		360-368	3b. Comparator out of scope
Montero-Cámara 2013	Montero-Cámara, J.; Sierra-Silvestre, E.; Monteagudo-Saiz, A. M.; López-Fernández, J.; López-López, A. I.; Barco-Pérez, M. E.	Estiramiento activo excéntrico frente a estiramiento analítico pasivo de los músculos isquiotibiales en dolor lumbar inespecífico subagudo o crónico. Un estudio piloto	2013	Fisioterapia (Madr., Ed. impr.)	35	5	206-213	3b. Comparator out of scope
Nct 2012	Nct,	Effects of Different Techniques of the Method Pilates in Chronic Low Back Pain	2012	https://clinicaltrials.gov/show/NC/T01533805				3b. Comparator out of scope
Nct 2018	Nct,	Effects of Pilates Standing Exercises on Walking Mobility and Postural Balance	2018	https://clinicaltrials.gov/show/NC/T03526757				3b. Comparator out of scope

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Nct 2020	Nct,	Pilates Exercises In Individuals With Fibromyalgia	2020	https://clinicaltrials.gov/show/NC T04218630				3b. Comparator out of scope
Oliveira 2017	Oliveira, Naiane Teixeira Bastos de; Freitas, Sandra Maria Sbeghen Ferreira; Fuhro, Fernanda Ferreira; Jr.Luz, Maurício Antônio da; Amorim, Cesar Ferreira; Cabral, Cristina Maria Nunes	Muscle Activation During Pilates Exercises in Participants With Chronic Nonspecific Low Back Pain: A Cross-Sectional Case-Control Study	2017	Archives of Physical Medicine & Rehabilitation	98	1	88-95	3b. Comparator out of scope
R 2012	R. B. R. tyg5j	Effectiveness of the Pilates method performed in the equipment or in the mat	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-7tyg5j				3b. Comparator out of scope
R 2017	R. B. R. fvry	To verify the influence of moderate or strenuous Physical Activity and Sedentary lifestyle on the rate of Urinary Incontinence in young women who had never had children	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-27fvry				3b. Comparator out of scope
R 2017	R. B. R. rbnh	Effects of Pilates in Sedentary Adults	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-7rbnh6				3b. Comparator out of scope
R 2018	R. B. R. cqndz	The effects of Pain Neuroscience Education and Pilates on kinesiophobia in older people with chronic low back pain: randomized controlled clinical study	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-5cqndz				3b. Comparator out of scope
Ruby 2008	Ruby, C.; Romani-Ruby, C.; Reuter, B.; Hess, R.	A comparison of pelvic and shoulder girdle activation between experienced and novice Pilates participants during plank and hundred exercises on the Pilates reformer and mat...2008 Combined Sections Meeting...Nashville, Tennessee, February 6-9, 2008	2008	Journal of Orthopaedic & Sports Physical Therapy	38	1	A21-A21	3b. Comparator out of scope
Ruby 2008	Ruby, C.; Romani-Ruby, C.; Ben, R.; Hess, R.	Core and shoulder girdle muscle activation during plank and hundred exercises on the Pilates reformer and mat...2008 Combined Sections Meeting...Nashville, Tennessee, February 6-9, 2008	2008	Journal of Orthopaedic & Sports Physical Therapy	38	1	A20-1	3b. Comparator out of scope
Yakut 2006	Yakut, E.; Yagli, N. V.; Akdogan, A.; Kiraz, S.	The role of Pilates exercises in patients with osteoarthritis of the knee: A pilot study. [Turkish]	2006	Fizyoterapi Rehabilitasyon	17	2	51-60	3b. Comparator out of scope

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Alvarenga 2016	Alvarenga, G. M.; Charkovski, S. A.; Santos, L. K. D.; Silva, Mab; Tomaz, G. O.; Gamba, H. R.	The influence of inspiratory muscle training combined with the Pilates method on lung function in elderly women: A randomized controlled trial	2018	Clinics (Sao Paulo, Brazil)	73		e356	4. Population out of scope
Alvarenga 2016	Alvarenga, G. M.; Gamba, H. R.; Charkovski, S. A.; Dos Santos, L. K.	Effects of Pilates method in association with inspiratory muscle training in lung function in elderly women	2016	European Respiratory Journal. Conference: European Respiratory Society Annual Congress	48	Supplement 60		4. Population out of scope
Bird 2012	Bird, M. L.; Fell, J.	Positive long-term effects of Pilates exercise on the aged-related decline in balance and strength in older, community-dwelling men and women	2014	Journal of Aging & Physical Activity	22	3	342-7	4. Population out of scope
Bird 2012	Bird, Ml; Hill, Kd; Fell, Jw	A randomized controlled study investigating static and dynamic balance in older adults after training with pilates	2012	Archives of Physical Medicine and Rehabilitation	93	1	43-9.	4. Population out of scope
Blanco-Martinez 2019	Blanco-Martinez, R.; Castro-Lemus, N.; Aznar-Lain, S.	Effects of three weeks of Mat Pilates in the Physical Education classes on the physical condition of secondary students: A cluster randomized controlled trial. [Spanish]	2019					4. Population out of scope
Caldwell 2009	Caldwell, K.; Harrison, M.; Adams, M.; Triplett, N. T.	Effect of Pilates and taiji quan training on self-efficacy, sleep quality, mood, and physical performance of college students	2009	Journal of Bodywork & Movement Therapies	13	2	155-63	4. Population out of scope
Campos de Oliveira 2015	Campos De Oliveira, Laís; Aparecida De Almeida Pires-Oliveira, Deise; Alves Do Prado, Rafaela Claudia; Pereira D'avanço De Oliveira, Danielle; Del Antão nio, Tiago; De Oliveira, Rodrigo Franco; Gonçalves De Oliveira, Raphael	Effects of Pilates on postural balance and functional autonomy of elderly: a randomized controlled trial	2016	Manual Therapy, Posturology & Rehabilitation Journal	14		1-6	4. Population out of scope
Campos de Oliveira 2015	R. B. R. p	Comparison of physical exercise in elderly	2015	http://www.who.int/trialssearch/Trial2.aspx?TrialID=RBR-472p29				4. Population out of scope
Campos de Oliveira 2015	de Oliveira, L. C.; de Oliveira, R. G.; Pires-Oliveira, D. A. A.	Comparison between static stretching and the Pilates method on the flexibility of older women	2016	Journal of Bodywork and Movement Therapies 2016 Aug;20(4):800-806				4. Population out of scope
Campos de Oliveira 2015	Oliveira, Lc; Oliveira, Rg; Pires-Oliveira, Da de A	Pilates increases the isokinetic muscular strength of the knee extensors and flexors in elderly women	2017	Journal of Bodywork and Movement Therapies	21	4	815-822	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Campos de Oliveira 2015	Campos de Oliveira, Laís; Gonçalves de Oliveira, Raphael; de Almeida Pires-Oliveira, Deise Aparecida	The Pilates method improves the relationship agonist-antagonist flexor and extensor knee in elderly: a randomized controlled trial	2015	Manual Therapy, Posturology & Rehabilitation Journal	13		1-7	4. Population out of scope
Campos de Oliveira 2015	Campos de Oliveira, L.; Gonçalves de Oliveira, R.; Pires-Oliveira, D. A.	Effects of Pilates on muscle strength, postural balance and quality of life of older adults: a randomized, controlled, clinical trial	2015	Journal of Physical Therapy Science	27	3	871-6	4. Population out of scope
Capo-Lugo 2011	Capo-Lugo, Carmen E.; Ortiz, Alexis; Martinez, Lucia; Venegas-Rios, Heidi L.; Ramirez-Marrero, Farah	Effectiveness of Pilates on Running Mechanics and Running Performance	2011	Medicine & Science in Sports & Exercise	43		423-423	4. Population out of scope
Carrasco-Poyatos 2019	Nct,	A Pilates Exercise Program for Improving Core Strength, Balance and Functional Autonomy in Aged Women	2015	https://clinicaltrials.gov/show/NC T02506491				4. Population out of scope
Carrasco-Poyatos 2019	Carrasco-Poyatos, M.; Ramos-Campo, D. J.; Rubio-Arias, J. A.	Pilates versus resistance training on trunk strength and balance adaptations in older women: a randomized controlled trial	2019	PeerJ	7		e7948	4. Population out of scope
Carrasco-Poyatos 2019	Carrasco-Poyatos, M.; Rubio-Arias, J. A.; Ballesta-García, I.; Ramos-Campo, D. J.	Pilates vs. muscular training in older women. Effects in functional factors and the cognitive interaction: A randomized controlled trial	2019	Physiology & Behavior	201		157-164	4. Population out of scope
CarvalhoBarbosa 2013	Carvalho Barbosa, Alexandre Wesley; Martins, Fábio Luiz Mendonça; Vitorino, Débora Fernandes de Melo; Almeida Barbosa, Michelle Cristina Sales	Immediate electromyographic changes of the biceps brachii and upper rectus abdominis muscles due to the Pilates centring technique	2013	Journal of Bodywork & Movement Therapies	17	3	385-390	4. Population out of scope
Chinnavan 2015	Chinnavan, E.; Gopaladhas, S.; Kaikondan, P.	Effectiveness of pilates training in improving hamstring flexibility of football players	2015	Bangladesh Journal of Medical Science	14	3	265-269	4. Population out of scope
Chung 2018	Chung, Yu-chen; Chang, Nai-Jen	The Effects of Pilates Training on Functional Movement Screen and Muscle Endurance for Cheerleaders: 3195 Board #64 June 2 8:00 AM - 9:30 AM...American College of Sports Medicine Annual Meeting, May 29-June 2, 2018, Minneapolis, Minnesota	2018	Medicine & Science in Sports & Exercise	50		786-786	4. Population out of scope
Correio 2020	Correio, T. G. P.; Correio, P. S. B.; Correio, S. A.	Effects of a 20-week pilates method program on body composition	2020					4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Critchley 2011	Critchley, Dj; Pierson, Z; Battersby, G	Effect of pilates mat exercises and conventional exercise programmes on transversus abdominis and obliquus internus abdominis activity: Pilot randomised trial	2011	Manual Therapy	16	2	183-9.	4. Population out of scope
Cruz-Ferreira 2013	Cruz-Ferreira, A.; Fernandes, J.; Kuo, Y. L.; Bernardo, L. M.; Fernandes, O.; Laranjo, L.; Silva, A.	Does pilates-based exercise improve postural alignment in adult women?	2013	Women & Health	53	6	597-611	4. Population out of scope
Culligan 2006	Nct,	Randomized Controlled Trial Comparing Traditional Pelvic Floor Rehabilitation to Pilates in Increasing Pelvic Muscles Strength	2007	https://clinicaltrials.gov/show/NC T00549458				4. Population out of scope
Culligan 2006	Culligan, P. J.; Scherer, J.; Dyer, K.; Priestley, J. L.; Guignon-White, G.; Delvecchio, D.; Vangeli, M.	A randomized clinical trial comparing pelvic floor muscle training to a Pilates exercise program for improving pelvic muscle strength	2010	International Urogynecology Journal	21	4	401-8	4. Population out of scope
Culligan 2006	Culligan, P.; Scherer, J.; Dyer, K.; Priestley, J.; Guignon-White, G.; DelVecchio, D.; Vangeli, M.	A randomized controlled trial comparing traditional pelvic muscle rehabilitation to a pilates exercise program for strengthening pelvic floor muscles	2008	Journal of Pelvic Medicine and Surgery	14 (4)		224-225	4. Population out of scope
Culligan 2006	Culligan, P.	Randomized Controlled Trial Comparing Traditional Pelvic Floor Rehabilitation to Pilates in Increasing Pelvic Muscles Strength (Trials registry number: nCT00549458)	2006	Clinicaltrials.gov (http://clinicaltrials.gov/show/nct00549458)				4. Population out of scope
daCruz 2014	da Cruz, Ticiane Marcondes Fonseca; Germano, Moisés Diego; Crisp, Alex Harley; Gonsalves Sindorf, Marcio Antonio; Verlengia, Rozangela; da Mota, Gustavo Ribeiro; Lopes, Charles Ricardo	Does Pilates Training Change Physical Fitness in Young Basketball Athletes?	2014	Journal of Exercise Physiology Online	17	1	1-9	4. Population out of scope
de 2017	de, Oliveira Lc; de, Almeida Pires-Oliveira Da; Abucarub, Ac; Oliveira, Ls; de, Oliveira Rg	Pilates increases isokinetic muscular strength of the elbow flexor and extensor muscles of older women: A randomized controlled clinical trial	2017	Journal of Bodywork and Movement Therapies	21	1	2-10.	4. Population out of scope
deRochadeAguiarOliveira 2017	de Rocha de Aguiar Oliveira, Francinei; Maluf Guar, Olga Lorena; Fres, Aline; Cardoso de Souza, Marcelo; Trajano Jorge Caldas, Renata	Quality of life and self-esteem of women who practice Pilates	2017	Manual Therapy, Posturology & Rehabilitation Journal	15		1-4	4. Population out of scope

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deSouzaCavina 2019	de Souza Cavina, A. P.; Pizzo Junior, E.; Machado, A. F.; Biral, T. M.; Pastre, C. M.; Vanderlei, F. M.	Load monitoring on Pilates training: a study protocol for a randomized clinical trial	2019	Trials [Electronic Resource]	20	1	597	4. Population out of scope
Donath 2016	Donath, L.; Roth, R.; Hurlimann, C.; Zahner, L.; Faude, O.	Pilates vs. Balance Training in Healthy Community-Dwelling Seniors: a 3-arm, Randomized Controlled Trial	2016	International Journal of Sports Medicine	37	3	e6	4. Population out of scope
Emery 2010	Emery, K.; De Serres, S. J.; McMillan, A.; C��t��, J. N.	The effects of a Pilates training program on arm-trunk posture and movement	2010	Clinical Biomechanics	25	2	124-130	4. Population out of scope
Finatto 2018	Finatto, P.; Da Silva, E. S.; Okamura, A. B.; Almada, B. P.; Oliveira, H. B.; Peyre-Tartaruga, L. A.	Pilates training improves 5-km run performance by changing metabolic cost and muscle activity in trained runners	2018					4. Population out of scope
Finatto 2018	Finatto, P.; Da Silva, E. S.; Okamura, A. B.; Almada, B. P.; Oliveira, H. B.; Peyre-Tartaruga, L. A.	Pilates training improves 5-km run performance by changing metabolic cost and muscle activity in trained runners	2018	PLoS ONE	13 (3) (no pagination)	e0194057		4. Population out of scope
Fourie 2013	Marinda, F.; Magda, G.; Ina, S.; Brandon, S.; Abel, T.; Goon, D. T.	Effects of a mat pilates program on cardiometabolic parameters in elderly women	2013	Pakistan Journal of Medical Sciences	29	2		4. Population out of scope
Fourie 2013	Fourie, M.; Gildenhuis, G. M.; Shaw, I.; Shaw, B. S.; Toriola, A. L.; Goon, D. T.	Effects of a mat pilates program on flexibility in elderly women	2013					4. Population out of scope
Fourie 2013	Fourie, M.; Gildenhuis, G. M.; Shaw, I.; Shaw, B. S.; Toriola, A. L.; Goon, D. T.	Effects of a mat Pilates programme on body composition in elderly women	2013	West Indian Medical Journal	62	6	524-8	4. Population out of scope
Freitas 2015	Freitas, C.; Greve, J.	Comparative study of the effects of global postural reeducation, pilates and segmented dynamic exercise on spinal strength, endurance and flexibility	2015	Physiotherapy (United Kingdom)	1)		eS409-eS410	4. Population out of scope
Gabizon 2016	Gabizon, H.; Press, Y.; Volkov, I.; Melzer, I.	The Effects of Pilates Training on Balance Control and Self-Reported Health Status in Community-Dwelling Older Adults: A Randomized Controlled Trial	2016	Journal of Aging & Physical Activity	24	3	376-83	4. Population out of scope
Garcia-Garro 2020	Garcia-Garro, P. A.; Hita-Contreras, F.; Martinez-Amat, A.; Achalandabaso-Ochoa, A.; Jimenez-Garcia, J. D.; Cruz-Diaz, D.; Aibar-Almazan, A.	Effectiveness of A Pilates Training Program on Cognitive and Functional Abilities in Postmenopausal Women	2020	International Journal of Environmental Research & Public Health [Electronic Resource]	17	10	20	4. Population out of scope

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GarciaPastor 2011	Garcia Pastor, T.; Laguna Nieto, M.; Aznar Lain, S.	Regular Pilates and fitness class participants vs non exercisers. A comparison of functional strength capacity. [Spanish]	2011	Apunts Medicina de l'Esport	46	172	169-176	4. Population out of scope
Gonzalez-Galvez 2019	Gonzalez-Galvez, N.; Poyatos, M. C.; Marcos-Pardo, P. J.; Feito, Y.; Vale, R. G. S.	Pilates training induces changes in the trunk musculature of adolescents	2019					4. Population out of scope
Gonzalez-Galvez 2020	Nct,	Changes in Sagittal Spine Posture and Flexibility on Adolescents	2019	https://clinicaltrials.gov/show/NC-T03831867				4. Population out of scope
Gonzalez-Galvez 2020	Gonzalez-Galvez, N.; Vaquero-Cristobal, R.; Trejo-Alfaro, H.; Marcos-Pardo, P. J.	Sagittal alignment of the spine and hamstring extensibility with Pilates in adolescents: Protocol for randomized controlled trial	2020	European Journal of Integrative Medicine	35 (no pagination)	101075		4. Population out of scope
Gonzalez-Galvez 2020	Gonzalez-Galvez, N.; Vaquero-Cristobal, R.; Marcos-Pardo, P. J.	Effect of Pilates Method on muscular trunk endurance and hamstring extensibility in adolescents during twelve weeks training and detraining	2020	Journal of Bodywork and Movement Therapies	24	2	11-17	4. Population out of scope
Herrington 2005	Herrington, L; Davies, R	The influence of Pilates training on the ability to contract the Transversus Abdominis muscle in asymptomatic individuals	2005	Journal of Bodywork and Movement Therapies	9	1	52-7.	4. Population out of scope
Irct201301099463N 2014	Irct201301099463N,	Comparative effects of aerobic exercise and Pilates exercise on the quality of life	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT201301099463N11				4. Population out of scope
Irct2014040917202N 2014	Irct2014040917202N,	Pilates on self esteem	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2014040917202N1				4. Population out of scope
Jago 2006	Jago, R.; Jonker, M. L.; Missaghian, M.; Baranowski, T.	Effect of 4 weeks of Pilates on the body composition of young girls	2006	Preventive Medicine	42	3	177-80	4. Population out of scope
Jesus 2015	Jesus, Leticia Tiziotto de; Baltieri, Letícia; Oliveira, Luana Gomes de; Angeli, Liliane Rodrigues; Antonio, Silvia Patrícia; Pazzianotto-Forti, Eli Maria	Efeitos do método Pilates sobre a função pulmonar, a mobilidade toracoabdominal e a força muscular respiratória: ensaio clínico nÃo randomizado, placebo-controlado	2015	Fisioter. pesqui	22	3	213-222	4. Population out of scope
Kao 2015	Kao, Y. H.; Liou, T. H.; Huang, Y. C.; Tsai, Y. W.; Wang, K. M.	Effects of a 12-week Pilates course on lower limb muscle strength and trunk flexibility in women living in the community	2015	Health Care for Women International	36	3	303-19	4. Population out of scope
Kaya 2012	Kaya, Do; Duzgun, I; Baltaci, G; Karacan, S; Colakoglu, F	Effects of calisthenics and pilates exercises on coordination and proprioception in adult women: A randomized controlled trial	2012	Journal of Sport Rehabilitation	21	3	235-43.	4. Population out of scope

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Kiss 2020	Kiss, N.; Bajsz, V.; Pakai, A.; Olah, A.; Boncz, I.; Pohr, K.; Karacsony, I.; Csaszar, G.	Pms80 Examination of the Core- and Perineal Muscles in Case of Different Movements	2020	Value in Health	23 (Supplement 1)		S229-S230	4. Population out of scope
Kloubec 2010	Kloubec, J. A.	Pilates for improvement of muscle endurance, flexibility, balance, and posture	2010	Journal of Strength & Conditioning Research	24	3	661-7	4. Population out of scope
Kovach 2013	Kovach, M. V.; Plachy, J. K.; Bognar, J.; Balogh, Z. O.; Barthalos, I.	Effects of Pilates and aqua fitness training on older adults' physical functioning and quality of life	2013	Biomedical Human Kinetics 2013 Nov;5(1):22-27				4. Population out of scope
Larkin 2018	Larkin, T. A.; Payne, K.; Elgellaie, A.	Gluteus medius activation: Ultrasound quantification and correlations with physical activities	2018	Clinical Anatomy	31 (8)		E130	4. Population out of scope
Lee 2016	Lee, H. T.; Oh, H. O.; Han, H. S.; Jin, K. Y.; Roh, H. L.	Effect of mat pilates exercise on postural alignment and body composition of middle-aged women	2016					4. Population out of scope
Lim 2019	Lim, E. J.; Park, J. E.	The effects of Pilates and yoga participant's on engagement in functional movement and individual health level	2019	Journal of Exercise Rehabilitation	15	4	553-559	4. Population out of scope
Manshouri 2014	Manshouri, M.; Rahnama, N.; Khorzoghi, M. B.	Effects of pilates exercises on flexibility and volleyball serve skill in female college students	2014					4. Population out of scope
Markovic 2015	Markovic, G.; Sarabon, N.; Greblo, Z.; Krizanic, V.	Effects of feedback-based balance and core resistance training vs. Pilates training on balance and muscle function in older women: a randomized-controlled trial	2015	Archives of Gerontology & Geriatrics	61	2	117-23	4. Population out of scope
Moon 2015	Moon, J. H.; Hong, S. M.; Kim, C. W.; Shin, Y. A.	Comparison of deep and superficial abdominal muscle activity between experienced Pilates and resistance exercise instructors and controls during stabilization exercise	2015	Journal of Exercise Rehabilitation	11	3	161-8	4. Population out of scope
Nct 2014	Nct,	Pilates, Postural Global Reeducation and Ball Exercises	2014	https://clinicaltrials.gov/show/NC T02211001				4. Population out of scope
Nct 2020	Nct,	Low- Load- High- Repetitions Training Versus Pilates on Physical Fitness in Inactive Women	2020	https://clinicaltrials.gov/show/NC T04360499				4. Population out of scope
Oliveira 2018	R. B. R. trcpn	Pilates in the posture and balance of the elderly	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-9trcpn				4. Population out of scope

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Oliveira 2018	Oliveira, Luciane Marta Neiva de; Sousa, Felipe Aurélio Nunes de; Anjos, Monaliza Souza dos; Barros, Gabriel Martins de; Torres, Michelle Vicente	Método Pilates na comunidade: efeito sobre a postura corporal de idosas	2018	Fisioter. Pesqui. (Online)	25	3	315-322	4. Population out of scope
Oliveira 2018	Oliveira, Renata Michele Ângelo de; Ferreira, Márcia Beatriz; Santos, Gabriela Xavier; Barbosa, Danillo; Kerppers, Ivo Ilvan	Influence of quick massage and pilates on the occupational health of workers of a private value securities network agency: a clinical, controlled, randomized and blind study	2018	Clin. biomed. res	38	3	206-212	4. Population out of scope
OzyemisciTaskiran 2014	Ozyemisci Taskiran, O.; Cicioglu, I.; Golmoghani-Zadeh, N.; Demir Atilgan, A.; Bagci, E.; Gunay, M.; Atalay, F.	Do pilates and yoga affect quality of life and physical performance of elderly living in a nursing home a preliminary study	2014	Turk Geriatri Dergisi	17	3	262-271	4. Population out of scope
Panhan 2018	Panhan, A. C.; Goncalves, M.; Eltz, G. D.; Villalba, M. M.; Cardozo, A. C.; Berzin, F.	Neuromuscular efficiency of the multifidus muscle in pilates practitioners and non-practitioners	2018	Complementary Therapies in Medicine	40		61-63	4. Population out of scope
Papp 2019	Papp, G.; Szabo, K.; Jambor, I.; Mile, M.; Csiki, Z.; Balogh, L.	Investigation on the immunological effects of regular physical exercise	2019	Allergy: European Journal of Allergy and Clinical Immunology	74 (Supplement 106)		421	4. Population out of scope
Parang 2020	Irct2016022517237N,	The effect of Pilates exercises on happiness and professional self concept	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2016022517237N7				4. Population out of scope
Parang 2020	Parang, H.; Mahmoodi-Shan, G.; Modanloo, M.; Behnampour, N.	Effects of Pilates Exercises on Professional Self-concept in Nurses Working in Intensive Care Units and Emergency Departments	2020	Iranian Journal of Nursing and Midwifery Research	25	2	175-180	4. Population out of scope
Peric 2015	Peric, D.; Stojanovic, D.; Pavlovic-Veselinovic, S.; Ilic, D.; Stojanovic, T.	The effects of an ergonomic exercise program with a pilates ball on reducing the risk of the incidence of musculoskeletal disorders	2015					4. Population out of scope
Pestana 2016	Pestana, M. D. S.; Netto, E. M.; Pestana, M. C. S.; Pestana, V. S.; Schinoni, M. I.	Pilates versus resistance exercise on the serum levels of hs-CRP, in the abdominal circumference and body mass index (BMI) in elderly individuals	2016					4. Population out of scope
Plachy 2012	Plachy, J. K.; Kovach, M. V.; Bogнар, J.	Improving flexibility and endurance of elderly women through a six-month training programme	2012	Human Movement 2012 Mar;13(1):22-27				4. Population out of scope
Preeti 2019	Preeti, Kalra, S.; Yadav, J.; Pawaria, S.	Effect of pilates on lower limb strength, dynamic balance, agility and coordination skills in aspiring state level badminton players	2019	Journal of Clinical and Diagnostic Research	13	7		4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
R 2019	R. B. R. b6wc	Effects on breathing, muscles, metabolism and body awareness in Pilates exercises	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-5b6wc3				4. Population out of scope
R 2019	R. B. R. z2dhd	Pilates in football	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-6z2dhd				4. Population out of scope
Rodrigues 2010	Rodrigues, Brena Guedes de Siqueira; Cader, Samaria Ali; Torres, Natali Valim Oliver Bento; de Oliveira, Edilea Monteiro; Dantas, Estelio Henrique Martin	Functional autonomy of elderly women practicing Pilates	2010	Fisioterapia e Pesquisa	17	4	300-305	4. Population out of scope
Rodrigues 2010	Rodrigues, B. G. S.; Cader, S. A.; Torres, N. V. O.; de Oliveira, E. M.; Dantas, E. H. M.	Pilates method in personal autonomy, static balance and quality of life of elderly females	2010	Journal of Bodywork & Movement Therapies	14	2	195-202	4. Population out of scope
Roh 2016	Roh, S.; Yoon, S.; Kim, J. N.; Lim, H. S.	Effects of modified Pilates on variability of inter-joint coordination during walking in the elderly	2016	Journal of Physical Therapy Science 2016 Dec;28(12):3463-3467				4. Population out of scope
Saltan 2020	Nct,	The Effect of Exercises on Young Adults	2019	https://clinicaltrials.gov/show/NC-T03825614				4. Population out of scope
Saltan 2020	Saltan, A.; Ankarali, H.	Does Pilates effect on depression status, pain, functionality, and quality of life in university students? A randomized controlled study	2020	Perspectives in Psychiatric Care	2		2	4. Population out of scope
Seghatoleslami 2018	Seghatoleslami, A.; Afif, A. H.; Irandoust, K.; Taheri, M.	The impact of pilates exercises on motor control of inactive middle-aged women	2018					4. Population out of scope
Sekendiz 2007	Sekendiz, Betul; Altun, Ozkan; Korkusuz, Feza; Akin, Sabire	Effects of Pilates exercise on trunk strength, endurance and flexibility in sedentary adult females	2007	Journal of Bodywork & Movement Therapies	11	4	318-326	4. Population out of scope
Sinzato 2013	Sinzato, C. R.; Taciro, C.; Pio, C. A.; Toledo, A. M.; Cardoso, J. R.; Carregaro, R. L.	Effects of 20 sessions of Pilates method on postural alignment and flexibility of young women: pilot study	2013	Fisioterapia e Pesquisa	20	2	143-150	4. Population out of scope
Smith 2018	Smith, Melinda B.; Mitcheltree, Tyler; Kieffer, H. Scott; Miller, Douglas K.	Six-week Pilates Program Improves Postural Stability, Balance, And Isometric Back Strength In College-aged Athletes: 3192 Board #61 June 2 8:00 AM - 9:30 AM...American College of Sports Medicine Annual Meeting, May 29-June 2, 2018, Minneapolis, Minnesota	2018	Medicine & Science in Sports & Exercise	50		785-785	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Sofianidis 2017	Sofianidis, G.; Dimitriou, A. M.; Hatzitaki, V.	A Comparative Study of the Effects of Pilates and Latin Dance on Static and Dynamic Balance in Older Adults	2017	Journal of Aging & Physical Activity	25	3	412-419	4. Population out of scope
Stasiu 2019	Stasiu, Vanessa; Braun Ferreira, Luiz Alfredo; Athaus, Martyna; Pereira, Jean; Sluchenski dos Santos, Fernando; Stadler, Patricia; Dranski, Solange; Menna Pereira, Wagner	Effect of stretching through the pilates method -- controlled, randomized clinical study	2019	Manual Therapy, Posturology & Rehabilitation Journal	17		1-7	4. Population out of scope
Tolnai 2016	Tolnai, N.; Szabo, Z.; Koteles, F.; Szabo, A.	Physical and psychological benefits of once-a-week Pilates exercises in young sedentary women: A 10-week longitudinal study	2016	Physiology & Behavior	163		211-218	4. Population out of scope
Vieira 2017	Vieira, N. D.; Testa, D.; Ruas, P. C.; Salvini, T. F.; Catai, A. M.; Melo, R. C.	Corrigendum to "The effects of 12 weeks Pilates-inspired exercise training on functional performance in older women: A randomized clinical trial" [J. Bodyw. Mov. Ther. 21 (2017) 251-258]	2017	Journal of Bodywork & Movement Therapies	21	3	747	4. Population out of scope
Vieira 2017	Nct,	The Effects of 12 Weeks Pilates-inspired Exercise Training on Functional Performance in Older Women	2015	https://clinicaltrials.gov/show/NC-T02636296				4. Population out of scope
Vieira 2017	Vieira, Natália Donzeli; Testa, Daniela; Ruas, Paula Cristine; Salvini, TÁcnia de Fátima; Catai, Aparecida Maria; de Melo, Ruth Caldeira	The effects of 12 weeks Pilates-inspired exercise training on functional performance in older women: A randomized clinical trial	2017	J Bodyw Mov Ther	21	2	251-258	4. Population out of scope
Welter 2018	Welter, Marcos Roberto Torres; Lara, Simone; de Castro, AntÁnio Adolfo Mattos; de Souza Balk, Rodrigo	Efeitos do método Pilates sobre variáveis de aptidão física em adolescentes	2018	Fisioterapia Brasil	19	6	839-846	4. Population out of scope
Yates 2018	Yates, A. V.; Donlin, A. A.; Beneck, G. J.; Schick, E. E.	The influence of surface angle on trunk muscle activity during Pilates based exercises	2018	Journal of Bodywork and Movement Therapies	22	4	888-895	4. Population out of scope
Yoonyoung 2016	Yoonyoung, Hwang; Jonghoon, Park; Kiwon, Lim	Effects of Pilates Exercise on Salivary Secretory Immunoglobulin A Levels in Older Women	2016	Journal of Aging & Physical Activity	24	3	399-406	4. Population out of scope
Yu 2012	Yu, Jh; Lee, Gc	Effect of core stability training using pilates on lower extremity muscle strength and postural stability in healthy subjects	2012	Isokinetics and Exercise Science	20	2	141-6.	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Fogleman 2016	Fogleman, C. D.	Pilates for the treatment of low back pain	2016	American Family Physician	93	7	556-557	6a. Publication type out of scope (opinion piece, editorial, commentary)
Friedberg 2010	Friedberg, M. W.	Pilot study suggests temporary efficacy of pilates for treating fibromyalgia: Commentary	2010	Journal of Clinical Outcomes Management	17	8	13-14+19	6a. Publication type out of scope (opinion piece, editorial, commentary)
Parker 2010	Parker, S. S.	The core of ergonomic practice	2010	Dimensions of Dental Hygiene	8	1	36-37	6a. Publication type out of scope (opinion piece, editorial, commentary)
Parker 2010	Parker, S. S.	The Pilates approach to back pain: simple exercises can help dental professionals prevent and treat back pain	2010	Dimensions of Dental Hygiene	8	4	52-53	6a. Publication type out of scope (opinion piece, editorial, commentary)
Parker 2010	Parker, S. S.	Improve your posture...final installment of a three-part series	2010	Dimensions of Dental Hygiene	8	9	56-59	6a. Publication type out of scope (opinion piece, editorial, commentary)
Robinson 2007	Robinson, L.	Pilates in pregnancy: the Body Control method	2007	Practising Midwife	10	3	24-26	6a. Publication type out of scope (opinion piece, editorial, commentary)
Anderson 2005	Anderson, B. D.	Randomized clinical trial comparing active versus passive approaches to the treatment of recurrent and chronic low back pain 55	2005	(university of miami) **2005; ph d 206 p		Universit y of Miami		6c. Publication type out of scope (grey literature)
Gagnon 2005	Gagnon, L. H.	Efficacy of Pilates exercises as therapeutic intervention in treating patients with low back pain	2005	Efficacy of pilates exercises AS therapeutic intervention in treating patients with low back pain			p119	6c. Publication type out of scope (grey literature)
Nct 2017	Nct,	Effects of MatPilates in Pain and Functionality in Elderly Woman With Osteoarthritis	2017	https://clinicaltrials.gov/show/NC T03321084				6c. Publication type out of scope (grey literature)
R 2018	R. B. R. j85p	Effects of Pilates Training in Police with Back Pain	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-63j85p				6c. Publication type out of scope (grey literature)
R 2019	R. B. R. z39v	Functional training and pilates in individuals with Parkinson's disease	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-3z39v3				6c. Publication type out of scope (grey literature)
Eliks 2019	Eliks, M.; Zgorzalewicz-Stachowiak, M.; Zenczak-Praga, K.	Application of Pilates-based exercises in the treatment of chronic non-specific low back pain: State of the art	2019	Postgraduate Medical Journal	95	1119	41-45	7a. Study design out of scope (narrative review, guideline HTA)
Peek 2016	Peek, Aimie Laura; Stevens, Matthew L.	Different forms of exercise for chronic low back pain (PEDro synthesis)	2016	British Journal of Sports Medicine	50	3	188-188	7b. Study design out of scope (SR of RCTs or NRSIs)

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Alves 2020	Alves, M. C.; de Souza Neto, R. J.; Barbosa, R. I.; Marcolino, A. M.; Kuriki, H. U.	Effects of a Pilates protocol in individuals with non-specific low back pain compared with healthy individuals: Clinical and electromyographic analysis	2020	Clinical Biomechanics	72		172-178	7c. Study design out of scope (Level IV or below)
Bernardo 2010	Bernardo, L. M.; Abt, K. L.; Ren, D.; Bender, C.	Self-reported exercise during breast cancer treatment: Results of a national survey	2010	Cancer Nursing	33	4	304-309	7c. Study design out of scope (Level IV or below)
CamposdeOliveira 2013	Campos de Oliveira, Laís; Gonçalves de Oliveira, Raphael; Néia Martini, Fábio Antonio; de Oliveira, Rodrigo Franco; de Almeida Pires Oliveira, Deise Aparecida; Gomes Gonelli, Pâmela Roberta	Efeitos do método Pilates na funcionalidade de bailarinas com dor na coluna torácica	2013	Revista Terapia Manual	11	51	95-99	7c. Study design out of scope (Level IV or below)
CamposdeOliveira 2013	Campos de Oliveira, Laís; de Oliveira, Rodrigo Franco; Gonçalves de Oliveira, Raphael; Aparecida de Almeida Pires Oliveira, Deise	Comparação entre duas modalidades de exercício físico em idosas sedentárias: estudo	2013	Revista Terapia Manual	11	52	234-240	7c. Study design out of scope (Level IV or below)
CamposdeOliveira 2014	Campos de Oliveira, Laís; Aparecida de Almeida Pires-Oliveira, Deise; Franco de Oliveira, Rodrigo; Ramos Stocco, Marieli; José Jassi, Fabrício; Machado da Silva, Joyce Karla; Gonçalves de Oliveira, Raphael	Effects of Pilates on muscular endurance, flexibility and balance in young women	2014	ConScientiae Saude	13	4	533-540	7c. Study design out of scope (Level IV or below)
deBarrosSilveira 2016	de Barros Silveira, Aline Prieto; Nagel, Laura Zanforlin; Dias Pereira, Dayane; Morita, Ângela Kazue; Spinoso, Deborah Hebling; Navega, Marcelo Tavella; Marques, Nise Ribeiro	Immediate effect of a Pilates method exercise session on the co-contraction pattern of the trunk stabilizing muscles in individuals with and without nonspecific chronic low back pain	2018	Fisioterapia e Pesquisa	25	2	173-181	7c. Study design out of scope (Level IV or below)
deBarrosSilveira 2016	de Barros Silveira, Aline Prieto; Nagel, Laura Zanforlin; Dias Pereira, Dayane; Kazue Morita, Angela; Hebling Spinoso, Deborah; Tavella Navega, Marcelo; Ribeiro Marques, Nise	Efeito agudo de exercícios do método Pilates na ativação dos músculos do tronco de pessoas com e sem dor lombar	2016	ConScientiae Saude	15	2	231-240	7c. Study design out of scope (Level IV or below)

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doNascimento Muniz 2015	do Nascimento Muniz, Joseane; de Sousa Nunes, Fernanda; Nunes de Sousa, Felipe Aurélio; Alencar de Oliveira, Jany Aline; Neiva de Oliveira, Luciane Marta; Torres, Michelle Vicente	Análise do efeito do método Pilates no perfil postural de idosas	2015	ConScientiae Saude	14	3	410-416	7c. Study design out of scope (Level IV or below)
Ferla 2016	Ferla, L.; Paiva, L. L.; Darki, C.; Vieira, A.	Comparison of the functionality of pelvic floor muscles in women who practice the Pilates method and sedentary women: a pilot study	2016	International Urogynecology Journal	27	1	123-8	7c. Study design out of scope (Level IV or below)
Fox 2018	Fox, L.; Cooke, K.; Bhullar, E.	Outcomes of a physiotherapy-based postural fitness group	2018	Rheumatology (United Kingdom)	57 (Supplement 8)		viii7-viii8	7c. Study design out of scope (Level IV or below)
Frangé 2016	Frangé, C.; Colombo, A. E.; Siegler, M.; Coelho, G.; Bezerra, A.; Garcia, M.; Naufel, M. F.; Cesar-Netto, C.; Banzoli, C.; Andersen, M.; Girao, M. J.; Tufik, S.; Hachul, H.	Menopausal women sleep disorders: Integrative and interdisciplinary care	2016	Climacteric	19 (Supplement 1)		77	7c. Study design out of scope (Level IV or below)
GalenoPinheiro 2014	Galeno Pinheiro, Kelma Regina; da Costa Rocha, Thaís Cristina; Silva Brito, Noélia Machado; de Gois da Silva, Maiara Luciano; Mendes de Carvalho, Maria Ester Ibiapina; de Andrade Mesquita, Laiana Sepúlveda; Teixeira de Carvalho, Fabiana	Influence of pilates exercises on soil stabilization in lumbar muscles in older adults	2014	Brazilian Journal of Kineanthropometry & Human Performance	16	6	648-657	7c. Study design out of scope (Level IV or below)
Garabini 2011	Garabini, Maria Carolina; Leite, Cibelle Maciel de Barros; Borba, Gisele de Souza; Nascimento, Vanessa Lane dos Santos	The use of the water Pilates method in the occupationally originated painful syndrome in the upper limbs	2011	Revista Terapia Manual	9	41	63-68	7c. Study design out of scope (Level IV or below)
Gaskell 2019	Gaskell, L.; Williams, A. E.	A qualitative study of the experiences and perceptions of adults with chronic musculoskeletal conditions following a 12-week Pilates exercise programme	2019	Musculoskeletal Care	17	1	54-62	7c. Study design out of scope (Level IV or below)
Gokce 2019	Gokce, A.	Pilates Exercise for Treatment of Female Sexual Dysfunction	2019	Journal of Sexual Medicine	16 (4 Supplement 1)		S106	7c. Study design out of scope (Level IV or below)
Halis 2016	Halis, F.; Yildirim, P.; Kocaaslan, R.; Cecen, K.; Gokce, A.	Pilates for Better Sex: Changes in Sexual Functioning in Healthy Turkish Women After Pilates Exercise	2016	Journal of Sex & Marital Therapy	42	4	302-8	7c. Study design out of scope (Level IV or below)

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Hilgersom 2012	Hilgersom, N. F. J.; Kuilman, M. C.; Van Hilst, J.; Kuijer, P. P. F. M.; Frings-Dresen, M. H. W.	Low back pain among young selected skaters: Prevalence and self-reported associated factors. [Dutch]	2012					7c. Study design out of scope (Level IV or below)
Isrctn 2012	Isrctn,	The impacts of core stability exercise (Pilates) on posture, pain, function and quality of life in wheelchair users with Multiple Sclerosis	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN58085997				7c. Study design out of scope (Level IV or below)
Jprn 2016	Jprn, Umin	The Effect of Pilates Exercise on autonomic nerves in Patients with Pulmonary Hypertension	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000022781				7c. Study design out of scope (Level IV or below)
kÃ¼mpel 2016	kÃ¼mpel, Claudia; Dias de Aguiar, SÃ¡nia; PaixÃ£o Carvalho, JÃ©ssica; Andrade Teles, Daniela; PÃ´rto, Elias F.	BenefÃ­cio do MÃ©todo Pilates em mulheres com fibromialgia	2016	ConScientiae Saude	15	3	440-447	7c. Study design out of scope (Level IV or below)
Kawanishi 2011	Kawanishi, Carolinne Y.; de Oliveira, MÃ¡rcio R.; Coelho, VinÃ­cius S.; Parreira, Rodolfo B.; de Oliveira, Rodrigo F.; Santos, ClÃ©ssius F.; da Silva, Rubens A.	Effects of pilates exercices on trunk function and pain in patients with low back pain	2011	Revista Terapia Manual	9	44	410-417	7c. Study design out of scope (Level IV or below)
Keating 2020	Keating, T. C.; Chahla, J.; Beck, E. C.; Riff, A. J.; Clapp, I. M.; Jan, K.; Nho, S. J.	Return to Pilates following hip arthroscopy for treatment of femoroacetabular impingement syndrome	2020	Journal of Hip Preservation Surgery	6	4	339-345	7c. Study design out of scope (Level IV or below)
Korkmaz 2010	Korkmaz, Nimet	Effects of Pilates exercises on the social physical concern of patients with fibromyalgia syndrome: a pilot study	2010	Turkish Journal of Rheumatology	25	4	201-207	7c. Study design out of scope (Level IV or below)
LaranjeirasLins 2013	Laranjeiras Lins, Vanessa Maria; Caldas, Rafael RÃ¡go; de Carvalho, Antonio Geraldo CidrÃ£o; de FÃ¡tima AlcÃ¢ntara Barros, Maria; Guerino, Marcelo Renato; Lima Campos, Shirley; de AraÃºjo, Maria das GraÃ§as Rodrigues	AvaliaÃ§Ã£o da qualidade de vida nos portadores de hÃ©rnia de disco lombar praticantes do mÃ©todo pilates	2013	Revista Terapia Manual	11	54	567-572	7c. Study design out of scope (Level IV or below)
Lima 2016	Lima, Karen Jardim de; Braz, Melissa Medeiros	Efeitos do mÃ©todo mat Pilates sobre o equilÃ­brio estÃ¡tico em mulheres jovens e sedentÃ¡rias	2016	Fisioter. Bras	17	3	f:250-l:255	7c. Study design out of scope (Level IV or below)
Liutsko 2018	Liutsko, L.; Mikolajczak, M.; Veraksa, A.; Leonov, S.	Type of physical activity, diet, BMI and tobacco/alcohol consumption relationship: Which of them affect more our health?	2018	Occupational and Environmental Medicine	75 (Supplement 1)		A16	7c. Study design out of scope (Level IV or below)

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Mallin 2013	Mallin, G.; Murphy, S.	The effectiveness of a 6-week Pilates programme on outcome measures in a population of chronic neck pain patients: a pilot study	2013	Journal of Bodywork & Movement Therapies	17	3	376-84	7c. Study design out of scope (Level IV or below)
Martinez-Sanchez 2020	Martinez-Sanchez, S. M.; Martinez-Garcia, T. E.; Bueno-Antequera, J.; Munguia-Izquierdo, D.	Feasibility and effect of a Pilates program on the clinical, physical and sleep parameters of adolescents with anorexia nervosa	2020	Complementary Therapies in Clinical Practice	39		101161	7c. Study design out of scope (Level IV or below)
Mielke 2019	Mielke, G.; Bailey, T.; Burton, N.; Brown, W.	Associations between participation in recreational sports with hypertension, diabetes and obesity in a cohort of Australian adults	2019	Journal of Science and Medicine in Sport	22 (Supplement 2)		556	7c. Study design out of scope (Level IV or below)
Nascimento 2017	Nascimento, M. D. M.	Predictive factors of falls in women practicing physical exercise	2017					7c. Study design out of scope (Level IV or below)
Nct 2017	Nct,	Pilates Pelvic Floor Strengthening Program to Improve Urinary Incontinence	2017	https://clinicaltrials.gov/show/NC T03118557				7c. Study design out of scope (Level IV or below)
Pata 2014	Pata, R. W.; Lord, K.; Lamb, J.	The effect of Pilates based exercise on mobility, postural stability, and balance in order to decrease fall risk in older adults	2014	Journal of Bodywork & Movement Therapies	18	3	361-7	7c. Study design out of scope (Level IV or below)
Paz 2014	Paz, G.; Maia, M.; Santiago, F.; Lima, V.; Miranda, H.	Muscle activity of the erector spinae during pilates isometric exercises on and off Swiss Ball	2014	Journal of Sports Medicine & Physical Fitness	54	5	575-580	7c. Study design out of scope (Level IV or below)
Perez-de-la-Cruz 2017	Perez-de-la-Cruz, S.; Puentes-Fernandez, S.; Rocamora-Perez, P.; Lozano-Fernandez, J. M.	Effectiveness of a program of Romana's pilates for non-specific low back pain. A pilot study	2017					7c. Study design out of scope (Level IV or below)
PessoaAlbuquerque 2019	Pessoa Albuquerque, Daniele; da Silva, Maria Aline; Arruda de Lira, Hallysson Valdeir; Monther de Farias, Weavans; da Silva Gauto, Yumie Okuyama	Programa de Pilates atua no estado de humor de mulheres no climatério	2019	Fisioterapia Brasil	20	6	791-797	7c. Study design out of scope (Level IV or below)
Ponzano 2017	Ponzano, M.; Beratto, L.; Mazza, C.; Di Tommaso, S.; Abate Daga, F.; Allois, R.; Gollin, M.	Effects of physical training on multiple sclerosis patients: A longitudinal study	2017	Multiple Sclerosis Journal	23 (3 Supplement 1)		966	7c. Study design out of scope (Level IV or below)
Puga 2017	Puga, G.; Batista, J. P.; Costa, J. G.; Mariano, I. M.; Domingos, D. C.; Giolo, J. S.; De Souza, T. C. F.; Ribeiro, A. L. A.; Matias, L. A. S.; Dias, P. A.; Leite, M. A. F. J.; Espindola, F. S.	The acute effects of mat pilates on hemodynamic responses after exercise in postmenopausal women	2017	Journal of Hypertension	35 (Supplement 2)		e207-e208	7c. Study design out of scope (Level IV or below)

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R 2017	R. B. R. wpsf	An Pilates session reduces Blood Pressure in hypertensive patients	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-93wpsf				7c. Study design out of scope (Level IV or below)
Rodriguez-Fuentes 2014	Rodriguez-Fuentes, G.; de Oliveira, I. M.; Ogando-Berea, H.; Otero-Gargamala, M. D.	An observational study on the effects of Pilates on quality of life in women during menopause	2014	European Journal of Integrative Medicine	6	6	631-636	7c. Study design out of scope (Level IV or below)
Ruiz-Montero 2014	Ruiz-Montero, P. J.; Castillo-Rodriguez, A.; Mikalacki, M.; Nebojsa, C.; Korovljev, D.	24-weeks Pilates-aerobic and educative training to improve body fat mass in elderly Serbian women	2014	Clinical Interventions In Aging	9		243-8	7c. Study design out of scope (Level IV or below)
Ruiz-Montero 2018	Ruiz-Montero, P. J.; Castillo-Rodriguez, A.; Fernandez-Garcia, J. C.	Effects of physical-educative interventional program on body composition of rural elderly women	2018	Obesity Facts	11 (Supplement 1)		186-187	7c. Study design out of scope (Level IV or below)
Ruiz-Montero 2019	Ruiz-Montero, P. J.; Ruiz-Rico Ruiz, G. J.; Martin-Moya, R.; Gonzalez-Matarin, P. J.	Do Health-Related Quality of Life and Pain-Coping Strategies Explain the Relationship between Older Women Participants in a Pilates-Aerobic Program and Bodily Pain? A Multiple Mediation Model	2019	International Journal of Environmental Research & Public Health [Electronic Resource]	16	18	4	7c. Study design out of scope (Level IV or below)
SoysalTomruk 2016	Soysal Tomruk, M.; Uz, M. Z.; Kara, B.; Idiman, E.	Effects of Pilates exercises on sensory interaction, postural control and fatigue in patients with multiple sclerosis	2016	Multiple Sclerosis and Related Disorders	7		70-3	7c. Study design out of scope (Level IV or below)
Uppal 2016	Uppal, Elaine; Manley, Julie; Schofield, Aneleigh	Pilates for pregnancy and beyond: a study	2016	Practising Midwife	19	5	5-5	7c. Study design out of scope (Level IV or below)
VanDerLinden 2014	Van Der Linden, M. L.; Bulley, C.; Geneen, L. J.; Hooper, J. E.; Cowan, P.; Mercer, T. H.	Pilates for people with multiple sclerosis who use a wheelchair: Feasibility, efficacy and participant experiences	2014					7c. Study design out of scope (Level IV or below)
VanHilst 2015	Van Hilst, J.; Hilgersom, N. F. J.; Kuilman, M. C.; Kuijer, P. P. F. M.; Frings-Dresen, M. H. W.	Low back pain in young elite field hockey players, football players and speed skaters: Prevalence and risk factors	2015	Journal of Back and Musculoskeletal Rehabilitation	28	1	67-73	7c. Study design out of scope (Level IV or below)