

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
da Luz MA, C. L., Fuhro FF, Manzoni ACT, Oliveira NTB, Cabral CMN	Effectiveness of mat Pilates or equipment-based Pilates exercises in patients with chronic nonspecific low back pain: a randomized controlled trial	2014	Physical Therapy	94(5)	623-631	Excluded - Comparator out of scope	Duplicate citation (already identified in the review)
da Luz MA, Costa LOP, Fuhro FF, Manzoni ACT, Oliveira NTB, Cabral CMN	Effectiveness of mat Pilates or equipment-based Pilates exercises in patients with chronic nonspecific low back pain: a <u>randomized controlled trial</u>	2014	Phys Ther.	94(5)	623-31	Excluded - Comparator out of scope	Duplicate citation (already identified in the review)
Franco CB, Ribeiro AF, Morcillo AM, Zambon MP, Almeida MB, Rozov T. J Bras Pneumol. 2014 Oct;40(5):521-7. English, Portuguese.	Air stacking: effects of Pilates mat exercises on muscle strength and on pulmonary function in patients with cystic fibrosis. (<u>Clinical trial</u>)	2014				Excluded - Comparator out of scope	Duplicate citation (already identified in the review)
Giacomini MB, da Silva AM, Weber LM, Monteiro MB	The Pilates Method increases respiratory muscle strength and performance as well as abdominal muscle thickness. (<u>Uncontrolled clinical trial</u>)	2016	J Bodyw Mov Ther.	20(2)	258-64	Excluded - Comparator out of scope	Duplicate citation (already identified in the review)
Lee C-W, Hyun J, Kim SG	Influence of Pilates mat and apparatus exercises on pain and balance of businesswomen with chronic low back pain (<u>experimental study</u>)	2014	J Phys Ther Sci. 2014 Apr	26(4)	475-477	Excluded - Comparator out of scope	Duplicate citation (already identified in the review)
Melo MO, Gomes LE, et al.	Análise do torque de resistência e da força muscular resultante durante exercício de extensão do quadril no Pilates e suas implicações na prescrição e progressão. Analysis of endurance torque and resulting muscle strength during Pilates hip extension exercise and its implications for prescription and progression.	2011	Rev Bras Fisioter.	15(1)	23-30	Excluded - Comparator out of scope	Duplicate citation (already identified in the review)
Alvarenga-Filho, H., Sacramento, P.M., Ferreira, T.B., Hygino, J., Abreu, J.E.C., Carvalho, S.R., Wing, A.C., Alvarenga, R.M.P., and Bento, C.A.M.	Combined exercise training reduces fatigue and modulates the cytokine profile of T-cells from multiple sclerosis patients in response to neuromediators	2016	J. Neuroimmunol.	293	91-99	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Araujo-Gomez RC, et al.	Effects of resistance training, tai chi chuan and mat pilates on multiple health variables in postmenopausal women (<u>Non RCT?</u>)	2018	Journal of Human Sport and Exercise	14(1)	122-139	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Cancellero-Gaiad Karina M, et al.	Respiratory pattern of diaphragmatic breathing and Pilates breathing in COPD subjects (<u>Prospective, Randomized Crossover Trial</u>)	2014	Revista Brasileira de Fisioterapia Sao Carlos (Sao Paulo, Brazil)	18(4)	291-299	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)

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Dias NT; Ferreira LR; Fernandes MG; Resende APM; Pereira-Baldon VS	A Pilates exercise program with pelvic floor muscle contraction: Is it effective for pregnant women? A randomized controlled trial .	2018	Neurourology And Urodynamics [Neurorol Urodyn]	37(1)	379-384	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Dugan SA, et al	A Multimethod Investigation into Physical Activity in Midlife Women	2016	J Phys Act Health		Jan-25	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
García T, Aznar S.	Pilates Method: changes in body composition and spinal flexibility in healthy adults (Práctica del método Pilates: cambios en composición corporal y flexibilidad en adultos sanos)	2011	Apunts Med Esport	46 (169)	17-22	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
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	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Odinets T; Briskin Y; Pityn M	Effect of individualized physical rehabilitation programs on respiratory function in women with post-mastectomy syndrome (RCT)	2019	Physiotherapy Theory And Practice	35 (5)	419-426	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Odynets T, Briskin Y, Putrov S	Effectiveness of individualised intervention on pulmonary function in women with post-mastectomy syndrome	2018	Physiotherapy Practice and Research	39(2)	147-154	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Odynets T, Briskin Y, Putrov S	Effectiveness of individualised intervention on pulmonary function in women with post-mastectomy syndrome	2018	Physiotherapy Practice and Research	39(2)	147-154	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Owen, Patrick J; Miller, Clint T; Mundell, Niamh L; Verswijveren, Simone JJM; Tagliaferri, Scott D; Brisby, Helena; Bowe, Steven J; Belavy, Daniel L (British Journal of Sports Medicine	Which specific modes of exercise training are most effective for treating low back pain? Network meta-analysis	2019	British Journal of Sports Medicine			Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Paungmali A, Joseph LH, Punturee K, Silitertpisan P, Pirunsan U, Uthaihpup S	Immediate effects of core stabilization exercise on beta-endorphin and cortisol levels among patients with chronic nonspecific low back pain: a randomized crossover design [with consumer summary]	2018	J Manipulative Physiol Ther.	41(3)	181-188	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Rimmer JH; Thirumalai M; Young HJ; Pekmezci 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	Contemp Clin Trials.	71	186-193	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Rosu MO, 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				Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Segal NA, Hein J, Basford JR	The effects of Pilates training on flexibility and body composition: an <u>observational study</u>	2004	Arch Phys Med Rehabil.	85(12)	1977-81	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Torelli L; de Jarmy Di Bella ZI; Rodrigues CA; Stüpp L; Girão MJ; Sartori M	Effectiveness of adding voluntary pelvic floor muscle contraction to a Pilates exercise program: an assessor-masked <u>randomized controlled trial</u> .	2016	International Urogynecology Journal [Int Urogynecol J]	27(11)	1743-1752	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Xiang Ji, MSc, Saori Morino, MSc, y Hirota Iijima, PhD, y Mika Ishihara, BSc, z Mirei Kawagoe, BSc, Fumiko Umezaki, RM, § Yoko Hatanaka, RM, § Mamoru Yamashita, MD, z Tadao Tsuboyama, MD, PhD, and Tomoki Aoyama, MD, PhD	Postpartum radiographic changes in pelvic morphology and its relation with symptoms of pregnancy-related symphysis pain	2018	Clinical and Experimental Obstetrics and Gynecology			Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Barbosa AC, Martins FM, Silva AF, Coelho AC, Intelangelo L, Vieira ER	Activity of Lower Limb Muscles During Squat With and Without Abdominal Drawing-in and Pilates Breathing (<u>pilot study</u>)	2017	J Strength Cond Res.	31(11)	3018-3023	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Barbosa AW, Martins FL, et al	Immediate electromyography changes of the biceps brachial and upper rectus abdominis muscles due to the Pilates centering technique.	2013	J Bodywork Movement Ther.	17	385-390	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Bertolla F, Baroni BM, Junior ECPL, Oltramari JD	Effects of a training program using the Pilates method in flexibility of sub-20 indoor soccer athletes	2007	Rev Bras Med Esporte.	13(4)	222-6	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Caldwell, Karen; Harrison, Mandy; Adams, Marianne; Triplett, N Travis	Effect of Pilates and taiji quan training on self-efficacy, sleep quality, mood, and physical performance of college students	2009	J Bodyw Mov Ther.	13(2)	155-63	Excluded - Population out of scope	Duplicate citation (already identified in the review)

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Campos, Jeniffer & Vancini, Rodrigo & Zaroni, Graziely & Lira, Claudio & Andrade, Marilia & Sarro, Karine.	Effects of mat Pilates training and habitual physical activity on thoracoabdominal expansion during quiet and vital capacity breathing in healthy women (<u>non-RCT</u>)	2017	J Sports Med Phys Fitness	59(1)	57-64	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Chinnavan E, Gopaladhas S, Kaikondan P	Effectiveness of Pilates training in improving hamstring flexibility of football players	2014				Excluded - Population out of scope	Duplicate citation (already identified in the review)
Critchley DJ, Pierson Z, Battersby G	Effect of Pilates mat exercises and conventional exercise programmes on transversus abdominis and obliquus internus abdominis activity: <u>pilot randomised trial</u>	2011	Man Ther.	16(2)	183-189	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Cruz-Ferreira A et al.	Does Pilates-Based Exercise Improve Postural Alignment in Adult Women? Women & Health (<u>Randomized Controlled Trial</u>)	2013	Women & Health	53(6)	597-611	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Dorado C, Calbe JA, Lopez-Gordillo A, et al.	Marked effects of Pilates on the abdominal muscles: A longitudinal magnetic resonance imaging study.	2012	Med Sci Sports Exerc.	44(8)	1589-94	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Dos Santos NT, Raimundo KC, da Silva SA, Souza LA, Ferreira KC, Borges Santo Urbano ZF, Gasparini AL, Bertocello D.	Increased strength of the scapular stabilizer and lumbar muscles after twelve weeks of Pilates training using the Reformer machine: A <u>pilot study</u>	2017	Journal of Bodywork and Movement Therapies	21(1)	74-80	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Endleman I, Critchley DJ.	Transversus abdominis and obliquus internus activity during Pilates exercises: Measurement with ultrasound scanning.	2008	Arch Phys Med Rehabil.	89 (11)	2205-2212	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Ferla L, et al	Comparison of the functionality of pelvic floor muscles in women who practice the Pilates method and sedentary women: a <u>pilot study</u>	2016	Int Urogynecol J	27(1)	123-8	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Finatto P, Silva ESD, Okamura AB, Almada BP, Stornio JLL, Oliveira HB, Peyre-Tartaruga LA.	Pilates training improves 5-km run performance by changing metabolic cost and muscle activity in trained runners.	2018	PLoS One	13(3)		Excluded - Population out of scope	Duplicate citation (already identified in the review)
Fonseca da Cruz TM, Germano MD, Crisp AH, Gonsalves MA, Verlengia R, Ribeiro G, Lopes CR.	Does Pilates training change physical fitness in Young basketball athletes?	2014	J Exerc Phys	17(1)	1-Sep	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Jago R, Jonker, ML, Missaghian M, et al.	Effect of 4 weeks of Pilates on the body composition of young girls (<u>RCT</u>)	2006	Prev Med.	42(3)	177-180	Excluded - Population out of scope	Duplicate citation (already identified in the review)

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Kibar S; Yardimci FÖ; Evcik D; Ay S; Alhan A; Manço M; Ergin ES	Can a pilates exercise program be effective on balance, flexibility and muscle endurance? A <u>randomized controlled trial</u> .	2016	The Journal Of Sports Medicine And Physical Fitness [J Sports Med Phys Fitness]	56(10)	1139-1146	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Kim ST & Lee JH.	The effects of Pilates breathing trainings on trunk muscle activation in healthy female subjects: a prospective study	2017	J Phys Ther Sci	29(2)	194-197	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Kloubec, June A	Pilates for Improvement of Muscle Endurance, Flexibility, Balance, and Posture	2010	J Strength Cond Res.	24(3)	661-7	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Küçük F & Livanelioglu A.	Impact of the clinical Pilates exercises and verbal education on exercise beliefs and psychosocial factors in healthy women (Non-randomized controlled trial)	2015	J Phys Ther Sci	27(11)	3437-43	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Lee HT, et al. (2016)	Effect of mat pilates exercise on postural alignment and body composition of middle-aged women (<u>non RCT?</u>)	2016	J Phys Ther Sci	28(6)	1691-1695	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Manshoury M, et al	Effects of Pilates Exercises on Flexibility and Volleyball Serve Skill in Female College Students. (<u>Randomized Controlled Trial</u>)	2014	Sport Scientific & Practical Aspects	11(2)	19-25	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Marques NR, et al.	EMG activity of trunk stabilizer muscles during Centering Principle of Pilates Method	2013	J Bodywork Move Ther	17(2)	185-191	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Moon JH, Hong SM, Kim CW, Shin YA	Comparison of deep and superficial abdominal muscle activity between experienced Pilates and resistance exercise instructors and controls during stabilization exercise (<u>Retrospective Case-Control Study</u>)	2015	J Exerc Rehabil. 2015 Jun 30	11(3)	161-8	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Panhan AC, et al.	Neuromuscular efficiency of the multifidus muscle in pilates practitioners and non-practitioners.	2018	Complement Ther Med	40	61-63	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Phrompaet S, Paungmali A, Pirunsan U, Silitertpisan P.	Effects of Pilates training on lumbo-pelvic stability and flexibility.	2011	Asian J Sports Med	2 (1)	16-22	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Régis Sinzato, Camila; Taciro, Charles; de Araújo Pio, Carolina; Martins de Toledo, Aline; Rosa Cardoso, Jefferson; Luiz Carregaro, Rodrigo	Effects of 20 sessions of Pilates method on postural alignment and flexibility of young women: pilot study (<u>RCT</u>)	2013	Fisioter Pesq.	0(0)	1-Jul	Excluded - Population out of scope	Duplicate citation (already identified in the review)

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Santos, Núbia Tomain Otoni dos, Souza, Lara Andrade, Donzeli, Marina Andrade, Oliveira, Karoline Cipriano Raimundo de, Gasparini, Andréa Licre Pessina, & Bertonecello, Dernal.	Respiratory muscle performance after 12 sessions of training using the apparatus Reformer of Pilates method (Portuguese) (<u>non RCT?</u>)	2019	Fisioterapia e Pesquisa	26(1)	58-64	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Seghatoleslami A, et al.	The impact of Pilates exercises on motor control of inactive middle-aged women	2018	Sleep and Hypnosis	20(4)	262-266	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Silva MF, Silva MA, Campos RR, et al.	A comparative analysis of the electrical activity of the abdominal muscles during traditional and Pilates-based exercises under two conditions	2013	Rev Bras Cineantropom Desempenho Hum.	15(3)	296-304	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Tinoco-Fernandez M, et al.	The Pilates method and cardiorespiratory adaptation to training (<u>pilot study</u>)	2016	Res Sports Med	24(3)	281-286	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Tolnai N, et al	Physical and psychological benefits of once-a-week Pilates exercises in young sedentary women: A 10-week <u>longitudinal study</u>	2016	Physiol Behav	163	211-218	Excluded - Population out of scope	Duplicate citation (already identified in the review)
Vieira, Fernanda Teles Dias	The influence of Pilates method in quality of life of practitioners	2013				Excluded - Population out of scope	Duplicate citation (already identified in the review)
Ahearn EL, Greene A, Lasner A.	Some Effects of Supplemental Pilates Training on the Posture, Strength, and Flexibility of Dancers 17 to 22 Years of Age.	2018	Journal of Dance Medicine & Science	22(4)	192-202	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Alves, Morgana Cardoso; de Souza, Romeu Joaquim; Barbosa, Neto Rafael Inácio; Marcolino, Alexandre Márcio; Kuriki, Heloyse Uliam	Effects of a Pilates protocol in individuals with non-specific low back pain compared with healthy individuals: <u>Clinical and electromyographic analysis</u>	2020	Clinical Biomechanics	72	172-178	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Atilgan E, et al	Examining the postural awareness and flexibility changes in physical therapy students who took clinical Pilates class	2017	Pakistan Journal of Medical Sciences	33(3)	640-644	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Baillie L, et al.	Predictors of functional improvement in people with chronic low back pain following a graded Pilates-based exercise programme (<u>cohort single group study</u>)	2019	J Bodyw Mov Ther	23(1)	211-218	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Barbosa AWC, et al.	The Pilates breathing technique increases the electromyographic amplitude level of the deep abdominal muscles in untrained people	2015	J Bodyw Mov Ther. 2015 Jan	19(1)	57-61	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)

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Batista JP, et al	The Acute Effects of Mat Pilates on Hemodynamic and Salivary Nitrite Responses After Exercise in Postmenopausal Women	2019	J Aging Phys Act		1-Jul	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Bergamin M, et al	Effects of a Pilates exercise program on muscle strength, postural control and body composition: results from a pilot study in a group of post-menopausal women	2015	Age (Dordr) Dec	118		Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Bertoli J, et al.	Effects of Mat Pilates on hip and knee isokinetic torque parameters in elderly women (<u>experimental study</u>)	2018	J Bodywork Move Ther	22(3)	798-804	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Cancela JM; Mollinedo Cardalda I; Ayán C; de Oliveira IM	Feasibility and Efficacy of Mat Pilates on People with Mild-to-Moderate Parkinson's Disease: A <u>Preliminary Study</u> .	2018	Rejuvenation Research	21 (2)	109-116	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Carlin de Ramos do Espírito Santoa, Bárbara et al	Acute effects of mat Pilates session on heart rate and rating of perceived exertion	2019	Journal of Bodywork and Movement Therapies	Available online 5 October 2019		Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Curi-Perez, et al.	Analysis of activities in the daily lives of older adults exposed to the Pilates Method	2014	J Bodywork Move Ther	18(3)	326-331	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Diniz, M.F., Vasconcelos, T.B., Pires, J.L.V.R., Nogueira, M.M., and Arcanjo, G.N.	Assessment of the strength of the pelvic floor musculature in women who practice Mat Pilates. (<u>Case study</u>) Avaliação da força muscular do assoalho pélvico em mulheres praticantes de Mat Pilates	2014	MTP Rehab. J.	12	406-420	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Fayh, Alessandra	Pilates instruction affects stability and muscle recruitment during the long stretch exercise	2018	Journal of Bodywork and Movement Therapies	22(2)	471-475	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Fleming KM; Campbell M, Herring MP,	Acute effects of Pilates on mood states among young adult males	2020	Complementary Therapies In Medicine	49		Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Gaskell L and Williams AE	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	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Halis F, et al	Pilates for Better Sex: Changes in Sexual Functioning in Healthy Turkish Women After Pilates Exercise (<u>Pilot study</u>)	2016	J Sex Marital Ther	42(4)	302-8	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)

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Hein, JT et al	Effect of a 12-Week Pilates Pelvic Floor-Strengthening Program on Short-Term Measures of Stress Urinary Incontinence in Women: A Pilot Study.	2020	THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE	26(2)	158-161	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Kelma Regina Galeno Pinheiro et al	Influência de exercícios de pilates no solo nos músculos estabilizadores lombares em idosas) Influence of mat pilates exercises on stabilization in lumbar muscles in older adults	2014	Rev. bras. cineantropom. desempenho hum. Sept. 2014	16(6)		Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Kuo, Yi-Liang & Tully, Elizabeth & Galea, Mary	Sagittal Spinal Posture After Pilates-Based Exercise in Healthy Older Adults (<u>Longitudinal, repeated-measures study</u>)	2009	Spine	34	1046-51	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Leopoldino AAO, et al	Effect of Pilates on sleep quality and quality of life of sedentary population	2013	J Bodywork Move Ther	5	e10	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Mallin, G; Murphy, S	The effectiveness of a 6-week Pilates programme on outcome measures in a population of chronic neck pain patients: a <u>pilot study</u> .	2013	J Bodyw Mov Ther.	17(3)	376-84	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Mezzedimi, Chiara; Spinosi, Maria Carla; Patalano, Miriam; Ferretti, Fabio; Iezzi, Luca	Voice and Pilates: The influence of Pilates on the singing voice	2019	Revista de Logopedia, Foniatría y Audiología	39(3)	141-150	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Oliveira LC, et al.	Effects of the Pilates method on variables related to functionality of a patient with traumatic spondylolisthesis at L4-L5: A <u>case study</u> .	2016	J Bodyw Mov Ther	2016 Jan; 20(1)	123-131	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Pata RW, et al. (2014) . J Bodywork Move Ther 18(3): 361-367.	The effect of Pilates-based exercise on mobility, postural stability, and balance in order to decrease fall risk in older adults (<u>quasi-experimental study</u>)	2014	J Bodyw Mov Ther. 2014 Jul	18(3)	361-7	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Pereira ILR, et al.	Trunk Muscle EMG During Intermediate Pilates Mat Exercises in Beginner Healthy and Chronic Low Back Pain Individuals	2017	J Manipulative Physiol Ther	40(5)	350-357	Excluded - study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Ponzano, M., Beratto, L., Mazza, C., Di Tomasso, S., Abate, D.F., Allois, R., Gollin, M	Benefits of static stretching, Pilates® and elastic bands resistance training on patients with relapsing-remitting multiple sclerosis: a <u>longitudinal study</u> .	2017	J. Neurol. Neurophysiol	8	1-Jun	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)

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Raisi Z, Faramarzi M, Banitalebi E, Samieyan M	The effect of 12 weeks combined (strength, endurance, Pilates, PNF) exercise training on Fibrin D-dimer (FDD) and interleukin-6 levels in female multiple sclerosis patients with different levels of disability [Persian] (RCT)	2018	Adv Med Biomed Res	26(116)	35-47	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Rodriguez-Lopez ES, et al	One Year of Pilates Training for Ankylosing Spondylitis: A Pilot Study .	2019	J Altern Complement Med	Oct;25(10)	1054-1061	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Sharma D, et al. (2018) .	Efficacy of Pilates based mat exercise on quality of life, quality of sleep, and satisfaction with life in type 2 diabetes mellitus (Experimental study)	2018	Romanian Journal of Diabetes Nutrition & Metabolic Diseases	25(2)	149-156	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Shea and Moriello	Feasibility and outcomes of a classical Pilates program on lower extremity strength, posture, balance, gait, and quality of life in someone with impairments due to a stroke (case study)	2014	Journal of Bodywork and Movement Therapies July 2014	18(3)	332-360	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Silva MCF, Dos Reis FA, Belchior ACG, Pereira DM, Da Silva BAK, De Carvalho PTC.	The effect of the training using the pilates method on the flexibility of the hamstrings.	2009	Rev Terapia Manual	7 (31)	161-167	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Silva YO, Melo MO, et al.	Análise da resistência externa e da atividade eletromiográfica do movimento de extensão de quadril realizado segundo o método Pilates. Analysis of external resistance and electromyographic activity of the hip extension movement performed according to the Pilates method.	2009	Rev Bras Fisioter.	13(1)	82-88	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Soysal Tomruk, M., Uz, M.Z., Kara, B., İdman, E	Effects of Pilates exercises on sensory interaction, postural control and fatigue in patients with multiple sclerosis.	2016	Mult. Scler. Relat. Disord.	7	70-73	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Stan DL, Rausch SM, Sundt K, et al.	Pilates for breast cancer survivors (one arm study)	2012	Clin J Oncol Nurs	16	131-41	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Stieglitz DD, et al.	Equipment-based Pilates reduces work-related chronic low back pain and disability: A pilot study	2016	J Bodyw Mov Ther	20(1)	74-82	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Stivala A, & Hartley G	The Effects of a Pilates-Based Exercise Rehabilitation Program on Functional Outcome and Fall Risk Reduction in an Aging Adult Status-Post Traumatic Hip Fracture due to Fall (<u>case study</u>)	2013	J Geriatr Phys Ther	25		Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
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	Disabil. Rehabil.	36	932-939	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Vaquero-Cristobal R, et al.	The effects of a Reformer Pilates program on body composition and morphological characteristics in active women after a detraining period. (<u>Pilot study</u>)	2016	Women Health	56(7)	784-806	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Vincent, M., et al.	Does Pilates Exercise Versus No Pilates Exercise Improve Posture in Healthy Adults? A <u>Systematic Review</u>	2016	Archives of Physical Medicine and Rehabilitation	97(12)	e38	Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Yi-Li Ko EdD, RN, Chi-Li Yang PhD, Chin-Lung Fang PhD, Mei-Ying Lee BS, RN, Pi-Chu Lin EdD, RN	Community-based postpartum exercise program	2013				Excluded - Study design out of scope (case series or other)	Duplicate citation (already identified in the review)
Eliks M, Zgorzalewicz-Stachowiak M, Zeńczak-Praga K.	Application of Pilates-based exercises in the treatment of chronic non-specific low back pain: state of the art. (<u>SR</u>)	2019	Postgrad Med J.	95	41-45	Excluded - Study design out of scope (narrative review, guideline, HTA)	Duplicate citation (already identified in the review)
F. Hita-Contreras, A. Martínez-Amat, D. Cruz-Díaz & F. R. Pérez-López	Fall prevention in postmenopausal women: the role of Pilates exercise training. (<u>SR</u>)	2016	Climacteric	19(3)	229-233	Excluded - Study design out of scope (narrative review, guideline, HTA)	Duplicate citation (already identified in the review)
Ruddy KJ, Stan DL, Bhagra A, Jurisson M, Chevillat AL	Alternative Exercise Traditions in Cancer Rehabilitation (<u>SR</u>)	2017	Phys Med Rehabil Clin N Am	28(1)	181-192	Excluded - Study design out of scope (narrative review, guideline, HTA)	Duplicate citation (already identified in the review)
Wasser JG, Vasilopoulos T, Zdziarski LA, Vincent HK. PM R.	Exercise Benefits for Chronic Low Back Pain in Overweight and Obese Individuals.	2017	Epub 2016 Jun 23. Review.	9(2)	181-192	Excluded - Study design out of scope (narrative review, guideline, HTA)	Duplicate citation (already identified in the review)
Aladro-Gonzalvo, A et al	The effect of Pilates exercises on body composition: A <u>systematic review</u>	2012	Journal of Bodywork and Movement Therapies	16(1)	109-114	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Barker AL; Bird ML; Talevski J	Effect of pilates exercise for improving balance in older adults: a <u>systematic review with meta-analysis</u> .	2015	Archives of Physical Medicine and Rehabilitation 2015	96 (4)	715-23	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Barker, A., et al.	Effect of pilates exercise for improving balance and decreasing falls risk in older adults: a <u>systematic review with meta-analysis</u>	2015	Physiotherapy	101	e111-e112.	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Bueno de Souza RO; Marcon LF; Arruda ASF; Pontes Junior FL; Melo RC	Effects of Mat Pilates on Physical Functional Performance of Older Adults: A Meta-analysis of Randomized Controlled Trials.	2018	American Journal Of Physical Medicine & Rehabilitation [Am J Phys Med Rehabil]	97(6)	414-425	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Bullo V, Bergamin M, Gobbo S, Sieverdes JC, Zaccaria M, Neunhaeuserer D, Ermolao A.	The effects of Pilates exercise training on physical fitness and wellbeing in the elderly: A <u>systematic review</u> for future exercise prescription.	2015	Prev Med. 2015 Jun;	75	1-Nov	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Byrnes K; Wu PJ; Whillier S	Is Pilates an effective rehabilitation tool? A <u>systematic review</u> .	2018	Journal Of Bodywork And Movement Therapies	22(1)	192-202	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Campos RR; Dias JM; Pereira LM; Obara K; Barreto MS; Silva MF; Mazuquin BF; Christofaro DG; Fernandes RA; Iversen MD; Cardoso JR	Effect of the Pilates method on physical conditioning of healthy subjects: a <u>systematic review and meta-analysis</u> .	2016	The Journal Of Sports Medicine And Physical Fitness [J Sports Med Phys Fitness]	56(7-8)	864-73	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Cancela J, et al.	Effects of Pilates method in physical fitness on older adults. A <u>systematic review</u> .	2014	European Reviews of Aging & Physical Activity	11(2)	81-94	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Casonatto, Juliano; Yamacita, Cárta Mayame	Pilates exercise and postural balance in older adults: A <u>systematic review and meta-analysis</u> of randomized controlled trials	2020	Complementary Therapies in Medicine	48		Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Cavallo S; Brosseau L; Toupin-April K; Wells GA; Smith CA; Pugh AG; Stinson J; Thomas R; Ahmed S; Duffy CM; Rahman P; Alvarez-Gallardo IC; Loew L; De Angelis G; Feldman DE; Majnemer A; Gagnon IJ; Maltais D; Mathieu MÈ; Kenny GP; Tupper S; Whitney-Mahoney K; Bigford S	Ottawa Panel Evidence-Based Clinical Practice Guidelines for Structured Physical Activity in the Management of Juvenile Idiopathic Arthritis. (SR)	2017	Archives Of Physical Medicine And Rehabilitation	98 (5)	1018-1041	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Cemin NF, Detogni Schmit EF, Tarrago Candotti C	Effects of the Pilates method on neck pain: a <u>systematic review</u>	2017	Fisioter. mov.	30 (supl 1)		Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Chang W-D, Tsou Y-A, Lee C-L	Comparison between specific exercises and physical therapy for managing patients with ankylosing spondylitis: a <u>meta-analysis</u> of randomized controlled trials	2016	Int J Clin Exp Med	9(9)	17028-17039	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Cruz-Ferreira A, Fernandes F, Laranjo L, et al.	A systematic review of the effects of Pilates method of exercise in healthy people	2011	Arch Phys Med Rehabil.	92(12)	2071-2081	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
de Oliveira Francisco C; de Almeida Fagundes A; Gorges B	Effects of Pilates method in elderly people: Systematic review of randomized controlled trials.	2015	Journal Of Bodywork And Movement Therapies [J Bodyw Mov Ther]	19(3)	500-508	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
de Zoete RMJ, Brown L, Oliveira K, Penglaze L, Rex R, Sawtell B, Sullivan T	The effectiveness of general physical exercise for individuals with chronic neck pain: a <u>systematic review</u> of randomised controlled trials	2018	European Journal of Physiotherapy		1-Jul	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Dixit S; Gular K; Asiri F	Effect of diverse physical rehabilitative interventions on static postural control in diabetic peripheral neuropathy: a <u>systematic review</u> .	2018	Physiotherapy Theory And Practice	2018 Jul 06	1-Dec	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Espíndula RC; Nadas GB; Rosa MID; Foster C; Araújo FC; Grande AJ	Pilates for breast cancer: A <u>systematic review and meta-analysis</u> .	2017	Revista Da Associacao Medica Brasileira	63 (11)	1006-1012	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Fernandes Pucci, G. C. M., et al	EFFECT OF PILATES METHOD ON PHYSICAL FITNESS RELATED TO HEALTH IN THE ELDERLY: A <u>SYSTEMATIC REVIEW</u>	2019	Revista Brasileira de Medicina do Esporte	25(1)	76-87	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Fernandez-Rodriguez R, A.-B. C., Ferri-Morales A, Torres-Costoso AI, Caveno-Redondo I, Martinez-Vizcaino V.	Pilates method improves cardiorespiratory fitness: a systematic review and meta-analysis	2019	Journal of Clinical Medicine	8(11)	1761	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Fernández-Rodríguez, Rubén; Álvarez-Bueno, Celia; et al	Pilates Method Improves Cardiorespiratory Fitness: A <u>Systematic Review</u> and Meta-Analysis	2019	J. Clin. Med.	8	1761	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Fleming KM; Herring MP	The effects of pilates on mental health outcomes: A <u>meta-analysis</u> of controlled trials.	2018	Complementary Therapies In Medicine [Complement Ther Med]	37	80-95	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Franco MR; Grande GHD; Padulla SAT	Effect of pilates exercise for improving balance in older adults (<u>PEDro synthesis</u>).	2018	British Journal Of Sports Medicine	52(3)	199-200	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Gamez-Iruela J, Sedeno-Vidal A	Effectiveness of physiotherapy in the approach to fibromyalgia. A review of the literature [Spanish] (<u>SR</u>)	2013	Fisioterapia	35(5)	224-231	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Geneen LJ; Moore RA; Clarke C; Martin D; Colvin LA; Smith BH	Physical activity and exercise for chronic pain in adults: an overview of Cochrane Reviews.	2017	The Cochrane Database Of Systematic Reviews [Cochrane Database Syst Rev]	4		Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Giannotti E, Trainito S, Arioli G, Rucco V, Masiero S	Effects of physical therapy for the management of patients with ankylosing spondylitis in the biological era. (SR)	2014	Clin Rheumatol.	33(9)	1217-30	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Gok Metin Z; Ejem D; Dionne-Odom JN; Turkman Y; Salvador C; Pamboukian S; Bakitas M	Mind-Body Interventions for Individuals With Heart Failure: A Systematic Review of Randomized Trials.	2018	Journal Of Cardiac Failure [J Card Fail]	24(3)	186-201	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Granacher U, et al. (2013).	The importance of trunk muscle strength for balance, functional performance, and fall prevention in seniors: a <u>systematic review</u>	2013	Sports Med	43(7)	627-641	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Gross, T., et al.	Does Pilates Exercise Improve Balance and Walking in People With Multiple Sclerosis? A <u>Systematic Review</u>	2016	Archives of Physical Medicine and Rehabilitation	97(12)	e39-e39	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Hornsby E, J. L.	Effect of Pilates intervention on physical function of children and youth: a systematic review	2020	Archives of Physical Medicine and Rehabilitation	101(2)	317-328	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Hornsby E, Johnston LM	Effect of Pilates intervention on physical function of children and youth: a systematic review	2020	Archives of Physical Medicine and Rehabilitation	101(2)	317-328	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Kamioka H; Tsutani K; Katsumata Y; Yoshizaki T; Okuizumi H; Okada S; Park SJ; Kitayuguchi J; Abe T; Mutoh Y,	Effectiveness of Pilates exercise: A quality evaluation and summary of systematic reviews based on randomized controlled trials.	2016	Complementary Therapies In Medicine [Complement Ther Med]	25	Jan-19	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Kim, S. Y., et al.	Flexibility exercise training for adults with fibromyalgia (SR)	2019	Cochrane Database of Systematic Reviews 9: CD013419.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Kuntze G; Nesbitt C; Whittaker JL; Nettel-Aguirre A; Toomey C; Esau S; Doyle-Baker PK; Shank J; Brooks J; Benseler S; Emery CA	Exercise Therapy in Juvenile Idiopathic Arthritis: A <u>Systematic Review and Meta-Analysis</u> .	2018	Archives Of Physical Medicine And Rehabilitation	99 (1)	178-193	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
La Touche R, Escalante K, Linares MT	Treating non-specific chronic low back pain through the Pilates Method	2008	J Bodyw Mov Ther.	12	364-70	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Lemos AQ, B. C., Valverde D, dos Santos Ferreira J, Lordelo P, Sa KN	The Pilates method in the function of pelvic floor muscles: systematic review and meta-analysis	2019	Journal of Bodywork and Movement Therapies	23(2)	270-277	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Lemos, A. Q., et al.	The pilates method in the function of pelvic floor muscles: <u>Systematic review and meta-analysis</u>	2019	Journal of Bodywork & Movement Therapies	23(2)	270-277	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Lin HT, Hung WC, Hung JL, Wu PS, Liaw LJ, Chang JH	Effects of Pilates on patients with chronic non-specific low back pain: a systematic review.	2016	J Phys Ther Sci.	2016; 28(10)	2961–2969	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Lin HT; Hung WC; Hung JL; Wu PS; Liaw LJ; Chang JH	Effects of pilates on patients with chronic non-specific low back pain: a <u>systematic review</u> .	2016	Journal Of Physical Therapy Science [J Phys Ther Sci]	28(10)	2961-2969	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Long, A., et al.	The Effectiveness of Pilates Exercise in Improving Balance in Healthy Older Adults: A <u>Systematic Review</u>	2016	Archives of Physical Medicine and Rehabilitation	97(12)	e39-e40	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Mazzarino M; Kerr D; Wajswelner H; Morris ME	Pilates Method for Women's Health: <u>Systematic Review</u> of Randomized Controlled Trials.	2015	Archives Of Physical Medicine And Rehabilitation	96(12)	2231-42	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Mizrachi N, Kafri R	Principles of the Pilates method and its effect on low back pain, pelvic floor function and posture: a systematic review of the literature) [Hebrew]	2017	Journal of Israeli Physiotherapy Society			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Moreno-Segura N; Iguar-Camacho C; Ballester-Gil Y; Blasco-Igual MC; Blasco JM,	The Effects of the Pilates Training Method on Balance and Falls of Older Adults: A <u>Systematic Review and Meta-Analysis</u> of Randomized ControlledTrials.	2018	Journal Of Aging And Physical Activity	26(2)	327-344	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Niehues JR, Gonzáles I, Lemos RR, Haas P.	Pilates Method for Lung Function and Functional Capacity in Obese Adults. (<u>SR</u>)	2015	Altern Ther Health Med	21(5)	73-80	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Owen PJ, Miller CT, Mundell NL, Verswijveren SJ, Tagliaferri SD, Brisby H, Bowe SJ, Belavy DL	Which specific modes of exercise training are most effective for treating low back pain? Network meta-analysis [with consumer summary]	2019	British Journal of Sports Medicine	30:Epub ahead of print		Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Pécourneau V; Degboé Y; Barnette T; Cantagrel A; Constantin A; Ruyssen-Witrand A	Effectiveness of Exercise Programs in Ankylosing Spondylitis: A <u>Meta-Analysis</u> of Randomized Controlled Trials.	2018	Archives of Physical Medicine and Rehabilitation	99(2)	383-389	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Peek, A. L. and M. L. Stevens. British Journal of Sports Medicine 50(3): 188-188.	Different forms of exercise for chronic low back pain (PEDro synthesis).	2016				Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Pinto-Carral A; Molina AJ; de Pedro Á; Ayán C	Pilates for women with breast cancer: A <u>systematic review and meta-analysis</u> .	2018	Complementary Therapies In Medicine	41	130-140	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Rodrigues EV, Gomes ARS, Tanhoffer AIP, Leite N	Effects of exercise on pain of musculoskeletal disorders: a systematic review	2014	Acta Ortopedica Brasileira 2014 Nov;22(6):334-338			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Sánchez-Lastra MA; Martínez-Aldao D; Molina AJ; Ayán C	Pilates for people with multiple sclerosis: A <u>systematic review and meta-analysis</u> .	2019	Multiple Sclerosis And Related Disorders	28	199-212	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Searle, A., et al.	Exercise interventions for the treatment of chronic low back pain: a systematic review and meta-analysis of randomised controlled trials	2015	Clinical Rehabilitation	29(12)	1155-1167	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Suarez-Iglesias D, Miller KJ, Seijo-Martinez M, Ayan C	Benefits of Pilates in Parkinson's disease: a systematic review and meta-analysis	2019	Medicina (Kaunas)	55(8)	476	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Suárez-Iglesias, David; Miller, Kyle J; Seijo-Martínez, Manuel; Ayán, Carlos	Benefits of Pilates in Parkinson's Disease: A <u>Systematic Review and Meta-Analysis</u>	2019	Medicina	55(8)	476	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Wells C, Kolt GS, Marshall P, Hill B, Bialocerkowski A	Effectiveness of Pilates exercise in treating people with chronic low back pain: a systematic review of systematic reviews	2013				Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Wells, C., et al. (2014). PLoS One U6 - ctx_ver=Z39.88-2004	The Effectiveness of Pilates Exercise in People with Chronic Low Back Pain: A Systematic Review	2014				Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Yamato TP, Maher CG, Saragiotto BT, Hancock MJ, Ostelo RWJG, Cabral CMN, Menezes Costa LC, Costa LOP 2015	Pilates for low back pain (<u>Cochrane review</u>) [with consumer summary]	2015				Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Yamato TP; Maher CG; Saragiotto BT; Hancock MJ; Ostelo RW; Cabral CM; Costa LC; Costa LO, Spine [Spine (Phila Pa 1976)], ISSN: 1528-1159, 2016 Jun; Vol. 41 (12), pp. 1013-21; Publisher: Lippincott Williams & Wilkins; PMID: 26679894	Pilates for Low Back Pain: Complete Republication of a Cochrane Review.	2016				Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Abasiyanik Z; Ertekin Ö; Kahraman T; Yigit P; Özakbaş S	The effects of Clinical Pilates training on walking, balance, fall risk, respiratory, and cognitive functions in persons with multiple sclerosis: A <u>randomized controlled trial</u> .	2019	Explore (NY).	8307(19)	30053-9	Included (already)	Duplicate citation (already identified in the review)
Ahmadinezhad M; Kargar M; Vizeshfah F; Hadianfard MJ	Comparison of the Effect of Acupressure and Pilates-Based Exercises on Sleep Quality of Postmenopausal Women: <u>A Randomized Controlled Trial</u> .	2017	Iranian Journal Of Nursing And Midwifery Research [Iran J Nurs Midwifery Res]	22(2)	140-146	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Aibar-Almazán A; Hita-Contreras F; Cruz-Díaz D; de la Torre-Cruz M; Jiménez-García JD; Martínez-Amat A,	Effects of Pilates training on sleep quality, anxiety, depression and fatigue in postmenopausal women: A randomized controlled trial.	2019	Maturitas [Maturitas]	124	62-67	Included (already)	Duplicate citation (already identified in the review)
Aibar-Almazán A; Martínez-Amat A; Cruz-Díaz D; De la Torre-Cruz MJ; Jiménez-García JD; Zagalaz-Anula N; Pérez-Herrezuelo I; Hita-Contreras F	Effects of Pilates on fall risk factors in community-dwelling elderly women: A <u>randomized, controlled trial</u> .	2019	European Journal Of Sport Science	16-Jan	1-Sep	Included (already)	Duplicate citation (already identified in the review)
Altan L, Korkmaz N, Bingol U, Gunay B	Effect of pilates training on people with fibromyalgia syndrome: a <u>pilot study</u> .	2009	Physical Medicine and Rehabilitation	90(12)	1983-8	Included (already)	Duplicate citation (already identified in the review)
Altan L, Korkmaz N, Dizdar M and Yurtkuran M.	Effect of Pilates training on people with ankylosing spondylitis (<u>RCT</u>)	2012	Rheumatol Int	2012; 32	2093-2099	Included (already)	Duplicate citation (already identified in the review)
Alves ME, Bezerra E, Braga D, Cader SA, Shiguemi A, Dantas EH	The effectiveness of the Pilates method: reducing the degree of non-structural scoliosis, and improving flexibility and pain in female college students.	2012	J Bodyw Mov Ther	16 (2)	191-8	Included (already)	Duplicate citation (already identified in the review)
Anand, U.Albert	A study to analyse the efficacy of modified Pilates based exercises and therapeutic exercises in individuals with chronic non specific low back pain: a <u>randomized controlled trial</u>	2014	International Journal of Physiotherapy and Research	2(3)	525-29	Included (already)	Duplicate citation (already identified in the review)
Angin E, Erden Z, Can F	The effects of clinical Pilates exercises on bone mineral density, physical performance and quality of life of women with postmenopausal osteoporosis (<u>RCT?</u>)	2015	J Back Musculoskelet Rehabil. 2015	28(4)	849-58	Included (already)	Duplicate citation (already identified in the review)
Ashrafinia F, Mirmohammadali M, Rajabi H, Kazemnejad A, Sadeghniaat Haghighi K, Amelvalizadeh M	Effect of Pilates exercises on postpartum maternal fatigue (<u>RCT</u>)	2015	Singapore Med J. 2015 Mar	56(3)	169-173	Included (already)	Duplicate citation (already identified in the review)
Ashrafinia F, Mirmohammadali M, Rajabi H, Kazemnejad A, Sadeghniaat Haghighi K, Amelvalizadeh M, Chen H	The effects of Pilates exercise on sleep quality in postpartum women	2014	Journal of Bodywork and Movement Therapies	18(2)	190-199	Included (already)	Duplicate citation (already identified in the review)
Atilgan E, Aytar A, Caglar A, Tigli AA, Arin G, Yapali G, Kisacik P, Berberoglu U, Sener HO, Unal E. J Bodyw Mov Ther. 2017 Oct;21(4):847-851. doi: 10.1016/j.jbmt.2017.02.003. Epub 2017 Mar 4.	The effects of Clinical Pilates exercises on patients with shoulder pain: A randomised clinical trial.	2017				Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Azamian A, Mobarekeh BG, Vismeh Z, Gohar NP	Effect of 12 weeks of selected Pilates exercise training on serum adiponectin level and insulin resistance in female survivors of breast cancer and its role in prevention of recurrence [Persian] (RCT)	2015	Scientific Journal of Kurdistan University of Medical Sciences	20 (5)	61 - 73	Included (already)	Duplicate citation (already identified in the review)
Baluchi R, Babakhani F, Sheikhhoseini R, Panahi Yeng Abad M, Shirzad E	Effect of 8-week Pilates exercises on kinematic parameters of balance and gait in deaf high school students [Persian] (semi experimental study)	2018				Included (already)	Duplicate citation (already identified in the review)
Barker AL; Talevski J; Bohensky MA; Brand CA; Cameron PA; Morello RT	Feasibility of Pilates exercise to decrease falls risk: a pilot randomized controlled trial in community-dwelling older people.	2016	Clinical Rehabilitation [Clin Rehabil]	30(10)	984-996	Included (already)	Duplicate citation (already identified in the review)
Berea S, Ancuta C, Miu S, Chiriac R	The Pilates method in ankylosing spondylitis (RCT)	2012	Romanian Journal of Rheumatology	Vol. 21 Issue 2	80	Included (already)	Duplicate citation (already identified in the review)
Bhadauria EA, Gurudut P	Comparative effectiveness of lumbar stabilization, dynamic strengthening, and Pilates on chronic low back pain: randomized clinical trial	2017	J Exerc Rehabil.	13(4)	477-485	Included (already)	Duplicate citation (already identified in the review)
Bird ML, & Fell J. (2014) . J Aging Phys Act 22(3): 342-347.	Positive long-term effects of Pilates exercise on the aged-related decline in balance and strength in older, community-dwelling men and women (pilot study)	2014	J Aging Phys Act.	22(3)	342-7	Included (already)	Duplicate citation (already identified in the review)
Bird, M.L., Hill, K.D., and Fell, J.W.	A randomized controlled study investigating static and dynamic balance in older adults after training with Pilates.	2012	Arch. Phys. Med. Rehabil.	93	43-49	Included (already)	Duplicate citation (already identified in the review)
Borges J, Baptista AF, Santana N, Souza I, Kruschewsky RA, Galvao-Castro B, Sa KN	Pilates exercises improve low back pain and quality of life in patients with HTLV-1 virus: a randomized crossover clinical trial	2014	J Bodyw Mov Ther.	18(1)	68-74	Included (already)	Duplicate citation (already identified in the review)
Bulguroglu I, Guclu-Gunduz A, Yazici G, Ozkul C, Irkec C, Nazliel B, Batur-Caglayan HZ	The effects of Mat Pilates and Reformer Pilates in patients with Multiple Sclerosis: A randomized controlled study .	2017	NeuroRehabilitation.	41(2)	413-422	Included (already)	Duplicate citation (already identified in the review)
Cakmakci O	The effect of 8 week Pilates exercise on body composition in obese women	2011	Coll Antropol	35	1045-50	Included (already)	Duplicate citation (already identified in the review)
Campos de Oliveira L; Gonçalves de Oliveira R; Pires-Oliveira DA	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 [J Phys Ther Sci], 2015 Mar	27(3)	871-6	Included (already)	Duplicate citation (already identified in the review)
Carrasco-Poyatos M; Rubio-Arias JA; Ballesta-García I; Ramos-Campo DJ	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	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Çelik D & Turkel N	The effectiveness of Pilates for partial anterior cruciate ligament injury. (RCT)	2017	Knee Surg Sports Traumatol Arthrosc	25(8)	2357-2364	Included (already)	Duplicate citation (already identified in the review)
Cruz-Díaz D, M.-A. A., Osuna-Perez MC, de la Torre-Cruz MJ, Hita-Contreras F	Short- and long-term effects of a six-week clinical Pilates program in addition to physical therapy on postmenopausal women with chronic low back pain: a randomized controlled trial [with consumer summary]	2016	Disability and Rehabilitation38(13)		1300-1308	Included (already)	Duplicate citation (already identified in the review)
Cruz-Díaz D; Bergamin M; Gobbo S; Martínez-Amat A; Hita-Contreras F	Comparative effects of 12 weeks of equipment based and mat Pilates in patients with Chronic Low Back Pain on pain, function and transversus abdominis activation. A <u>randomized controlled trial</u> .	2017	Complementary Therapies In Medicine [Complement Ther Med]	33	72-77	Included (already)	Duplicate citation (already identified in the review)
Cruz-Díaz D; Martínez-Amat A; De la Torre-Cruz MJ; Casuso RA; de Guevara NM; Hita-Contreras F	Effects of a six-week Pilates intervention on balance and fear of falling in women aged over 65 with chronic low-back pain: A <u>randomized controlled trial</u> .	2015	Maturitas [Maturitas], 2015 Dec	82(4)	371-6	Included (already)	Duplicate citation (already identified in the review)
Cruz-Díaz D; Martínez-Amat A; Osuna-Pérez MC; De la Torre-Cruz MJ; Hita-Contreras F	Short- and long-term effects of a six-week clinical Pilates program in addition to physical therapy on postmenopausal women with chronic low back pain: a <u>randomized controlled trial</u> .	2016	Disability And Rehabilitation [Disabil Rehabil]	38(13)	1300-8	Included (already)	Duplicate citation (already identified in the review)
Cruz-Díaz D; Romeu M; Velasco-González C; Martínez-Amat A; Hita-Contreras F	The effectiveness of 12 weeks of Pilates intervention on disability, pain and kinesiophobia in patients with chronic low back pain: a <u>randomized controlled trial</u> .	2018	Clinical Rehabilitation [Clin Rehabil]	32(9)	1249-1257	Included (already)	Duplicate citation (already identified in the review)
Culligan, P.J., Scherer, J., Dyer, K., Jennifer, L., Geri Guignon-White, P., Delvecchio, D., and Vangeli, M.	A <u>randomized clinical trial</u> comparing pelvic floor muscle training to a Pilates exercise program for improving pelvic muscle strength	2010	Int. Urogynecol. J.	21	401-408	Included (already)	Duplicate citation (already identified in the review)
Curi VS; Haas AN; Alves-Vilaça J; Fernandes HM	Effects of 16-weeks of Pilates on functional autonomy and life satisfaction among elderly women.	2018	Journal Of Bodywork And Movement Therapies [J Bodyw Mov Ther]	22(2)	424-429	Included (already)	Duplicate citation (already identified in the review)
Curi VS; Vilaça J; Haas AN; Fernandes HM	Effects of 16-weeks of Pilates on health perception and sleep quality among elderly women.	2018	Archives Of Gerontology And Geriatrics [Arch Gerontol Geriatr]	74	118-122	Included (already)	Duplicate citation (already identified in the review)
Dale LM, Mikuski C, Miller J.	Outcomes of a pilates-based intervention for individuals with lateral epicondylitis: A pilot study.	2015	Work. 2015	53(1)	163-74	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Dashti P, Shabani M, Moazami M	Comparison of the effects of two selected exercises of Theraband and Pilates on the balance and strength of lower limb in elderly women [Persian] (<u>semi-experimental interventional study</u>)	2015	Iranian Journal of Obstetrics, Gynecology and Infertility	18(153)	1-Sep	Included (already)	Duplicate citation (already identified in the review)
de Alvarenga GM; Charkovski SA; Santos LKD; Silva MABD; Tomaz GO; Gamba HR	The influence of inspiratory muscle training combined with the Pilates method on lung function in elderly women: A <u>randomized controlled trial</u> .	2018	Clinics (Sao Paulo, Brazil)	73	e356	Included (already)	Duplicate citation (already identified in the review)
de Araujo Cazotti L, J. A., Roger-Silva D, Ribeiro LHC, Natour J	Effectiveness of the Pilates method in the treatment of chronic mechanical neck pain: a randomized controlled trial	2018	Archives of Physical Medicine and Rehabilitation	,99(9)	1740-1746	Included (already)	Duplicate citation (already identified in the review)
de Araujo Cazotti L; Jones A; Roger-Silva D; Ribeiro LHC; Natour J	Effectiveness of the Pilates Method in the Treatment of Chronic Mechanical Neck Pain: A <u>Randomized Controlled Trial</u> .	2018	Archives Of Physical Medicine And Rehabilitation	99(9)	1740-1746	Included (already)	Duplicate citation (already identified in the review)
de Jesus LT, Baltieri L, de Oliveira LG, Angeli LR, Antonio SP, Pazzianotto-Forti EM	(Efeitos do método Pilates sobre a função pulmonar, a mobilidade toracoabdominal e a força muscular respiratória: ensaio clínico não randomizado, placebo-controlado.) Effects of the Pilates method on lung function, thoracoabdominal mobility and respiratory muscle strength: <u>non-randomized, placebo-controlled clinical trial</u>	2015	Fisioter Pesq. 2015	22(3)	213-22	Included (already)	Duplicate citation (already identified in the review)
de Oliveira LC; de Oliveira RG; de Almeida Pires-Oliveira DA	Effects of Whole-Body Vibration Versus Pilates Exercise on Bone Mineral Density in Postmenopausal Women: A <u>Randomized and Controlled Clinical Trial</u> .	2019	Journal Of Geriatric Physical Therapy	42(2)	E23-E31	Included (already)	Duplicate citation (already identified in the review)
de Oliveira LMN, et al	Pilates method in the community: effect on the body posture of elderly women (Portuguese) (<u>non random control trial</u>)	2018	Fisioterapia e Pesquisa	25(3)	315-322	Included (already)	Duplicate citation (already identified in the review)
de Oliveira, B. F. A., Carvalho, P. R. C., de Souza Holanda, A. S., dos Santos, R. I. S. B., da Silva, F. A. X., Barros, G. W. P., Marques, C. D. L.	Pilates method in the treatment of patients with Chikungunya fever: a <u>randomized controlled trial</u>	2019	Clinical Rehabilitation	33(10)	1614-1624	Included (already)	Duplicate citation (already identified in the review)
de Oliveira, N.T.B., Ricci, N.A., dos Santos Franco, Y.R. et al.	Effectiveness of the Pilates method versus aerobic exercises in the treatment of older adults with chronic low back pain: a randomized controlled trial protocol.	2019	BMC Musculoskeletal Disord	20, Article number: 250 (2019)		Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Devasahayam AJ, Ho DRY, Leung EYS, Goh MR, Koh P	The effects of a novel Pilates exercise prescription method on people with non-specific unilateral musculoskeletal pain: a randomised pilot trial	2016	Proceedings of Singapore Healthcare	25		Included (already)	Duplicate citation (already identified in the review)
Donath L; Roth R; Hürlimann C; Zahner L; Faude O,	Pilates vs. Balance Training in Health Community-Dwelling Seniors: a 3-arm, <u>Randomized Controlled Trial</u> .	2016	International Journal Of Sports Medicine [Int J Sports Med]	37(3)	202-10	Included (already)	Duplicate citation (already identified in the review)
Duff WRD; Andrushko JW; Renshaw DW; Chilibeck PD; Farthing JP; Danielson J; Evans CD	Impact of Pilates Exercise in Multiple Sclerosis: A <u>Randomized Controlled Trial</u> .	2018	International Journal Of MS Care	20(2)	92-100	Included (already)	Duplicate citation (already identified in the review)
Dunleavy K, Kava K, Goldberg A, Malek MH, Talley SA, Tutag-Lehr V, Hildreth	Comparative effectiveness of Pilates and yoga group exercise interventions for chronic mechanical neck pain: <u>quasi-randomised parallel controlled study</u> .	2016	J. Physiotherapy.	102(3)	236-42	Included (already)	Duplicate citation (already identified in the review)
Eftekhari E, Etemadifar M	Impact of clinical mat Pilates on body composition and functional indices in female patients with multiple sclerosis (<u>RCT</u>)	2019	Crescent Journal of Medical and Biological Sciences	5(4)	297-305	Included (already)	Duplicate citation (already identified in the review)
Ekici G; Unal E; Akbayrak T; Vardar-Yagli N; Yakut Y; Karabulut E	Effects of active/passive interventions on pain, anxiety, and quality of life in women with fibromyalgia: Randomized controlled pilot trial.	2017	Women & Health	57(1)	88-107	Included (already)	Duplicate citation (already identified in the review)
Ekici, Gamze & Yakut, E. & Akbayrak, Türkan	Effects of Pilates exercises and connective tissue manipulation on pain and depression in females with fibromyalgia: A randomized controlled trial.	2008	Fizyoterapi Rehabilitasyon	19		Included (already)	Duplicate citation (already identified in the review)
Eyigor S, Karapolat H, Yesil H, et al.	Effects of Pilates exercises on functional capacity, flexibility, fatigue, depression and quality of life in female breast cancer patients: A <u>randomized controlled study</u>	2010	Eur J Phys Rehabil Med.	46(4)	481-7	Included (already)	Duplicate citation (already identified in the review)
Fleming, Karl M; Coote, Susan B; Herring, Matthew P	The feasibility of Pilates to improve symptoms of anxiety, depression, and fatigue among people with Multiple Sclerosis: An eight-week <u>randomized controlled pilot trial</u>	2019	Psychology of Sport and Exercise	45		Included (already)	Duplicate citation (already identified in the review)
Fourie M, Gildenhuis GM, Shaw I, Shaw BS, Toriola AL, Goon DT	Effects of a mat Pilates programme on body composition in elderly women (<u>RCT</u>)	2013	West Indian Med J.	62(6)	524-8	Included (already)	Duplicate citation (already identified in the review)
Fox EE, H. A., Creanor S, Gear M, Freeman JA.	The effects of "Pilates" based core stability training in ambulant people with multiple sclerosis: a multi-centre, randomised, assessor-blinded, controlled trial	2016	Physical Therapy	96(8)	1170-1178	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Fox EE; Hough AD; Creanor S; Gear M; Freeman JA	Effects of Pilates-Based Core Stability Training in Ambulant People With Multiple Sclerosis: Multicenter, Assessor-Blinded, <u>Randomized Controlled Trial</u> .	2016	Physical Therapy [Phys Ther]	96(8)	1170-8	Included (already)	Duplicate citation (already identified in the review)
Freeman, Fox, Gear, & Hough, 2012;	Pilates based core stability training in ambulant individuals with multiple sclerosis: protocol for a multi-centre randomised controlled trial	2012				Included (already)	Duplicate citation (already identified in the review)
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 <u>Randomized Controlled Trial</u> .	2016	Journal Of Aging And Physical Activity [J Aging Phys Act]	24(3)	376-83	Included (already)	Duplicate citation (already identified in the review)
Garcia-Soidan JL, Giraldez VA, Cachon Zagalaz J, Lara-Sanchez AJ	Does Pilates exercise increase physical activity, quality of life, latency, and sleep quantity in middle-aged people? (<u>pilot study</u>)	2014	Percept Mot Skills	119(3)	838-50	Included (already)	Duplicate citation (already identified in the review)
Gildenhuis, G.; Fourie, M.; Shaw, I.; Shaw, B.; Toriola, A.; Witthuhn, J	Evaluation of Pilates training on agility, functional mobility and cardiorespiratory fitness in elderly women: Health and fitness (<u>RCT</u>)	2013	Afr. J. Phys. Act. Health Sci.	19	505-512	Included (already)	Duplicate citation (already identified in the review)
Gomes CS, et al	The effects of Pilates method on pelvic floor muscle strength in patients with post-prostatectomy urinary incontinence: A <u>randomized clinical trial</u>	2018	Neurourol Urodyn.			Included (already)	Duplicate citation (already identified in the review)
Gonzalez-Galvez N, Marcos-Pardo PJ, Carrasco-Poyatos M	Functional improvements after a Pilates program in adolescents with a history of back pain: A <u>randomised controlled trial</u> .	2019	Complement Ther Clin Pract.	35	1-Jul	Included (already)	Duplicate citation (already identified in the review)
Greblo Jurakic Z; Krizanic V; Sarabon N; Markovic G,	Effects of feedback-based balance and core resistance training vs. Pilates training on cognitive functions in older women with mild cognitive impairment: a pilot <u>randomized controlled trial</u> .	2017	Aging Clinical And Experimental Research [Aging Clin Exp Res]	29(6)	1295-1298	Included (already)	Duplicate citation (already identified in the review)
Guclu-Gunduz, A., Citaker, S., Irkec, C., Nazliel, B., Batur-Caglayan, H.Z	The effects of Pilates on balance, mobility and strength in patients with multiple sclerosis.	2014	NeuroRehabilitation	34	337-342	Included (already)	Duplicate citation (already identified in the review)
Guimaraes GV, Carvalho VO, Bocchi EA, et al	Pilates in heart failure patients: a <u>randomized controlled pilot trial</u> .	2012	Cardiovasc Ther.	30	351-356	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Hagner-Derengowska, Magdalena; Kałużny, Krystian; Kocharński, Bartosz; Hagner, Wojciech; Borkowska, Alina; Czamara, Andrzej; Budzyński, Jacek	Effects of Nordic Walking and Pilates exercise programs on blood glucose and lipid profile in overweight and obese postmenopausal women in an experimental, <u>nonrandomized, open-label, prospective controlled trial</u> .	2015	J. Menopause 2015 Nov	22(11)	1215-23	Included (already)	Duplicate citation (already identified in the review)
Hasanpour-Dehkordi A, Dehghani A, Solati K	A comparison of the effects of Pilates and McKenzie training on pain and general health in men with chronic low back pain: a <u>randomized (control) trial</u>	2017	Indian J Palliat Care.	23(1)	36-40	Included (already)	Duplicate citation (already identified in the review)
Hassani N, Heravi-Karimooi M, Rejeh N, Ashtiani MHD, Sharifnia H, Ghanbari M, MohammadiNejad M	The effect of Pilates exercise on quality of life of elderly women with type 2 diabetes [Persian] (<u>RCT</u>)	2018	Journal of the Iranian Institute for Health Sciences Research, Payesh	Vol 17, issue 5	531-539	Included (already)	Duplicate citation (already identified in the review)
Hwang Y, et al.	Effects of Pilates Exercise on Salivary Secretory Immunoglobulin A Levels in Older Women. (<u>RCT?</u>)	2015	J Aging Phys Act Dec	14		Included (already)	Duplicate citation (already identified in the review)
Irez, G.B., Ozdemir, R.A., Evin, R., Irez, S.G., and Korkusuz, F.	Integrating pilates exercise into an exercise program for 65+ year-old women to reduce falls (<u>pilot study</u>)	2011	J. Sports Sci. Med.	10	105-111	Included (already)	Duplicate citation (already identified in the review)
Josephs S, Pratt ML, Calk Meadows E, Thurmond S, Wagner A	The effectiveness of Pilates on balance and falls in community dwelling older adults. (<u>RCT</u>)	2016	J Bodyw Mov Ther.	20(4)	815-823	Included (already)	Duplicate citation (already identified in the review)
Junges S, Dias Molina R, Sartori J, Ferreira L, da Silva Filho IG	Expiratory pressure change with the application of the Pilates method in adult women with hyperkyphosis [Portuguese](<u>RCT</u>)	2017	Fisioterapia Brasil	18(5)		Included (already)	Duplicate citation (already identified in the review)
Kalron A; Rosenblum U; Frid L; Achiron A	Pilates exercise training vs. physical therapy for improving walking and balance in people with multiple sclerosis: a <u>randomized controlled trial</u> .	2017	Clinical Rehabilitation	31(3)	319-328	Included (already)	Duplicate citation (already identified in the review)
Kao YH, Liou TH, Huang YC, Tsai YW, Wang KM	Effects of a 12-week Pilates course on lower limb muscle strength and trunk flexibility in women living in the community. (<u>Cross-sectional survey</u>)	2015	Health Care Women Int. 2015	36(3)	303-19	Included (already)	Duplicate citation (already identified in the review)
Kara, B., Küçük, F., Poyraz, E.C., Tomruk, M.S., İdman, E.	Different types of exercise in multiple sclerosis: aerobic exercise or Pilates, a <u>single-blind clinical study</u>	2017	J Back Musculoskelet. Rehabil	30	565-573	Included (already)	Duplicate citation (already identified in the review)
Karaman A, Yuksel I, Kinikli GI, Caglar O	Do Pilates-based exercises following total knee arthroplasty improve postural control and quality of life? (<u>RCT</u>)	2017	Physiother Theory Pract.	33(4)	289-295	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Karimi F, Moradi M, Baghaiee B	Effect of Pilates training with vitamin E supplementation on some metabolic syndrome markers in overweight female adolescents [Persian] (clinical trial)	2018	Iranian Journal of Obstetrics, Gynecology and Infertility	21	31-38	Included (already)	Duplicate citation (already identified in the review)
Kim G, Hwangbo P-N	Effects of Schroth and Pilates exercises on the Cobb angle and weight distribution of patients with scoliosis	2016	J Phys Ther Sci.	28(3)	1012-1015	Included (already)	Duplicate citation (already identified in the review)
Kliziene I, et al	Effects of a 16-week Pilates exercises training program for isometric trunk extension and flexion strength	2017	J Bodywork Move Ther	21(1)	124-132	Included (already)	Duplicate citation (already identified in the review)
Kofotolis N, Kellis E, Vlachopoulos SP, Gouitas I, Theodorakis Y	Effects of Pilates and trunk strengthening exercises on health-related quality of life in women with chronic low back pain. (RCT)	2016	J Back Musculoskelet Rehabil.	29(4)	649-659	Included (already)	Duplicate citation (already identified in the review)
Kováč MV, Plachy JK, Bognár J, Balogh ZO, Barthalos I.	Effects of Pilates and aqua fitness training on older adults' physical functioning and quality of life.	2013	Biomed Hum Kinet	5 (1)	22-27	Included (already)	Duplicate citation (already identified in the review)
Küçük F; Kara B; Poyraz EÇ; İdiman E	Improvements in cognition, quality of life, and physical performance with clinical Pilates in multiple sclerosis: a <u>randomized controlled trial</u> .	2016	Journal Of Physical Therapy Science [J Phys Ther Sci]	28(3)	761-8	Included (already)	Duplicate citation (already identified in the review)
Kucukcakir N, Altan L, Korkmaz N	Effects of Pilates exercises on pain, functional status and quality of life in women with postmenopausal osteoporosis (RCT)	2013	Journal of Bodywork and Movement Therapies	17(2)	204-211	Included (already)	Duplicate citation (already identified in the review)
Lausen A, Marsland L, Head S, Jackson J, Lausen B	Modified Pilates as an adjunct to standard physiotherapy care for urinary incontinence: a mixed methods pilot for a <u>randomised controlled trial</u> .	2018	BMC Womens Health.	18(1)	16	Included (already)	Duplicate citation (already identified in the review)
Lee H, Caguicla JMC, Park S, Kwak DJ, Won D-Y, Park Y, Kim J, Kim M	Effects of 8-week Pilates exercise program on menopausal symptoms and lumbar strength and flexibility in postmenopausal women	2016	J Exerc Rehabil.	12(3)	247-51	Included (already)	Duplicate citation (already identified in the review)
Lee S-M, Lee C-H, O'Sullivan D, Jung J-H, Park J-J	Clinical effectiveness of a Pilates treatment for forward head posture	2016	J Phys Ther Sci.	28(7)	2009-13	Included (already)	Duplicate citation (already identified in the review)
Lim HS; Kim YL; Lee SM,	The effects of Pilates exercise training on static and dynamic balance in chronic stroke patients: a <u>randomized controlled trial</u> .	2016	Journal Of Physical Therapy Science [J Phys Ther Sci]	28(6)	1819-24	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Lim HS; Yoon S,	The effects of Pilates exercise on cardiopulmonary function in the chronic stroke patients: a randomized controlled trials.	2017	Journal Of Physical Therapy Science [J Phys Ther Sci]	959-963		Included (already)	Duplicate citation (already identified in the review)
Liposcki DB, Ferreirada Silva Nagata I, Silvano GA, Zanella K, Schneider RH	Influence of a Pilates exercise program on the quality of life of sedentary elderly people: a randomized clinical trial	2019	Journal of Bodywork and Movement Therapies	23(2)	390-393	Included (already)	Duplicate citation (already identified in the review)
Lopes ED, Ruas G, Patrizzi LJ	(Efeitos de exercícios do método Pilates na força muscular respiratória de idosas: um ensaio clínico) Effects of the Pilates method exercises in respiratory muscle strength of elderly women: a clinical trial	2014	Rev Bras Geriatr Gerontol 2014	17(3)	517-23	Included (already)	Duplicate citation (already identified in the review)
Lopes S; Correia C; Félix G; Lopes M; Cruz A; Ribeiro F	Immediate effects of Pilates based therapeutic exercise on postural control of young individuals with non-specific low back pain: A randomized controlled trial .	2017	Complementary Therapies In Medicine [Complement Ther Med]	34	104-110	Included (already)	Duplicate citation (already identified in the review)
Marandi SM, Nejad VS, Shanazari Z, Zolaktaf V	A comparison of 12 weeks of Pilates and aquatic training on the dynamic balance of women with multiple sclerosis	2013	Int. J. Prev. Med.	4	S110-S117	Included (already)	Duplicate citation (already identified in the review)
Marandi S-M, Shahnazari Z, Minacian V, Zahed A	A comparison between Pilates exercise and aquatic training effects on muscular strength in women with multiple sclerosis	2013	Int. J. Prev. Med.	29		Included (already)	Duplicate citation (already identified in the review)
Marinda F, Magda G, Ina S, Brandon S, Abel T, Goon Dpak	Effects of a mat Pilates program on cardiometabolic parameters in elderly women (RCT)	2013	J Med Sci.	29(2)	500-504	Included (already)	Duplicate citation (already identified in the review)
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 And Geriatrics [Arch Gerontol Geriatr]	61(2)	117-23	Included (already)	Duplicate citation (already identified in the review)
Marshall PWM, Kennedy S, Brooks C, Lonsdale C (;38(15):E952-9. doi: .)	Pilates exercise or stationary cycling for chronic non-specific low back pain: does it matter? A randomized controlled trial with 6-month follow-up [with consumer summary]	2013	Spine (Phila Pa 1976)	38(15)	E952-9	Included (already)	Duplicate citation (already identified in the review)
Martin E, Battaglini C, Groff D, Naumann F	Improving muscular endurance with the MVe Fitness Chair in breast cancer survivors: a feasibility and efficacy study [with consumer summary] (RCT)	2013	J Sci Med Sport	16(4)	372-6	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Martinez-Pubil JA, Acebal Gonzalez A, Vega Alvarez JA	Pilates-based physiotherapy for ankylosing spondylitis patients [Spanish](RCT)	2017	Rehabilitación	Volume 51, Issue 3	160-166	Included (already)	Duplicate citation (already identified in the review)
Martinez-Pubil JA, Acebal-Gonzalez A, Fernandez Alvarez R, Vega-Alvarez JA	Pilates physiotherapy for ankylosing spondylitis patients: impact on lung function [Spanish] (RCT)	2017	Fisioterapia	Volume 39, Issue 6	250-256	Included (already)	Duplicate citation (already identified in the review)
Martins-Meneses DT, et al	Mat Pilates training reduced clinical and ambulatory blood pressure in hypertensive women using antihypertensive medications. (Non-randomized controlled trial)	2015	Int J Cardiol	179	262-8	Included (already)	Duplicate citation (already identified in the review)
Mazini Filho ML, Macedo Vianna J, de Oliveira Venturini GR, de Matos DG, Caputo Ferreira ME	Effects of different physical exercise programs on blood pressure and anthropometric indicators of the elderly [Portuguese] (RCT)	2016	Motricidade	12(Suppl 2)	147-154	Included (already)	Duplicate citation (already identified in the review)
Mazini Filho ML, Macedo Vianna J, de Oliveira Venturini GR, de Matos DG, Caputo Ferreira ME	Evaluation of different physical exercise programs in muscular strength and functional autonomy of elderly women) [Portuguese]	2016	Motricidade	12 (S2)	124+	Included (already)	Duplicate citation (already identified in the review)
Mazloum V, Rabiei P, Rahnama N, Sabzehparvar E	The comparison of the effectiveness of conventional therapeutic exercises and Pilates on pain and function in patients with knee osteoarthritis (RCT)	2018	Complement Ther Clin Pract.	31	343-348	Included (already)	Duplicate citation (already identified in the review)
Mazloum V, Sahebozamani M, Barati A, Nakhaee N, Rabiei P	The effects of selective Pilates versus extension-based exercises on rehabilitation of low back pain. (RCT)	2018	J Bodyw Mov Ther.	22(4)	999-1003	Included (already)	Duplicate citation (already identified in the review)
McMillan A, Proteau L, Lebe R	The effect of Pilates-based training on dancers' dynamic posture	1998	J Dance Med Sci	2(3)	101-7	Included (already)	Duplicate citation (already identified in the review)
Mendonca TMS, T. M., Silva CHM, Neto MB, Pinto RMC, Natour J, Len CA	Effects of Pilates exercises on health-related quality of life in individuals with juvenile idiopathic arthritis	2013	Archives of Physical Medicine and Rehabilitation	94(11)	2093-2102	Included (already)	Duplicate citation (already identified in the review)
Mendonca TMS, Terreri MTRA, Silva CHM, Neto MB, Pinto RMC, Natour J, Len CA	Effects of Pilates exercises on health-related quality of life in individuals with juvenile idiopathic arthritis (RCT)	2013	Arch Phys Med Rehabil.	94(11)	2093-102	Included (already)	Duplicate citation (already identified in the review)
Mesquita LS; de Carvalho FT; Freire LS; Neto OP; Zângaro RA	Effects of two exercise protocols on postural balance of elderly women: a randomized controlled trial .	2015	BMC Geriatrics [BMC Geriatr]	15	61	Included (already)	Duplicate citation (already identified in the review)
Miyamoto GC, Costa LOP, Galvanin T, Cabral CMN	Efficacy of the addition of modified Pilates exercises to a minimal intervention in patients with chronic low back pain: a randomized controlled trial	2013	Phys Ther.	93(3)	310-20	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Miyamoto GC, Costa LOP, Galvanin T, Cabral CMN	Efficacy of the addition of modified Pilates exercises to a minimal intervention in patients with chronic low back pain: a randomized controlled trial	2013	Physical Therapy	93(3)	310-320	Included (already)	Duplicate citation (already identified in the review)
Miyamoto GC, Franco KFM, van Dongen JM, dos Santos Franco YR, de Oliveira NTB, Amaral DDV, Branco ANC, da Silva ML, van Tulder MW, Cabral CMN	Different doses of Pilates-based exercise therapy for chronic low back pain: a randomised controlled trial with economic evaluation [with consumer summary]	2018	British Journal of Sports Medicine	52(13)	859-868	Included (already)	Duplicate citation (already identified in the review)
Miyamoto GC, Franco KFM, van Dongen JM, Franco YRDS, de Oliveira NTB, Amaral DDV, Branco ANC, da Silva ML, van Tulder MW, Cabral CMN	Different doses of Pilates-based exercise therapy for chronic low back pain: a <u>randomised controlled trial</u> with economic evaluation.	2018	Br J Sports Med.	52(13)	859-868	Included (already)	Duplicate citation (already identified in the review)
Miyamoto GC; Moura KF; Franco YR; Oliveira NT; Amaral DD; Branco AN; Silva ML; Lin C; Cabral CM, Physical Therapy [Phys Ther], ISSN: 1538-6724, 2016 Mar; Vol. 96 (3), pp. 382-9; Publisher: Oxford University Press; PMID: 26294680	Effectiveness and Cost-Effectiveness of Different Weekly Frequencies of Pilates for Chronic Low Back Pain: Randomized Controlled Trial.	2016				Included (already)	Duplicate citation (already identified in the review)
Mollinedo-Cardalda I; Cancela-Carral JM; Vila-Suárez MH	Effect of a Mat Pilates Program with TheraBand on Dynamic Balance in Patients with Parkinson's Disease: Feasibility Study and <u>Randomized Controlled Trial</u> .	2018	Rejuvenation Research	21 (5)	423-430	Included (already)	Duplicate citation (already identified in the review)
Montero-Camara J, Sierra-Silvestre E, Monteagudo-Saiz AM, Lopez-Fernandez J, Lopez-Lopez AI, Barco-Perez ME	Active eccentric stretch against passive analytical hamstring stretch in subacute or chronic non-specific low back pain, a <u>pilot trial</u> [Spanish]	2013	Fisioterapia	35(5)	206-213	Included (already)	Duplicate citation (already identified in the review)
Mostagi FQ, Dias JM, Pereira LM, Obara K, Mazuquin BF, Silva MF, Silva MA, de Campos RR, Barreto MS, Nogueira JF, Lima TB, Carregaro RL, Cardoso JR.	Pilates versus general exercise effectiveness on pain and functionality in non-specific chronic low back pain subjects.	2015	J Bodyw Mov Ther.	19(4)	636-45	Included (already)	Duplicate citation (already identified in the review)
Natour J, Cazotti LA, Ribeiro LH, Baptista AS, Jones A	Pilates improves pain, function and quality of life in patients with chronic low back pain: a randomized controlled trial [with consumer summary]	2015	Clinical Rehabilitation	29(1)	59-68	Included (already)	Duplicate citation (already identified in the review)
Natour J; Cazotti Lde A; Ribeiro LH; Baptista AS; Jones A,	Pilates improves pain, function and quality of life in patients with chronic low back pain: a <u>randomized controlled trial</u> .	2015	Clinical Rehabilitation [Clin Rehabil]	29(1)	59-68	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Nezakatolhosseini M, Esfarjani F, Dinani ZM	The effect of Pilates training on memory quotient (MQ) in multiple sclerosis patients) [Persian]	2015	Advances in Cognitive Sciences	16(4)	32-41	Included (already)	Duplicate citation (already identified in the review)
Notarnicola A, et al	Daily Pilates exercise or inactivity for patients with low back pain: a clinical prospective observational study	2014	Eur J Phys Rehabil Med	50(1)	59-66	Included (already)	Duplicate citation (already identified in the review)
Oksuz S, Unal E	The effect of the clinical pilates exercises on kinesiophobia and other symptoms related to osteoporosis: <u>Randomised controlled trial</u> .	2017	Complement Ther Clin Pract.	26	68-72	Included (already)	Duplicate citation (already identified in the review)
Oktaviani, Ika	Pilates workouts can reduce pain in pregnant women (<u>experimental study</u>)	2018	Complementary Therapies in Clinical Practice	31	349-351	Included (already)	Duplicate citation (already identified in the review)
Oliveira LC, Oliveira RG, Pires-Oliveira DA.	Comparison between static stretching and the Pilates method on the flexibility of older women.	2016	J Bodyw Mov Ther.	20(4)	800-806	Included (already)	Duplicate citation (already identified in the review)
Oliveira LC, Oliveira RG, Pires-Oliveira DAA	Effects of the Pilates exercise compared to whole body vibration and no treatment controls on muscular strength and quality of life in postmenopausal women: a randomized controlled trial	2018	Isokinetics and Exercise Science	26(2)	149-161	Included (already)	Duplicate citation (already identified in the review)
Oliveira LC, Oliveira RG, Pires-Oliveira DAA (Isokinetics and Exercise Science, vol. 26, no. 2, pp. 149-161, 2018)	Effects of the Pilates exercise compared to whole body vibration and no treatment controls on muscular strength and quality of life in postmenopausal women: a <u>randomized controlled trial</u>	2018				Included (already)	Duplicate citation (already identified in the review)
Oliveira LC, Oliveira RG, Pires-Oliveira DADA	Pilates increases the isokinetic muscular strength of the knee extensors and flexors in elderly women	2017	J Bodyw Mov Ther.	21(4)	815-822	Included (already)	Duplicate citation (already identified in the review)
Oliveira LC; Pires-Oliveira DA; Abucarub AC; Oliveira LS; 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 [J Bodyw Mov Ther]	21(1)	2-Oct	Included (already)	Duplicate citation (already identified in the review)
Pahlevanzade M, Rahmani Nia F, Shabani R, Shabani A	Comparing the effectiveness of Pilates and resistance training exercises and their combination (Pilates and resistance) on quality of life, muscular strength and fatigue in women with multiple sclerosis [Persian]	2016	Journal of Zanjan University of Medical Sciences and Health Services	24 (107)	Jan-15	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Palekar TJ, Basu S	Comparative study of Pilates exercise verses Yogasana in the treatment of fibromyalgia syndrome: a <u>pilot study</u>	2014	International Journal of Pharma and Bio Sciences 2014 Jul-Sep	5(3)	8410-8420	Included (already)	Duplicate citation (already identified in the review)
Patti A; Bianco A; Paoli A; Messina G; Montalto MA; Bellafiore M; Battaglia G; Iovane A; Palma A	Pain Perception and Stabilometric Parameters in People With Chronic Low Back Pain After a Pilates Exercise Program: A Randomized Controlled Trial.	2016	Medicine [Medicine (Baltimore)]	95(2)	e2414	Included (already)	Duplicate citation (already identified in the review)
Pedrali FR, Gomes CS, Soares L, Urbano MR, Moreira EC, Averbeck MA, de Almeida SH	Is pilates as effective as conventional pelvic floor muscle exercises in the conservative treatment of post-prostatectomy urinary incontinence? A <u>randomised controlled trial</u> .	2015	Neurourol Urodyn.	35(5)	615-21	Included (already)	Duplicate citation (already identified in the review)
Pestana MDS, Netto EM, Pestana MCS, Pestana VS, Schinoni MI	Pilates versus resistance exercise on the serum levels of hs-CRP, in the abdominal circumference and body mass index (BMI) in elderly individuals (<u>RCT</u>)	2016	Motricidade	12	128	Included (already)	Duplicate citation (already identified in the review)
Pinto JS; Sarmiento LA; Pereira da Silva AP; Cabral CM; Chiavegato LD	Effectiveness of conventional physical therapy and Pilates' method in functionality, respiratory muscle strength and ability to exercise in hospitalized chronic renal patients: A study protocol of a randomized controlled trial.	2015	Journal Of Bodywork And Movement Therapies [J Bodyw Mov Ther]	19(4)	604-15	Included (already)	Duplicate citation (already identified in the review)
Rahimimoghadam Z, Rahemi Z, Mirbagher Ajorpaz N, Sadat Z.	Effects of Pilates exercise on general health of hemodialysis patients.	2017	J Bodyw Mov Ther.	21(1)	86-92	Included (already)	Duplicate citation (already identified in the review)
Rahimimoghadam Z; Rahemi Z; Sadat Z; Mirbagher Ajorpaz N	Pilates exercises and quality of life of patients with chronic kidney disease.	2019	Complementary Therapies In Clinical Practice [Complement Ther Clin Pract]	34	35-40	Included (already)	Duplicate citation (already identified in the review)
Rajalaxmi V, Jasim A, Sudhakar S, Mohan Kumar G	To analyse the effectiveness of yoga, Pilates and Tai Chi exercise for chronic mechanical neck pain -- a <u>randomized controlled trial</u>	2018	Biomedicine	38		Included (already)	Duplicate citation (already identified in the review)
Ramezanpour MR, Kargozar M	The effect of Pilates exercises on the severity and duration of dysmenorrhea and duration of bleeding in young girls) [Persian]	2018	Iranian Journal of Obstetrics, Gynecology and Infertility	21	1-Aug	Included (already)	Duplicate citation (already identified in the review)
Rashidi Z, Daneshfar A, Shojaei M, Bagherian-Sararoudi R, Rouzbahani R, Marandi SM, Rashidi A	Scrutiny effects of eight-weeks Pilates exercise on women's postmenopausal depressive symptoms [Persian]	2013	Journal of Isfahan Medical School	31(231)	408-415	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Rayes ABR, et al.	The effects of Pilates vs. aerobic training on cardiorespiratory fitness, isokinetic muscular strength, body composition, and functional tasks outcomes for individuals who are overweight/obese (<u>RCT</u>)	2019	PeerJ	7	e6022	Included (already)	Duplicate citation (already identified in the review)
Rezaei A, Mahdavinejad R, SHamlouRezaei SH	PILATE'S SELECTED EXERCISES EFFECTS ON MUSCLES STRENGTH, TRUNK JOINTS RANGE OF MOTION AND FLEXIBILITY OF WOMEN WITH HYPERLORDOSIS IN IMMEDIATE POST- PARTUM. (<u>RCT</u>)	2015	The Journal of Urmia Nursing and Midwifery Faculty	13(3)		Included (already)	Duplicate citation (already identified in the review)
Rodriguez-Diaz L, Ruiz-Frutos C, Vazquez-Lara JM, Ramirez-Rodrigo J, Villaverde-Gutierrez C, Torres-Luque G	Effectiveness of a physical activity programme based on the Pilates method in pregnancy and labour (<u>RCT</u>)	2017	Enferm Clin.	27(5)	271-277	Included (already)	Duplicate citation (already identified in the review)
Roh S, Gil HJ, Yoon S	Effects of 8 weeks of mat-based Pilates exercise on gait in chronic stroke patients (<u>RCT</u>)	2016	J Phys Ther Sci.	28(9)	2615-2619	Included (already)	Duplicate citation (already identified in the review)
Roh S, Yoon S, Kim JN, Lim HS	Effects of modified Pilates on variability of inter-joint coordination during walking in the elderly	2016	J Phys Ther Sci.	28(12)	3463-3467	Included (already)	Duplicate citation (already identified in the review)
Roller M; Kachingwe A; Beling J; Ickes DM; Cabot A; Shrier G,	Pilates Reformer exercises for fall risk reduction in older adults: A <u>randomized controlled trial</u> .	2018	Journal Of Bodywork And Movement Therapies [J Bodyw Mov Ther]	22(4)	983-998	Included (already)	Duplicate citation (already identified in the review)
Samadi Z, Taghian F, Valiani M	Effects of Pilates and aerobic exercise on symptoms of premenstrual syndrome in non-athlete girls [Persian] (<u>quasi-experimental study</u>)	2013	Journal of Isfahan Medical School	30(213)	1880-1891	Included (already)	Duplicate citation (already identified in the review)
Sarmento LA; Pinto JS; da Silva AP; Cabral CM; Chiavegato LD,	Effect of conventional physical therapy and Pilates in functionality, respiratory muscle strength and ability to exercise in hospitalized chronic renal patients: a randomized controlled trial.	2017	Clinical Rehabilitation [Clin Rehabil]	31(4)	508-520	Included (already)	Duplicate citation (already identified in the review)
Sarpkaya Güder, D; Vural, G; Yalvaç, M	The effect of pregnancy Pilates-assisted childbirth preparation training on childbirth fear and neonatal outcomes: a <u>quasi-experimental/quantitative research</u>	2018	Qual Quant	52	2667-2679	Included (already)	Duplicate citation (already identified in the review)
Savkin R, Aslan UB	The effect of Pilates exercise on body composition in sedentary overweight and obese women (<u>RCT</u>)	2016	J Sports Med Phys Fitness.	57(11)	1464-1470	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Sekendiz B, Altun Ö, Korkusuz F, Akin S	Effects of pilates exercise on trunk strength, endurance and flexibility in sedentary adult females	2007	J Bodyw Mov Ther	11(4)	318-26	Included (already)	Duplicate citation (already identified in the review)
Sener HO, Malkoc M, Ergin G, Karadibak D, Yavuzsen T	Effects of clinical Pilates exercises on patients developing lymphedema after breast cancer treatment: a randomized clinical trial	2017	J Breast Heal.	13(1)	16–22	Included (already)	Duplicate citation (already identified in the review)
Shahrjerdi S, Golpayegani M, Daghighzadeh A, Karami A	The effect of Pilates-based exercises on pain, functioning and lumbar lordosis in women with non-specific chronic low back pain and hyperlordosis [Persian] (RCT)	2014	J Adv Med Biomed Res 2014	22(94)	120-131	Included (already)	Duplicate citation (already identified in the review)
Shanazari Z, Marandi SM, Minasian V	Effect of 12-week Pilates and aquatic training on fatigue in women with multiple sclerosis [Persian]	2013	J Mazandaran Univ Med Sci	23(98)	257-264	Included (already)	Duplicate citation (already identified in the review)
Silva Pedro Henrique Brito da, Silva Dayane Ferreira da, Oliveira Jéssyka Katrinny da Silva, Oliveira Franassis Barbosa de.	The effect of the Pilates method on the treatment of chronic low back pain: a clinical, randomized, controlled study	2018				Included (already)	Duplicate citation (already identified in the review)
Silveira Aline Prieto de Barros, Nagel Laura Zanforlin, Pereira Dayane Dias, Morita Ângela Kazue, Spinoso Deborah Hebling, Navega Marcelo Tavella et al .	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 (Portuguese)(pilot study)	2018	Fisioterapia e Pesquisa	25(2)	173-181	Included (already)	Duplicate citation (already identified in the review)
Siqueira Rodrigues, B.G., Ali Cader, S., Bento Torres, N.V., Oliveira, E.M., and Martin Dantas, E.H.	Pilates method in personal autonomy, static balance and quality of life of elderly females (pilot study)	2010	J Bodyw Mov Ther.	14(2)	195-202	Included (already)	Duplicate citation (already identified in the review)
Sofianidis G, Dimitriou AM, Hatzitaki V	A Comparative Study of the Effects of Pilates and Latin Dance on Static and Dynamic Balance in Older Adults. (non rct?)	2017	J Aging Phys Act.	25(3)	412-419	Included (already)	Duplicate citation (already identified in the review)
Sokhanguei Y, Sadoughi Noorabadi M, Sadoughi Noorabadi N, Hatami M	The effect of a Pilates program on chronic non-specific lower back pain and stable range of motion in 40 to 60 year old women [Persian] (RCT)	2017	J Adv Med Biomed Res	25(108)	20-30	Included (already)	Duplicate citation (already identified in the review)
Teixeira de Carvalho F, de Andrade Mesquita LS, Pereira R, Neto OP, Amaro Zangaro R	Pilates and Proprioceptive Neuromuscular Facilitation Methods Induce Similar Strength Gains but Different Neuromuscular Adaptations in Elderly Women.	2017	Exp Aging Res.	43(5)	440-452	Included (already)	Duplicate citation (already identified in the review)
Tunar M, Ozen S, Goksen D, et al.	The effects of Pilates on metabolic control and physical performance in adolescents with type 1 diabetes mellitus (RCT)	2012	J Diabetes Complications	2012 Jul-Aug; 26(4)	348-51	Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Uluğ N1, Yılmaz ÖT, Kara M, Özçakar L.	Effects of Pilates and yoga in patients with chronic neck pain: A <u>sonographic study</u> .	2018	J Rehabil Med.	50(1)	80-85	Included (already)	Duplicate citation (already identified in the review)
Valenza MC, Rodríguez-Torres J, Cabrera-Martos I, Díaz-Pelegrina A, Aguilar-Ferrandiz ME, Castellote-Caballero Y	Results of a Pilates exercise program in patients with chronic non-specific low back pain: a randomized controlled trial [with consumer summary]	2017	Clinical Rehabilitation	31(6)	753-760	Included (already)	Duplicate citation (already identified in the review)
Valenza MC; Rodríguez-Torres J; Cabrera-Martos I; Díaz-Pelegrina A; Aguilar-Ferrándiz ME; Castellote-Caballero Y,	Results of a Pilates exercise program in patients with chronic non-specific low back pain: a <u>randomized controlled trial</u> .	2017	Clinical Rehabilitation [Clin Rehabil]	31(6)	753-760	Included (already)	Duplicate citation (already identified in the review)
Vancini RL, Rayes ABR, Lira CAB, Sarro KJ, Andrade MS	Pilates and aerobic training improve levels of depression, anxiety and quality of life in overweight and obese individuals.	2017	Arq Neuropsiquiatr.	75(12)	850-857	Included (already)	Duplicate citation (already identified in the review)
Vécseyne MK, et al	Effects of Pilates and aqua fitness training on older adults' physical functioning and quality of life. (<u>RCT</u>)	2013	Biomedical Human Kinetics	5(1)	22-27	Included (already)	Duplicate citation (already identified in the review)
Vieira ND, Testa D, Ruas PC, Salvini TF, Catai AM, de Melo RC.	The effects of 12 weeks Pilates-inspired exercise training on functional performance in older women: A randomized clinical trial.	2017	J Bodyw Mov Ther. 2017 Apr (Erratum in: J Bodyw Mov Ther. 2017 Jul;21(3):747).	21(2)	251-258	Included (already)	Duplicate citation (already identified in the review)
Walowska J, Bolach B, Bolach E	The influence of Pilates exercises on body balance in the standing position of hearing impaired people (<u>RCT</u>)	2018	Disabil Rehabil 2018	40	3061-9	Included (already)	Duplicate citation (already identified in the review)
Yucel H, Uysal O	Pilates-based mat exercises and parameters of quality of life in women with type 2 diabetes (<u>RCT</u>)	2018	Iran Red Crescent Med J.	20(S1):e21919		Included (already)	Duplicate citation (already identified in the review)
ZEADA, MOHAMED AMIN	EFFECTS OF PILATES ON LOW BACK PAIN AND URINE CATECHOLAMINE (<u>Experimental study</u>)	2012	Ovidius University Annals, Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH	XII(1)		Included (already)	Duplicate citation (already identified in the review)
Zengin Alpozgen A, Razak Ozdincler A, Karanlik H, Yaman Agaoglu F, Narin AN	Effectiveness of Pilates-based exercises on upper extremity disorders related with breast cancer treatment. (<u>RCT</u>)	2017	Eur J Cancer Care (Engl)	26(6)		Included (already)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
R. Nazım Saraçoğlu, Ahmet Şirinkan	The Research Of The Effect Of The Pilates Special Movement Training Program Which Is Applied To Autism Spectrum Students On Student'S Balance And Flexibility Properties (<u>Non RCT?</u>)	2016	European Journal of Physical Education and Sport Science			not picked up in search	3. Intervention out of scope (not Pilates or component thereof)
APPELL, I. P. C.; PEREZ, V. R.; NASCIMENTO, M. M.; CORIOLANO, H. J. A.	The Pilates method to improve body balance in the elderly (<u>RCT</u>)	2012	Journal – Archives of Exercise in Health and Disease	3	188-193	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Boguszewski D, Cieślak M, Adamczyk J, Ochal A	The Role of Pilates and Aquafitness Exercises in Sustaining the Health and Fitness of Elderly Women.	2012	Sport Sci Rev	21 (3-4)	127–38	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Guimarães ACA, by Azevedo SF, Simas JPN, Machado Z, Jonck VTF	The effect of Pilates method on elderly flexibility	2014	Fisioter Mov. 2014	27(2)	181-8	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Hyun J, et al.	The effects of Pilates mat exercise on the balance ability of elderly females (<u>Non-Randomized Controlled Trial</u>)	2014	J Phys Ther Sci. 2014 Feb	26(2)	291-293	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Mokhtari M, Nezakatalhossaini M, Esfarjani F.	The Effect of 12-Week Pilates Exercises on Depression and Balance Associated with Falling in the Elderly. (<u>non RCT</u>)	2013	Procedia - Social and Behavioral Sciences	70	1714-23	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
TOZIM, Beatriz Mendes; NAVEGA, Marcelo Tavella.	Effect of pilates method on inspiratory and expiratory muscle strength in the elderly (<u>RCT?</u>)	2018	Rev. bras. cineantropom. desempenho hum., Florianópolis	20(1)	1-Sep	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Camarão T.	Pilates no Brasil: Corpo e Movimento	2004	Alegro.			not picked up in search	6b. Publication type out of scope (not an intervention study examining effectiveness)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Craig C.	Pilates com a Bola. 2nd ed	2005				not picked up in search	6b. Publication type out of scope (not an intervention study examining effectiveness)
BOTELHO, C. I.	Análise Eletromiográfica do Músculo Reto Abdominal e do Quadro Álgico de Mulheres Portadoras de Lombalgia Submetidas ao Tratamento com Posturas Baseadas em Mat Pilates. Monografia de graduação. Universidade do Extremo Sul Catarinense-UNESC, Criciúma, SC, Brasil,	2007				not picked up in search	6c. Publication type out of scope (grey literature)
BOTELHO, C. I. A	THE INFLUENCE OF THE PILATES METHOD ON CHANGES IN POSTURES OF SURF PARTICIPANTS FROM THE ASSOCIATION OF EXTREME SOUTHERN CATARINIAN SURF (Influência do Método Pilates nas Alterações Posturais dos Praticantes de Surf da Associação do Extremo Sul Catarinense de Surf). (Thesis)	2009	Completion of course work. University of the Far South of Santa Catarina-UNESC, Criciúma, SC, Brazil	Julho 2009	19	not picked up in search	6c. Publication type out of scope (grey literature)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Afroundeh, R., Saidzanoi, R.	Comparison of the Effect of Pilates and Traditional Corrective Exercises on Lumbar Lordosis in Female Students	2017	The Scientific Journal of Rehabilitation Medicine	6(3)	84-94	not picked up in search	9. Publication not in English; Awaiting classification
Alavi K, Sheikh M, Bagherzadeh F.	Comparing effect of tai chi and Pilates exercises on static and dynamic balance of elderly men with Parkinson's disease (<u>quasi experimental study</u>)	2018	joge.	3(1)	72-83	not picked up in search	9. Publication not in English; Awaiting classification
Amirsasan, R., Nikookheslat, S., Dolgari Sharaf, R	Effect of Eight Weeks of Pilates Training on Some Physical Fitness Variables in Untrained Overweight Females	2017	The Scientific Journal of Rehabilitation Medicine	6(1)	192-200	not picked up in search	9. Publication not in English; Awaiting classification
Cascales-Ruiz E, Del Pozo-Cruz J, Alfonso RM	Effects of 12 weeks of detraining on the retention of physical condition and quality of life in women over 30 years after a nine-month Pilates program and comparison with sedentary women (Efectos de 12 semanas de desentrenamiento en la retención de condición física y calidad de vida en mujeres mayores de 30 años tras un programa de nueve meses de Pilates y comparación con mujeres sedentarias)	2015	Rev Esp Educ Fis Deporte	408 (62)	23-37	not picked up in search	9. Publication not in English; Awaiting classification

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Donyapour, H., Abedini, M., Eskandarnejad, M., Mohammadzade, H	Effects of Pilates and Neurofeedback Exercises on Balance and Cognitive Disorders in Chronic Stroke Patients	2015	The Scientific Journal of Rehabilitation Medicine	4(2)	127-137	not picked up in search	9. Publication not in English; Awaiting classification
Donyapour, H., Mohammadzade, H., Abedini, M., Rezaie, S., Safari, H.	The impacts of Pilates trainings on improvements of dynamic balance and gait performance in elderly men with falling background.	2013	The Scientific Journal of Rehabilitation Medicine	Nov-18		not picked up in search	9. Publication not in English; Awaiting classification
Farsi, A., Shahidian Akbar, P., Vaez Mosavi, M., Jamshidi, A.	Effect of Pilates Training Based on Core Stability on Balance and Electromyography of Women with Multiple Sclerosis (RCT)	2017	The Scientific Journal of Rehabilitation Medicine	6(3)	165-173	not picked up in search	9. Publication not in English; Awaiting classification
Maryam Bagheri N, and Bahram A. (Persian)	Effect of Eight Weeks of Pilates training on Orexin and Insulin Resistance Levels in Overweight Children (RCT)	2018	Yafteh	Vol 20, Iss 1	112-122	not picked up in search	9. Publication not in English; Awaiting classification
Rezvankhah Golsefidi, N., Emami Hashemi, S. (2017)	The Effect of Pilates Exercise on the Number of fall, Fear of Falling and Reaction Time of Women with Multiple Sclerosis (quasi-experimental study)	2017	The Scientific Journal of Rehabilitation Medicine	6(2)	150-159	not picked up in search	9. Publication not in English; Awaiting classification

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Torrens FF.	Effects of Mat Pilates Exercises on Heart Rate and Systemic Blood Pressure (Efeitos de Exercícios de Mat Pilates sobre a Frequência Cardíaca e a Pressão Arterial Sistêmica). Inspirar: Florianópolis, Brazil; 2010.	2010	Inspirar: Florianópolis			not picked up in search	9. Publication not in English; Awaiting classification; Full text unable to be retrieved
YANG Min-li,ZHANG Ren-fa	Effect of Pilates Exercise Therapy on Rehabilitation LDH Patients (<u>RCT</u>)	2012	Journal of Chengdu Sport University	Issue 6	92-94	not picked up in search	9. Publication not in English; Awaiting classification; Full text unable to be retrieved
Shaw BS, Gildenhuis GM, Fourie M, Shaw I, Brown GA.	Pulmonary function changes in the aged following Pilates exercise training.	2013	Med Sci Sports Exerc.	45(7):S160 2		not picked up in search	Conference abstract; Awaiting classification
ARSLANOĞLU, Erkal; ŞENEL, Ömer	Effects of Pilates Training on Some Physiological Parameters and Cardiovascular Risk Factors of Middle Aged Sedentary Women (<u>Non-RCT</u>)	2013	International Journal of Sport Studies	3(2)	122-129	not picked up in search	Full text unable to be retrieved, awaiting classification
Bakhshayesh, B.; Sayyar, S.; Daneshmandi, H (Names appear in diff order in second reference	The effect of a selective Pilates program on functional balance and falling risk in patients with Parkinson's disease (<u>RCT</u>)	2017	Casp. J. Neurol. Sci & Zahedan J. Res. Med. Sci	3 & 19	25-38	not picked up in search	Include

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Betul Sahinci Gokgul, Serkan Hazar	The effect of eight-week cyclic exercises and Pilates exercises in women to some physical parameters and blood lipids	2017	Medicine			not picked up in search	Include
Hosseini Sisi, S.Z., Sadeghi, H., Nabavi, S.M.	The effects of 8 weeks of rebound therapy and Pilates practices on static and dynamic balances in males with multiple sclerosis.	2013	Adv. Environ. Biol.	7	4290-4293	not picked up in search	Include
Pandya, S.; Nagendran, T.; Shah, A.; Chandrabharu, V	Effect of Pilates training program on balance in participants with idiopathic Parkinson's disease - An <u>interventional study</u>	2017	Int. J. Heal. Sci. Res	7	186-196	not picked up in search	Include

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Pavithralochani V, Thangavignesh R, Saranya P, Ramanathan K.	Efficacy of Kegel's Exercise vs Pilates in Subject with Urinary Incontinence during Pregnancy (<u>pilot study</u>)	2019	Research Journal of Pharmacy and Technology	12(12)	5943-5946	not picked up in search	Include
Prachi Sathe , Priya Chitre, Snehal Ghodey	ADDED EFFECT OF PILATES MAT EXERCISES ON BALANCE AND LIMITS OF STABILITY IN CHRONIC STROKE PATIENTS: A <u>PILOT STUDY</u>	2018	International Journal of Physiotherapy and Research, Int J Physiother Res	6(3)	2732-39	not picked up in search	Include
Rezvani, M.H	Comparing Pilates and physioball exercise regimens on balance and motor control in women with multiple sclerosis. (<u>RCT</u>)	2017	Int. J. Heal. Stud.	3		not picked up in search	Include
Seghatoleslami, Ali; Masoudi, Maryam; Saghebjo, Marzieh; Taheri, Morteza	Aerobics or Pilates: Which is More Effective in the Performance of Wechsler Acid Profile Among Children with Learning Disabilities? A <u>Randomized Comparison Trial</u>	2019	Int J School Health.	6(3)		not picked up in search	Include

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Torabian M, Taghadosi M, Mirbagher Ajorpaz N, et al.	The effect of pilates exercises on general health in women with type 2 diabetes (RCT)	2013	Life Science Journal	10	283-288	not picked up in search	Include
Kim E, Lee H.	The effects of deep abdominal muscle strengthening exercises on respiratory function and lumbar stability	2013	J Phys Ther Sci.	25(6)	663-665	not picked up in search	3. Intervention out of scope (not Pilates or component thereof)
Tlapáková, Eva et al	THE RELATIONSHIP BETWEEN PELVIS INCLINATION, EXERCISE AND LOW BACK PAIN (LBP) DURING PREGNANCY. / VZTAH MEZI BOLESTÍ ZAD, SKLONEM PÁNVE A VHODNOU POHYBOVOU AKTIVITOU V TĚHOTENSTVÍ.	2009				not picked up in search	3. Intervention out of scope (not Pilates or component thereof)
Diamantoula, P.; Nikolaos, A.; Helen, S.	Aqua pilates versus land pilates: Physical fitness outcomes	2016	J. Phys. Educ. Sport	16	573-578	not picked up in search	3b. Comparator out of Scope
Kirandi O, Sahin M, Erol M, Koc S, Kepoglu A, Irtegun B, Karaaslan S.	The effect of 8 week Academy and Peak Pilates exercises on certain physical parameters.	2013	Int J Acad Res	5 (2)	94-98	not picked up in search	3b. Comparator out of Scope
Kolyniak IEG, Cavalcanti SMB, Aoki MS	Isokinetic valuation of the musculature involved in trunk flexion and extension: Pilates method effect (Avaliação isocinética da musculatura envolvida na flexão e extensão do tronco: efeito do método Pilates®)	2004	Rev Bras Med Esporte.	10(6)	491-3	not picked up in search	3b. Comparator out of Scope
Oliveira NT, et al.	Muscle activation during Pilates exercises in participants with chronic non-specific low back pain - a cross-sectional case control study	2017	Arch Phys Med Rehabil	98(1)	88-95	not picked up in search	3b. Comparator out of Scope
Werba DD, et al.	Electrical Activity of Powerhouse Muscles During the Teaser Exercise of Pilates Using Different Types of Apparatus (Experimental study)	2017	Percept Mot Skills. 2017 Apr	124(2)	452-461	not picked up in search	3b. Comparator out of Scope
Amorim TP, Filipa Manuel S, José Augusto Rodrigues Dos S	Influence of Pilates training on muscular strength and flexibility in dancers	2011	Motriz: rev. educ. fis. Rio Claro	17(4)		not picked up in search	4. Population out of scope (healthy participants seeking general wellness)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Andrade LS, et al.	Application of Pilates principles increases paraspinal muscle activation	2015	J Bodywork Move Ther	19(1)	62-66	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Arihiro H, et al.	Pilates Exercise Improves Hip Joint Flexion Mobility in Rugby Players	2018	Advances in Exercise & Sports Physiology	24(3)	45-49	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Machado Carolina Neis, Prado Ana Paula Moratelli, Dell'Antonio Elisa, Oliveira Deise Ferreira de, Pereira Suzana Matheus, Roesler Helio.	Analysis of lower limb force in foot work exercise of Pilates (<u>experimental study?</u>)	2016	Fisioter. mov. [Internet]	29(4)	669-676	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Martínez RB. (2018) T. / El mètode Pilates a l'educació física. Efectes d'un programa d'intervenció en la salut escolar: qualitat de vida, estat físic i actitud postural d'estudiants d'ESO a Cantàbria. Apunts: Educació Física i Esports (131), 108-108.	The Pilates Method in Physical Education. School Health Intervention Programme: Quality of Life, Physical Fitness and Postural Attitude of Secondary School Students in Cantabria	2018				not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Mikalacki M, Emese M, Cokorilo N, Korovljev D, Ruiz PJ.	Analysis of the effects of a Pilates program on the flexibility of women.	2012	Facta Universitatis	10 (4)	305-309	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Montesano P & Mazzeo F	Pilates Improvement the Individual Basics of Service and Smash in Volleyball	2018	Sport Mont	16(3)	25-30	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Nihan KATAYIFÇI, Tülin DÜGER, Edibe ÜNAL	Effects of clinical Pilates exercises on physical fitness of healthy subjects (<u>pilot study</u>)	2014	Journal of Exercise Therapy and Rehabilitation 2014	1(1)	17-25	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Park JM, Hyun GS, Jee YS	Effects of Pilates core stability exercises on the balance abilities of archers	2016	J Exerc Rehabil	12	553-8	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Pertile L, Vaccaro TC, De Marchi T, Rossi RP, Grosselli D, Marcalossi JL.	Estudocompatativo entre o método pilates e exercícios terapêuticos sobre a força muscular e flexibilidade de tronco em atletas de futebol. (Comparative study between the pilates method and therapeutic exercises on muscle strength and trunk flexibility in soccer athletes.)	2011	Con Scientiae Saude	10 (1)	102-111	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Rogers K, Gibson AL	Eight-week traditional mat Pilates training-program effects on adult fitness characteristics	2009	Res Q Exerc Sport	80(3)	569-74	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Souza EF, Cantergi D, Mendonça A, Kennedy C, Loss JF	Electromyographic analysis of the rectus femoris and rectus abdominis muscles during performance of the hundred and teaser pilates exercises	2012	Rev Bras Med Esporte.	18(2)	105-8	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Tumonytė G, et al.	Effect of Pilates Method on 6-10 Year Old Dancesport Dancers' Physiological Responses	2018	Baltic Journal of Sport & Health Sciences	109(2)	41-49	not picked up in search	4. Population out of scope (healthy participants seeking general wellness)
Rodrigues BG. .	Método Pilates: uma nova proposta em reabilitação física	2006	eFisioterapia Web site. http://www.efisioterapia.net/descargas/pdfs/pilates.pdf .			not picked up in search	6a. Publication type out of scope (opinion piece/editorial/commentary)
Gil A, Novaes J.	Core & Training: Pilates, plataforma vibratória, treinamento funcional. Editora Ícone.	2014			344	not picked up in search	6b. Publication type out of scope (not an intervention study examining effectiveness)
Gómez VS, García OG	Ejercicio físico y Pilates durante el embarazo.	2009	Revista Digital, Buenos Aires.	14	136	not picked up in search	6b. Publication type out of scope (not an intervention study examining effectiveness)
Marin MN.	Pilates en la escuela	2009	Educ Fis Deportes.	14(132)		not picked up in search	6b. Publication type out of scope (not an intervention study examining effectiveness)
NASCIMENTO, M. M.; LIMA, R. K. R.	Aging evenly: considerations of a physical activity program for the elderly based on the Pilates method (Envelhecendo equilibradamente: considerações de um programa de atividade física para idosos fundamentado no método Pilates.)	2013	Extramuros - Revista de Extensão da Univasf	v. 1, n. 1 jan./jul. 2013	p. 108-123	not picked up in search	6b. Publication type out of scope (not an intervention study examining effectiveness)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Netto CM, Colodete RO, Jorge FS, Silva J.	Estadiamento da força desenvolvida pelas diferentes molas do Pilates em diferentes distâncias de tensão	2008	Perspectivas Online.	2(8)	80-91	not picked up in search	6b. Publication type out of scope (not an intervention study examining effectiveness)
Pires DC, Sá CK.	Pilates: notas sobre aspectos históricos, princípios, técnicas e aplicações	2005	Educ Fis Deportes.	10(91)		not picked up in search	6b. Publication type out of scope (not an intervention study examining effectiveness)
Ungaro A.	A Promessa de Pilates: 10 Semanas para um Corpo Novo em Folha.	2005	São Paulo, Brazil: Caras.			not picked up in search	6b. Publication type out of scope (not an intervention study examining effectiveness)
Guimarães BR.	Effects of a pilates exercise program on metabolic, inflammatory and functional indicators in obese women: a proposal for health promotion (Efeitos de um programa de exercícios do método pilates nos indicadores metabólicos, inflamatórios e funcionais em obesas: uma proposta à promoção de saúde) [master's thesis]	2012	Brazil: Universidade de Franca			not picked up in search	6c. Publication type out of scope (grey literature)
Montes AM.	Efeito de um Programa de Exercícios Segundo Pilates em Indivíduos com Asma Controlada-Controllo Motor vs Função Ventiratória.	2011	[master's thesis]. Vila Nova de Gaia, Portugal: Escola Superior de Tecnologia da Saúde do Porto.			not picked up in search	6c. Publication type out of scope (grey literature)
MORAZ, T.	The influence of the pilates method on the electromyographic parameters of the rectus abdominis muscles in the elderly (A influência do método Pilates sobre os parâmetros eletromiográficos do músculo reto-abdominais em idosos) (Thesis)	2010	Trabalho de Conclusão de Curso (Graduação em Fisioterapia)– Universidade do Extremo Sul Catarinense, Criciúma, 2010.			not picked up in search	6c. Publication type out of scope (grey literature)
Scollay, F.	The effect of Pilates and home-based exercise on pain, disability, and quality of life in people with chronic non-specific neck pain: a <u>randomised controlled trial</u> .	2016	Master Osteopat. Unitec Inst. Technol.			not picked up in search	6c. Publication type out of scope (grey literature)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
King & Horak, 2009	Delaying Mobility Disability in People With Parkinson Disease Using a Sensorimotor Agility Exercise Program	2009	Physical Therapy	89(4)	384-393	not picked up in search	7a. Study design out of scope (narrative review, Guideline, HTA assessment)
Casado L, Vianna LM, et al.	Fatores de risco para doenças crônicas não transmissíveis no Brasil: Uma revisão sistemática.	2009	Rev Bras de Cancerol.	55(4)	379-388	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Cruz JC, Liberali R, Cruz TM, Netto MI	The Pilates method in the rehabilitation of musculoskeletal disorders: a <u>systematic review</u>	2016	Fisioter. Mov., Curitiba	29(3)	609-622	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Do, Maria & Correia de Lima, Maria & Miranda, Adriana & Prestrelo, Paula & Martins, Costa & Oliveira, Etiene & Fittipaldi, Silva. (2009).	Aptidão física de idosos com doença de Parkinson submetidos à intervenção pelo método Pilates. Parkinson disease: functional modifications and potential application of Pilates method	2009	Geriatr Gerontol Aging.	3(1)	33-40	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Edson Meneses Silva Filho1 , Jéssica Andrade de Albuquerque	Influence of pilates method training on the balance of the elderly: a systematic review	2016	Man. Ther., Posturology Rehabil. J	14		not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Engers PB, Rombaldi AJ, Portella EG, da Silva MC	The effects of the Pilates method in the elderly: a systematic review.	2016	Rev Bras Reumatol Engl Ed.	56(4)	352-65	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
FRANCESCHI, J. G. S.	THE INFLUENCE OF THE PILATES METHOD IN THE DAILY ACTIVITIES OF ELDERLY PEOPLE: A REVIEW STUDY (A influência do método Pilates nas atividades diárias de idosos: um estudo de revisão).	2013				not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Gonzales AI, Nery T, Fragnani SG, Pereira F, Lemos RR, Bezerra PP, Haas P.	Pilates Exercise for Hypertensive Patients: A Review of the Literature.	2016	Altern Ther Health Med.	22(5)	38-43	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Hita-Contreras, Fidel; Martínez-Amat, Antonio, ; Cruz-Díaz, David; Pérez-López, Faustino R	Osteosarcopenic obesity and fall prevention strategies. (SR)	2014	Maturitas. 2015 Feb	80(2)	126-32	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Hornsby E, Johnston LM.	Effect of Pilates Intervention on Physical Function of Children and Youth: A Systematic Review.	2019	Arch Phys Med Rehabil.	pii: S0003-9993(19)30383-1		not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Hornsby,E; Johnston, L M	Effect of Pilates Intervention of Physical Function of Children and Youth: A Systematic Review	2019	Archives of Physical Medicine and Rehabilitation	101 (2)	317-328	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Joyce AA, Kotler DH	Core Training in Low Back Disorders: Role of the Pilates Method. (SR)	2017	Curr Sports Med Rep.	16(3)	156-161	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Kelly OJ, Gilman JC.	Can Unconventional Exercise be Helpful in the Treatment, Management and Prevention of Osteosarcopenic Obesity? (SR)	2017	Curr Aging Sci.			not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Khodarahmi S, Kariman N, Ebadi A, Ozgoli G	Effect of exercise on stress urinary incontinence in women: a review study [Persian] (SR)	2018	Iranian Journal of Obstetrics, Gynecology and Infertility	21(3)		not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Klepper S, M. K. T., Klotz R, Gregorek AO, Chan YC, Sawade S.	Effects of structured exercise training in children and adolescents with juvenile idiopathic arthritis	2019	Pediatric Physical Therapy	31(1)	Mar-21	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Klepper S, Mano Khong TT, Klotz R, Gregorek AO, Chan YC, Sawade S	Effects of Structured Exercise Training in Children and Adolescents With Juvenile Idiopathic Arthritis (SR)	2019	Pediatr Phys Ther	31(1)	Mar-21	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
López-Navarro, Claudia; Segura-Luján, María Inés	New communications systems of Pilates Method in pregnancy and postpartum period (SR)	2017	Revista Espanola de Comunicacion en Salud	8(1)	20-28	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Marés G, Oliveira KB, Piazza MC, Preis C, Neto LB.	The importance of central stabilization in Pilates method: a systematic review	2012	Fisioter Mov.	25(2)	445-451	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Marques, Karen Adriana Pastana et al.	Pilates for rehabilitation in patients with multiple sclerosis: A <u>Systematic Review</u> of Effects on Cognition, Health-Related Physical Fitness, General Symptoms and Quality of Life	2020	Journal of Bodywork and Movement Therapies			not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Martinez Fortes, E. D. B., et al.	PILATES METHOD AND INFLUENCE IN THE SELF-ESTEEM OF THE ELDERLY: INTEGRATIVE REVIEW	2015	Revista Mackenzie de Educacao Fisica e Esporte	14(2)	43-53	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Miranda S, Marques A.	Pilates in noncommunicable diseases: A <u>systematic review</u> of its effects	2018	Complement Ther Med	2018 Aug;39	114-130	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Morais dos Santos, A., et al	PILATES METHOD APPLIED TO PHYSICAL FITNESS: A <u>SYSTEMATIC REVIEW</u>	2015	Revista Mackenzie de Educacao Fisica e Esporte	14(1)	93-122	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Muller, Arline						not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Panchik D, Masco S, Zinnikas P, Hillriegel B, Lauder T, Suttman E, Chinchilli V, McBeth M, Hermann W	Effect of exercise on breast cancer-related lymphedema: what the lymphatic surgeon needs to know (SR & MA)	2019	J Reconstr Microsurg.	35(1)	37-45	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Paolucci T, Attanasi C, Cecchini W, Marazzi A, Capobianco SV, Santilli V	Chronic low back pain and postural rehabilitation exercise: a <u>literature review</u> .	2018	J Pain Res.	20(12)	95-107	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Parikh, Chintan M.	Role of Pilates in Rehabilitation: A Literature Review	2016				not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Poyatos-León, R, García-Hermoso, A, Sanabria-Martínez, G, Álvarez-Bueno, C, Cavero-Redondo, I, Martínez-Vizcaíno, V.	Effects of exercise-based interventions on postpartum depression: A <u>meta-analysis</u> of randomized controlled trials	2017	Birth	44	200-208	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Rodrigo, F. D., et al. 23(1): 157-163.	Analysis of the effectiveness of the method Pilates in low back pain: a <u>systematic review</u>	2015	Revista Brasileira de Ciência e Movimento: RBCM	23(1)	157-163	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Saligheh, M; Hackett D; Boyce P, Cobley S;	Can exercise or physical activity help improve postnatal depression and weight loss? A systematic review.	2016	Arch Womens Ment Health.	20(5)	595-611	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Sanchez-Lastra MA, Martinez-Aldao D, Molina AJ, Ayan C	Pilates for people with multiple sclerosis: a systematic review and meta-analysis [with consumer summary]	2019	Multiple Sclerosis and Related Disorders	28	199-212	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Sharifmoradi K, Saayah M, Karimi M T	The effect of Pilates exercise on static, dynamic, and functional stability of the elderly: A <u>meta-analysis</u> study	2019	Feyz.	23(4)	442-454	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Silva ACLG, Mannrich G.	Pilates on rehabilitation: a systematic review.	2009	Fisioter Mov.	449-55		not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
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Thompson, B., et al. 19: e15-e15.	Are core stability exercises an effective treatment for nonspecific chronic low back pain? A systematic review with meta-analysis	2015	Journal of Science and Medicine in Sport	19	e15	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Vaquero Cristobal R, Lopez Minarro PA, Alacid Carceles F, Esparza Ros F	The effects of the Pilates method on hamstring extensibility, pelvic tilt and trunk flexion [Spanish] (SR)	2015	Nutr Hosp.	32(5)	1967-86	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
Vaquero-Cristóbal R, López-Miñarro PA, Alacid F, Esparza F	The effects of the pilates method on hamstring extensibility, pelvic tilt and trunk flexion. (Efectos del método Pilates sobre extensibilidad isquiosural, la inclinación pélvica y la flexión del tronco)	2015	Nutr Hosp.	32(5)	1967-1986	not picked up in search	7b. Study design out of scope (SR of RCTs or NRSIs)
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Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
BARROS, N. V. S.	Quality of life through the pilates method: evaluating elderly practitioners in the city of Campina Grande - PB (Qualidade de vida através do método Pilates, avaliando os idosos praticantes no município de Campina Grande – PB)	2011	Course Conclusion Paper (Graduation in Physiotherapy) - Paraíba State University, Campina Grande.			not picked up in search	7c. Study design out of scope (case series or case report)
Bertoldi, J.T., Medeiros, A.M., and Goulart, S.O.	The method pilates effects on pelvic floor of climacteric women: a case study . A influência do método pilates na musculatura do assoalho pélvico em mulheres no climatério: estudo de caso.	2015	Cinergis. 2015	16	255-260	not picked up in search	7c. Study design out of scope (case series or case report)
Blum CL. .	Chiropractic and Pilates therapy for the treatment of adult scoliosis	2002	J Manipulative Physiol Ther.	25(4)	E3	not picked up in search	7c. Study design out of scope (case series or case report)
Cantergi D, et al.	Muscle strategies for leg extensions on a Reformer apparatus (Pilot study)	2015	J Electromyogr Kinesiol Apr	25(2)	260-4	not picked up in search	7c. Study design out of scope (case series or case report)
Coleman TJ, et al	Intra-abdominal pressure during Pilates: unlikely to cause pelvic floor harm (Pilot study)	2015	Int Urogynecol J.			not picked up in search	7c. Study design out of scope (case series or case report)
Curi VS.	A Influência do Método Pilates nas Atividades de Vida Diária de Idosas [master's thesis]. Porto Alegre, Brazil: Pontifícia Universidade Católica do Rio Grande do Sul.	2009				not picked up in search	7c. Study design out of scope (case series or case report)
Donna Etherton, N. Kay Covington, Tammy Burt and Mary K. Weishaar	Effects of Pilates on the Health-Related Physical Fitness of Individuals With Disabilities (Pilot study?)	2006	Scheduled for Research Consortium Special Populations Poster Session, Friday, April 28, 2006,			not picked up in search	7c. Study design out of scope (case series or case report)
Dos Santos AN, et al.	Pilates improves lower limbs strength and postural control during quiet standing in a child with hemiparetic cerebral palsy: A case report study	2016	Dev Neurorehabil	19(4)	226-230	not picked up in search	7c. Study design out of scope (case series or case report)
Geremia JM, et al	Effect of a physical training program using the Pilates method on flexibility in elderly subjects (pilot study)	2015	Age (Dordr)	37(6)	119	not picked up in search	7c. Study design out of scope (case series or case report)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Hartmann, C.; Neves, M.D.; Rolim, M.M.; Júnior da, A.T.C.; Barbosa, L.C.; Bezerra, J.C.L	Aplicação de um programa de exercícios de Pilates em solo em parkinsonianos. Application of a Parkinsonian Pilates Exercise Program (Pilot study)	2014	FIEP Bull	84		not picked up in search	7c. Study design out of scope (case series or case report)
Hernández-García, R; Rodríguez-Díaz, L; Molina-Torres, G; Torres-Luque, G	EFFECTS OF A PILATES PHYSICAL ACTIVITY PROGRAM ON THE FUNCTIONALITY OF PREGNANT WOMEN. PILOT STUDY	2018				not picked up in search	7c. Study design out of scope (case series or case report)
Johnson, L.; Putrino, D.; James, I.; Rodrigues, J.; Stell, R.; Thickbroom, G.; Mastaglia, F.L	The effects of a supervised Pilates training program on balance in Parkinson's disease. (pilot study)	2013	Adv. Park Dis.	2	58-61	not picked up in search	7c. Study design out of scope (case series or case report)
Keays KS, Harris SR, Lucyshyn JM, et al.	Effects of Pilates Exercises on Shoulder Range of Motion, Pain, Mood, and Upper-Extremity Function in Women Living With Breast Cancer: A Pilot Study	2008	Phys Ther	88	494-510	not picked up in search	7c. Study design out of scope (case series or case report)
Liberalino ES, de Sousa TC, da Silva VR	(Influência dos exercícios do método Pilates sobre o sistema cardiorrespiratório) Influence of Pilates exercises on the cardiorespiratory system (exploratory, quantitative study)	2013	REBES.	3(3)	59-64	not picked up in search	7c. Study design out of scope (case series or case report)
Loss JF, Melo MO, Rosa CH, Santos AB, La Torre M, Silva YO. Rev Bras Fisioter. 2010; 14 (6): 510-7.	Electrical activity of external oblique and multifidus muscles during the hip flexion-extension exercise performed in the Cadillac with different adjustments of springs and individual positions.	2010		14(6)	510-7	not picked up in search	7c. Study design out of scope (case series or case report)
Machado PM, et al.	Effectiveness of the Pilates method for individuals with nonspecific low back pain: clinical and electromyographic aspects (clinical trial)	2017	Motriz: Revista de Educacao Fisica	23(4)		not picked up in search	7c. Study design out of scope (case series or case report)
MAYER, A. P.; LOPES, W. A.	The influence of the Pilates method on the physical fitness of elderly women in the city of Guarapuava-PR (A influência do método Pilates na aptidão física de idosas do município de Guarapuava PR	2011	Voos Revista Polidisciplinar Eletrônica da Faculdade Guairacá.	v. 3, n. 2	p. 82-92	not picked up in search	7c. Study design out of scope (case series or case report)
MAZO, G. A.; CARDOSO, F. L.; AGUIAR, D. L.	Programa de hidroginástica para idosos: motivação, autoestima e autoimagem.	2006	Revista Brasileira de Cineantropometria & Desempenho Humano	v. 8, n. 2	p. 67-72	not picked up in search	7c. Study design out of scope (case series or case report)
Montuori S, et al.	Functional Role of Internal and External Visual Imagery: Preliminary Evidences from Pilates	2018	Neural Plasticity	26	327-344	not picked up in search	7c. Study design out of scope (case series or case report)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Olson, Michele S. et al	The Energy Cost of a Basic, Intermediate, and Advanced Pilates' Mat Workout	2004	Medicine & Science in Sports & Exercise	36(5)	S357	not picked up in search	7c. Study design out of scope (case series or case report)
Rodrigues, A.Q.; Martins, F.M.; Barbosa, A.C.; Figueiredo, P.S.; Lima, M.O.; Vieira, E.R	Effects of an eleven week pilates exercise program on progressive-speed walking capacity in sedentary young women: A <u>pilot study</u>	2016	Hum. Mov.	17	102-106	not picked up in search	7c. Study design out of scope (case series or case report)
Roh SY	The effect of 12-week Pilates exercises on wellness in the elderly	2016	J Exerc Rehabil	12(2)	119-123	not picked up in search	7c. Study design out of scope (case series or case report)
Sacco IC, Andrade MS, Souza PS, et al.	(Método Pilates em revista: aspectos biomecânicos de movimentos específicos para reestruturação postural-estudos de caso) Pilates method in review: biomechanical aspects of specific movements for postural restructuring - Case studies	2005	R Bras Ci e Mov.	13(4)	65-78	not picked up in search	7c. Study design out of scope (case series or case report)
SACCO, I. C.N. et al.	Método pilates em revista: aspectos biomecânicos de movimentos específicos para reestruturação postural - estudos de caso.	2005	Revista Brasileira de Ciência e Movimento	v. 13, n. 4	p. 65-78	not picked up in search	7c. Study design out of scope (case series or case report)
Silva GB, et al.	Electromyographic activity of rectus abdominis muscles during dynamic Pilates abdominal exercises	2015	J Bodyw Mov Ther.	19(4)	629-35	not picked up in search	7c. Study design out of scope (case series or case report)
Vaquero-Cristobal R, et al.	The effects of 16-weeks Pilates mat program on anthropometric variables and body composition in active adult women after a short detraining period (Spanish) (<u>pilot study?</u>)	2015	Nutr Hosp Apr 1	31(4)	1738-47	not picked up in search	7c. Study design out of scope (case series or case report)