

STUDY ID	Source/other identifiers	Study design	Status	ICD-11 Category	CONDITION (Population)	Priority population?	N (target)	INTERVENTION	Intervention details	Comparator1
IRCT20180511039615N1	Iranian registry of clinical trials	RCT	Recruitment complete	02 Neoplasms	Breast cancer (survivors with lymphedema)	Yes	40	Pilates exercise	4 wks, 3x 60min sessions per wk	Control (usual care)
IRCT2013010912078N1	Iranian registry of clinical trials	RCT	Unknown	02 Neoplasms	Breast cancer (survivors)	Yes	40	Pilates exercise	? (total 15 sessions)	Control (usual care)
IRCT2013020712078N2	Iranian registry of clinical trials	RCT	Recruitment complete	02 Neoplasms	Breast cancer (survivors)	Yes	60	Pilates exercise	? (total 15 sessions)	Control (usual care)
IRCT2016110113107N3	Iranian registry of clinical trials	RCT	Recruitment complete	02 Neoplasms	Breast cancer (survivors)	Yes	30	Pilates exercise	8 wks, 3x 60min sessions per wk	Control (no intervention)
RBR-27p6qf	Brazilian Clinical Trials Registry	RCT	Recruiting	02 Neoplasms	Breast cancer (survivors)	Yes	50	Pilates exercise	10 wks, 2x ?min sessions per wk	Control (no intervention)
Boing 2020	NCT03194997; RBR-2ttf8m	RCT	Recruiting	02 Neoplasms	Breast cancer (undergoing treatment)	Yes	57	Pilates exercise	16 wks, 3x 60min sessions per wk	Control (usual care and education)
NCT03333993	US National Library of Medicine	RCT	Recruitment complete	02 Neoplasms	Breast cancer (undergoing treatment)	Yes	154	Pilates exercise (mat)	5 wks, 2x 60min sessions per wk	Control (no intervention)
RBR-3253dz	Brazilian Clinical Trials Registry	RCT	Recruiting	02 Neoplasms	Breast cancer (undergoing treatment)	Yes	34	Pilates exercise (mat)	24 wks, 3x 60min sessions per wk	Control (no intervention)
RBR-3wsdhs	Brazilian Clinical Trials Registry	RCT	Recruitment complete	02 Neoplasms	Breast cancer (undergoing treatment)	Yes	60	Pilates exercise	8 wks, 2x 75min sessions per wk	Aerobics exercise
RBR-95xdzh	Brazilian Clinical Trials Registry	RCT	Recruiting	05 Endocrine, nutritional, or metabolic diseases	Diabetes (gestational)	No	34	Pilates exercise	10 wks, 2x ?min sessions per wk	Control (no intervention)
IRCT2017040833311N1	Iranian registry of clinical trials	NRSI	Recruitment complete	05 Endocrine, nutritional, or metabolic diseases	Diabetes (Type 2)	Yes	36	Pilates exercise	8 wks, 3x 60min sessions per wk	Control (usual care)
NCT03307031	US National Library of Medicine	NRSI	Complete, results not available	05 Endocrine, nutritional, or metabolic diseases	Dyslipidemia (women, 60-75 yrs)	No	26	Pilates exercise (4x per wk)	10 wks, 45-55min sessions	Control (usual care)
IRCT20120806010512N8	Iranian registry of clinical trials	PseudoRCT	Recruitment complete	05 Endocrine, nutritional, or metabolic diseases	Obesity	No	20	Pilates exercise	8 wks, 3x 60min sessions per wk	Control (usual activities)

STUDY ID	Comparator2	Comparator3	Co Intervention	OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4	OUTCOME 5	OUTCOME 6
IRCT20180511039615N1	--	--	--	Balance, stability (single-leg stance)	Attention (Stroop test)	Memory (N-Back test)			
IRCT2013010912078N1	--	--	--	Shoulder ROM (?)	Edema (tape)				
IRCT2013020712078N2	Yoga	--	--	Shoulder ROM (?)	Edema (tape)				
IRCT2016110113107N3	--	--	--	Flexibility (sit & reach)	Blood pressure/heart rate	Coordination (tennis ball repeated throwing)	Balance, static (stork test)	Back extensor strength (dynamometer)	
RBR-27p6qf	--	--	Home exercise	Pelvic floor muscle function (and perineometry)	Sexual function-FSFI questionnaire	Quality of life (EORTC QLQ-30)	Quality of life (EORTC QLQ BR23)		
Boing 2020	Belly Dance	--	--	Quality of life (EORTC QLQ-30)	Quality of life (EORTC QLQ BR 23)	Beck Depression Inventory	Body image after breast cancer questionnaire	Rosenberg Self-esteem Scale	
NCT03333993	--	--	Home exercise for upper limbs	FACIT-Fatigue questionnaire	Quality of life (EORTC QLQ-30)	Quality of life (EORTC QLQ BR 23)	Functionality (DASH questionnaire)	Depression (GDS-15 questionnaire)	
RBR-3253dz	--	--	--	Hip flexor-extensor isokinetic and isometric assessments	Trunk and upper limbs strength (dynamometer)	Hand gripstrength	gait assessment (baropodometer)	Functional mobility (timed up & go)	Functional capacity (30s-chair stand)
RBR-3wsdhs	Control (usual activities)	--	--	Pain (VAS)	Pain (numerical pain rating scale)	Brief Fatigue Inventory	Beck Depression Scale	Flexibility (sit & reach)	Functionality (Disabilities of the Arm, Shoulder, and Hand)
RBR-95xdzh	--	--	Usual care	Body composition (BMI)	Blood Pressure	Weight gain	Sexual function-FSFI questionnaire	Urinary symptoms questionnaire	Fasting and postprandial glycemic indexes
IRCT2017040833311N1	--	--	--	Quality of life (CASP19)	Diabetes attitude scale (DAS-3)				
NCT03307031	Pilates exercise (2 x per wk)	--	--	Metabolic outcomes (cholesterol, LDL, triglycerides, HDL, TC/HDL ratio)	Systolic/diastolic blood pressure	Functional physical fitness	Quality of Life (?)		
IRCT20120806010512N8	--	--	--	C-reactive Protein level	Insulin resistance index	body composition			

STUDY ID	OUTCOME 7	OUTCOME 8	OUTCOME 9	OUTCOME 10	OUTCOME 11	OUTCOME 12	OUTCOME 13	OUTCOME 14
IRCT201805110396 15N1								
IRCT201301091207 8N1								
IRCT201302071207 8N2								
IRCT201611011310 7N3								
RBR-27p6qf								
Boing 2020								
NCT03333993								
RBR-3253dz	Flexibility (back stretch)	Flexibility (chair sit & reach)	Aerobic/functional capacity (6-min walk test)	Body composition (BMI, %fat, fat free mass, fat mass)	Bone mineral density (femur, hip, spine)	Quality of life (EORTC QLQ BR 23)	Quality of life (EORTC QLQ-30)	
RBR-3wsdhs	Sexual Function Index questionnaire	Strength (Crown Dorsal Dynamometer)	Quality of life (EORTC QLQ-30)	Quality of life (EORTC QLQ BR 23)	Pittsburgh Sleep Quality Index	Body composition (body fat, BMI, stature)		
RBR-95xdzh	Mobility (IMG-gestational mobility index)	Musculoskeletal symptoms questionnaire (Nordic)	Anxiety & Depression (HADS)	Self-esteem questionnaire	Quality of life (SF-36)			
IRCT201704083331 1N1								
NCT03307031								
IRCT201208060105 12N8								

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IRCT2016080124717N2	Iranian registry of clinical trials	NRSI	Recruitment complete	05 Endocrine, nutritional, or metabolic diseases	Obesity	No	20	Pilates exercise	8 wks, 3x 30min sessions per wk	Control (usual activities)
IRCT2017030432873N1	Iranian registry of clinical trials	RCT	Recruitment complete	05 Endocrine, nutritional, or metabolic diseases	Obesity	No	20	Pilates exercise	8 wks, 3x ?min sessions per wk	Control (no intervention)
IRCT20180218038785N1	Iranian registry of clinical trials	RCT	Recruitment complete	05 Endocrine, nutritional, or metabolic diseases	Obesity	No	48	Pilates exercise	12 wks, 3x ?min sessions per wk	Pilates + Turmeric
RBR-2jcc8d	Brazilian Clinical Trials Registry	RCT	Recruiting	05 Endocrine, nutritional, or metabolic diseases	Obesity	No	156	Pilates exercise	24 wks, 2x 15-60mins sessions per wk (increase over time)	Aerobic exercise (walking)
RBR-7qnsH6	Brazilian Clinical Trials Registry	RCT	Complete, results not available	05 Endocrine, nutritional, or metabolic diseases	Obesity	No	60	Pilates exercise	8 wks, 3x 60min sessions per wk	Control (no intervention)
JPRN-UMIN000028835	Japan - University Hospital Medical information Network	RCT	Recruitment complete	06 Mental, behavioural or neurodevelopmental	Psychiatric disorders	No	30	Pilates exercise	8 wks, 20-30min per day	Yoga
NCT04058119	US National Library of Medicine	RCT	Not yet recruiting	06 Mental, behavioural or neurodevelopmental	Symptoms of anxiety or stress (adults referred for distress)	No	200	Pilates exercise	26 wks, 2x 60min sessions per wk	Control (waitlist)
IRCT201403152324N13	Iranian registry of clinical trials	NRSI	Recruitment complete	06 Mental, behavioural or neurodevelopmental	Symptoms of depression and anxiety (adolescent girls)	No	60	Pilates exercise	12 wks, 3x 45min sessions per wk	Control (usual activities)
NCT04035954	US National Library of Medicine	RCT	Recruiting	08 Diseases of the Nervous system	Cerebral palsy	No	16	Modified pilates	8 wks, 2x 60min sessions per wk	Control (no intervention)
RBR-7fhgkk	Brazilian Clinical Trials Registry	RCT	Recruitment complete	08 Diseases of the Nervous system	Cerebral palsy	No	12	Pilates exercise	6 wks, 2x 60min sessions per wk	Dance lessons
IRCT2016093019995N7	Iranian registry of clinical trials	RCT	Recruitment complete	08 Diseases of the Nervous system	Multiple sclerosis	Yes	92	Pilates exercise	12 wks, 3x 45min sessions per wk	Rehabilitation training (individual)

STUDY ID	Comparator2	Comparator3	Co Intervention	OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4	OUTCOME 5	OUTCOME 6
IRCT2016080124717N2	--	--	--	Body composition	VO2Max	Glucose	Insulin	plasma visfatin	
IRCT2017030432873N1	--	--	--	Insulin (IU/mL)	Glucose (mg/dL)	Visfatin (mg/mL)	Homeostasis Model Assessment (HOMA)-β	HOMA-IR	
IRCT20180218038785N1	Turmeric	Placebo	--	Sirtuin1 (ELISA)	Serum Klotho gene (ELISA)	Quality of life (?)	Body composition (weigh, %Fat, fat free mass)		
RBR-2jcc8d	--	--	--	Ultrasound (hepatic steatosis)	HOMA index	Quality of life (SF-36)	Liver function (AST, ALT)	fasting glycemia, triglycerides, HDL, LDL and insulin	
RBR-7qnsH6	--	--	--	Body composition (fat mass, lean mass, waist-hip ratio, BMI)	Stair climb	Chair test			
JPRN-UMIN000028835	Life guidance (education)	--	--	Postural sway: Clinical Stabilometric Platform (CSP).	Flexibility (Anteflexion measurement device)	Muscle strength (Hand grip)	Salivary Oxytocin (Salivary Oxytocin EIA Kit)	Stress marker (Salivary Amylase)	Happiness (Subjective Happiness Scale)
NCT04058119	Qigong	Yoga	--	Perceived Stress Scale	Adherence	Perceived enjoyment	Percieved exertion (nodified Borg scale)	Patient satisfaction scale	Hand grip strengtn
IRCT201403152324N13	--	--	--	Beck Depression Inventory	Beck Anxiety Inventory				
NCT04035954	--	--	Routine neurodevelopment physical therapy	Core stability (Prone Plank test)	Core stability (Side Plank test)	Spinal Muscle Endurance (Modified Beiring-Sorensen test)	Endurance (abdominal fatigue test)	Core stability (stabilizer presure feedback)	Core stability (sit-up test)
RBR-7fhgkk	--	--	--	Functional Independence Measure	WHO Disability Assessment Scale	Felixbility (fleximetry)	Postural balance (stabilometry)	Stability (platform)	Body satisfaction
IRCT2016093019995N7	--	--	--	Balance, static (stork test)	Functional mobility (timed up & go)				

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IRCT2016080124717N2								
IRCT2017030432873N1								
IRCT20180218038785N1								
RBR-2jcc8d								
RBR-7qnsh6								
JPRN-UMIN000028835	Autoimmune system: Max & Pulse	Fatigue: Visual Analogue Scale	Psycho-pathology: Positive and Negative Syndrome Scale (PANSS) for schizophrenia spectrum disorders	Montgomery-Asberg Depression Rating Scale (MADRS) and Young Mania Rating Scale (YMRS) for mood disorders	Cognitive function: Mini Mental State Examination (MMSE) for dementia, Frontal Assessment Battery (FAB)	EPS: Drug Induced Extrapyramidal Symptoms Scale (DIEPSS)	Social functioning: Global Assessment of Functioning (GAF)	
NCT04058119	Body composition (BMI, hip-waist ratio, lean mass, fat mass)	Systolic/diastolic blood pressure	Blood glucose, HbA1C	Lipid profile	Brief Pain Inventory	Quality of Life (EQ-5D-5L)	Depression, anxiety stress scale-21	Warwick-Edinburgh Mental Well-being Scale
IRCT201403152324N13								
NCT04035954	Core power (modified push-up)	Aerobic/functional capacity (6-min walk test)	Pediatric Reach Test	Gait (Physician Rating Scale)	Berg Balance Scale	Seated Postural Control Measure	Gross Motor Function Classification System	
RBR-7fhgkk	Quality of life (SF-36)	Posture (simetrograph)	gait pattern (accelrometer)					
IRCT2016093019995N7								

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JPRN-UMIN00038431	Japan - University Hospital Medical information Network	RCT	Complete, results not available	08 Diseases of the Nervous system	Multiple sclerosis	Yes	30	Pilates exercise	12 wks, ?	Control (usual care)
NCT03006900	US National Library of Medicine	RCT	Complete, results not available	08 Diseases of the Nervous system	Multiple sclerosis	Yes	30	Pilates exercise	12 wks, 2x 50min sessions per wk	Control (no intervention)
NCT03502772	US National Library of Medicine	RCT	Complete, results not available	08 Diseases of the Nervous system	Multiple sclerosis	Yes	42	Pilates exercise	8 wks, 3x ?min sessions per wk	Home exercise
NCT04011579	US National Library of Medicine	RCT	Not yet recruiting	08 Diseases of the Nervous system	Multiple sclerosis	Yes	126	Pilates exercise (via MS-FIT)	12 wks, 3x 30min sessions per wk	Control (no intervention)
NCT04252053	US National Library of Medicine	RCT	Recruiting	08 Diseases of the Nervous system	Multiple sclerosis	Yes	42	Pilates exercise	8 wks, 2x ?min sessions per wk	Home exercise
NCT03294031	US National Library of Medicine	NRSI	Complete, results not available	08 Diseases of the Nervous system	Parkinson's disease	Yes	15	Pilates exercise	12 wks, 2x ?min sessions per wk	Conventional exercise
NCT03983785	US National Library of Medicine	RCT	Recruitment complete	08 Diseases of the Nervous system	Parkinson's disease	Yes	31	Pilates exercise	6 wks, 2x ?min sessions per wk	Control (waitlist)
NCT04063605	US National Library of Medicine	RCT	Recruitment complete	08 Diseases of the Nervous system	Parkinson's disease	Yes	38	Pilates exercise	8 wks, 2x 45min sessions per wk	Conventional physiotherapy
RBR-6ckggn	Brazilian Clinical Trials Registry	RCT	Not yet recruiting	08 Diseases of the Nervous system	Parkinson's Disease	Yes	60	Pilates exercise (solo method)	12 wks, 2x 60min sessions per wk	Control (usual activities)
NCT04157582	US National Library of Medicine	RCT	Recruiting	08 Diseases of the Nervous system	Stroke (chronic)	Yes	40	Pilates exercise	6 wks, 3x 40min sessions per wk	Control (no intervention)
RBR-73c7bz	Brazilian Clinical Trials Registry	RCT	Recruiting	09 Diseases of the visual system	Visually impaired	No	20	Pilates exercise	? (total 15x 30min sessions)	Verbal commands and Education

STUDY ID	Comparator2	Comparator3	Co Intervention	OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4	OUTCOME 5	OUTCOME 6
JPRN-UMIN000038431	--	--	--	Not reported					
NCT03006900	--	--	Massage	Aerobic/functional capacity (6-min walk test)	Fullerton Advanced Balance Scale	Flexibility (sit & reach)	Functional mobility (timed up & go)	Physical activity level	Muscle strength (isometric knee extension)
NCT03502772	--	--	--	MS Walking Scale (12-item)	Aerobic/functional capacity (6-min walk test)	Functional mobility (timed up & go)	Limits of stability test	Postural stability test	Fall risk index
NCT04011579	--	--	--	Functional mobility (timed up & go)	Mobility (2-min walk test, Timed 25-Foot Walk)	Ambulation Index	Technology acceptance model	MS Walking Scale (12-item)	Balance performance (VAS)
NCT04252053	--	--	--	Isokinetic strength	Postural sway (balance platform, open/closed eyes)	Berg Balance Scale	Core strength (Curl-up, push-up)	Core endurance (trunk flexor/extensor/lateral, plank)	Mobility (2-min walk test)
NCT03294031	--	--	--	Movement Disorder Society Unified Parkinson's Disease Rating Scale	Anthropometric measures	Balance, static			
NCT03983785	Pilates exercise + Elastic taping	--	--	Balance, dynamic (Neurocom Balance system)	Balance stability				
NCT04063605	--	--	--	One leg stance test	Tandem stance test	Functional reach test	Sit-to-stand test	Functional mobility (timed up & go)	Berg Balance Scale
RBR-6ckggn	Adapted functional training	--	--	Lower limb muscle strength (Biodex system)	Isokinetic strength (dynamometer)	Cardiorespiratory fitness (ergospirometry)	Balance (Mini-BESTest test)	Beck Depression Inventory	Beck Anxiety Inventory
NCT04157582	--	--	Conventional physical therapy	Memory function (Vienna test system)	Attention (Vienna test system)	Orientation (Vienna test system)	Perception (Vienna test system)	Executive skills (Vienna test system)	
RBR-73c7bz	--	--	--	Posture (biophotogrammetry)	Body composition (BMI)				

STUDY ID	OUTCOME 7	OUTCOME 8	OUTCOME 9	OUTCOME 10	OUTCOME 11	OUTCOME 12	OUTCOME 13	OUTCOME 14
JPRN-UMIN00038431								
NCT03006900	Trunk Extensor Muscle Endurance (Biering-Sorensen test)	Body composition (lean mass, fat mass)	Multiple Sclerosis Quality of Life -54					
NCT03502772	Fall efficacy scale International	Activites-Specific Balance Confidence Scale	Curl-up test	MIP/MEP	Symbol Digit Modalities test	California Verbal Learning Test-II	Brief Visuospatial Memory Test Revised	Expanded Disability Status Scale
NCT04011579	9-hole peg test	Modified Fatigue Impact Scale	Brief International Cognitive Assessment for MS	Patient Global Impression of Change	Multiple Sclerosis Quality of Life -54	Psychological Well-Being Scale	International Physical Activity Questionnaire	Minnesota Leisure-Time Physical Activity Questionnaire
NCT04252053	Fatigue Severity Scale	Multiple Sclerosis Quality of Life -54	Functional mobility (timed up & go)					
NCT03294031								
NCT03983785								
NCT04063605	United Parkinson's Disease Rating Scale							
RBR-6ckggn								
NCT04157582								
RBR-73c7bz								

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<b>IRCT2016111530904N1</b>	Iranian registry of clinical trials	RCT	Recruitment complete	09 Diseases of the visual system	Visually impaired (binocular, adults 35-55 yrs)	No	90	Pilates exercise	8 wks, 3x ?min sessions per wk	Control (no intervention)
<b>NCT02109055</b>	US National Library of Medicine	RCT	Unknown	11 Disease of the circulatory system	Coronary artery bypass (postoperative)	No	30	Modified Pilates	6 days (inpatient), 2-3 ?min sessions per day	Conventional physical therapy
<b>NCT03214016</b>	US National Library of Medicine	RCT	Complete, results not available	11 Disease of the circulatory system	Hypertension	Yes	30	Pilates exercise	8 wks, 1x 60min session per wk	Aerobic exercise (treadmill)
<b>NCT03791307</b>	US National Library of Medicine	RCT	Complete, results not available	11 Disease of the circulatory system	Hypertension	Yes	60	Pilates exercise	16 wks, 2x 50min sessions per wk	Control (no intervention)
<b>NCT02437240</b>	US National Library of Medicine	RCT	Unknown (?active, not recruiting)	11 Disease of the circulatory system	Open heart surgery (postoperative)	No	140	Modified Pilates (self-perception of breathing and body core control)	during in-patient cardiopulmonary physical therapy	Control (no intervention)
<b>NCT03670654</b>	US National Library of Medicine	RCT	Unknown (?active, not recruiting)	12 Diseases of the respiratory system	Asthma	No	30	Pilates exercise	12 wks, 3x 40min sessions per wk	Muscle stretching exercise
<b>RBR-5hq3xh</b>	Brazilian Clinical Trials Registry	RCT	Recruiting	12 Diseases of the respiratory system	Asthma (children, 7-15 yrs)	No	60	Pilates exercise	10 wks, 2x 60min sessions per wk	Control (no intervention)
<b>da Costa 2016</b>	NCT02292355	RCT	Complete, results not available	13 Diseases of the digestive system	Temporomandibular disorders	No	40	Pilates exercise	15 wks, 2x 50min sessions per wk	Control (no intervention)
<b>NCT03904953</b>	US National Library of Medicine	RCT	Recruiting	15 Diseases of the musculoskeletal system or connective tissue	Anklyosing spondylitis	Yes	40	Pilates exercise	8 wks, 3x 60min sessions per wk	Conventional exercise
<b>NCT04292028</b>	US National Library of Medicine, Turkey	RCT	Complete, results not available	15 Diseases of the musculoskeletal system or connective tissue	Anklyosing spondylitis	Yes	60	Pilates exercise	8 wks, 3x ?min sessions per wk	Home exercise

STUDY ID	Comparator2	Comparator3	Co Intervention	OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4	OUTCOME 5	OUTCOME 6
IRCT2016111530904N1	Postural exercises	--	Physical therapy	Balance, static (stork test)	Vital capacity (spirometer)	Hyperkyphosis (cervical angle)	Balance, dynamic (Y balance test)		
NCT02109055	--	--	--	Functional capacity	Respiratory muscle strength	Pulmonary function (FVC, FEV1, peak inspiratory flow, peak expiratory flow)	Peripheral muscle strength		
NCT03214016	--	--	--	Systolic/diastolic blood pressure	Heart rate variability	Mean blood pressure	Aerobic/ functional capacity (6-min walk test)	Respiratory muscle strength (manovacuometer)	muscle strength (dynamometer)
NCT03791307	Modified Pilates	--	--	Systolic/diastolic blood pressure	Heart rate	Heart rate variability	Cardiopulmonary exercise test (ergospirometric treadmill)	Quality of life (WHO-QOL)	Flexibility (sit & reach)
NCT02437240	--	--	Conventional physical therapy	respiratory mechanics (3D reality motion and spirometer)	Chest mobility (inhale/exhale)	Breathing pattern	Pulmonary function (FVC, FEV1)	Pulmonary function (peak inspiratory flow, peak expiratory flow)	Functional capacity (6-min walk test)
NCT03670654	--	--	Educational advice	Asthma Quality Life Questionnaire	Asthma control questionnaire	Anxiety (HADS)	Depression (HADS)	thoracoabdominal mechanics (thoracoabdominal mechanics)	Respiratory muscle strength (manovacuometry)
RBR-5hq3xh	Pilates exercise with Buteyko breathing	--	None specified	Infant asthma control test	Asthma control test	Paediatric Asthma Quality Life Questionnaire	Sleep behaviour questionnaire (parent)	Pittsburgh Sleep quality index	Respiratory muscle strength (manovacuometry)
da Costa 2016	--	--	Conventional care (occlusal splint)	Pain (VAS)	Mandibular Function Impairment Questionnaire	EMG activity of masticatory muscles	Posture (photogrametry)		
NCT03904953	--	--	--	Respiratory muscle strength (MIP, MIP)	Bath Ankylosing Spondylitis Metrology Index	Ankylosing Spondylitis Quality of Life	Pain (VAS)	Chest expansion	Aerobic/functional capacity (6-min walk test)
NCT04292028	--	--	--	Bath Ankylosing Spondylitis Disease Activity Index	Bath Ankylosing Spondylitis Functional Index	Bath Ankylosing Spondylitis Metrology Index	Ankylosing Spondylitis Quality of Life	Trunk flexor/extensor endurance	Core stability (sit-up test)

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IRCT2016111530904N1								
NCT02109055								
NCT03214016	Flexibility (sit & reach)	Body mass index	Lipid profile	Blood analysis (nitrates, C-reactive protein, creatine, lactate, creatine kinase)	Mini-questionnaire of quality of life in hypertension			
NCT03791307	Muscle strength (hand grip dynamometer)	Functional capacity (lift from sitting, lift from layered, shoe tie)	Body mass index	Waist circumference				
NCT02437240	Cardiovascular Limitations and Symptoms Profile							
NCT03670654	Pulmonary function	Functional capacity (Incremental shuttle walking test)	Daily physical activity (accelerometer)					
RBR-5hq3xh	Lung function (FEV1, FVC, FCV/FEV1 ratio)	Impulse oscillometry	Physical function (3min Step test)					
da Costa 2016								
NCT03904953	Bath Ankylosing Spondylitis Disease Activity Index	International Physical Activity Questionnaire-Short form						
NCT04292028	Side-bridge test	Balance, static (stable platform)	Balance, dynamic (unstable platform)	Balance, stability (single-leg stance, limits of stability)				

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<b>IRCT20180506039562N1</b>	Iranian registry of clinical trials	RCT	Recruitment complete	15 Diseases of the musculoskeletal system or connective tissue	Lordosis and kyphosis (adolescents, women)	Yes	45	Pilates exercise	8 wks, 1x 60min session per wk	Control (usual activities)
<b>CTRI/2013/10/004110</b>	Clinical Trial Registry-India	RCT	Unknown	15 Diseases of the musculoskeletal system or connective tissue	Low back instability	No	?	Pilates exercise	5 days, 1x 15mins session per day	Lumbar stabilization exercises
<b>CTRI/2019/06/019559</b>	Clinical Trial Registry-India	RCT	Unknown	15 Diseases of the musculoskeletal system or connective tissue	Lumbar Disc Herniation	No	?	Pilates exercise	4 wks, 5x ?min sessions per wk	Not clear
<b>NCT03198273</b>	US National Library of Medicine	RCT	Recruiting (?complete)	15 Diseases of the musculoskeletal system or connective tissue	Lumbar Disc Herniation	No	88	Pilates exercise	6 wks, 3x 45-60min session per wk	Physiotherapy (hotpack and TENS)
<b>IRCT201604041552N6</b>	Iranian registry of clinical trials	PseudoRCT	Recruitment complete	15 Diseases of the musculoskeletal system or connective tissue	Osteoarthritis (knee)	Yes	20	Pilates exercise	4 wks, 3x ?min sessions per wk	Usual care (TENS, hotpack, Ultrasound, Exercise)
<b>NCT04183933</b>	US National Library of Medicine	RCT	Recruiting	15 Diseases of the musculoskeletal system or connective tissue	Osteoarthritis (knee)	Yes	50	Pilates exercise	6 wks, 3x ?min sessions per wk	Combined exercise training
<b>IRCT2015092624201N1</b>	Iranian registry of clinical trials	RCT	Recruitment complete	15 Diseases of the musculoskeletal system or connective tissue	Rheumatoid arthritis	Yes	70	Pilates exercise	14 wks, 1x 60min session per wk	Control (no intervention)
<b>NCT03836820</b>	US National Library of Medicine	RCT	Recruiting	15 Diseases of the musculoskeletal system or connective tissue	Rheumatoid arthritis	Yes	30	Pilates exercise	8 wks, 3x 60min sessions per wk	Aerobic exercise (walking)
<b>NCT01711203</b>	US National Library of Medicine (8-21 yrs)	RCT	Complete, results not available	15 Diseases of the musculoskeletal system or connective tissue	Spondylolisthesis & Spondylolysis	Yes	25	Modified Pilates with verbal cues	6 wks, ?	Control (no intervention)

STUDY ID	Comparator2	Comparator3	Co Intervention	OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4	OUTCOME 5	OUTCOME 6
IRCT20180506039562N1	--	--	--	Lumbar lordosis (angle)	Back kyphosis (angle)				
CTRI/2013/10/004110	--	--	TENS (20 mins), hotpack (10 mins)	Pain intensity (VAS)	Core strength (pressure biofeedback)	Oswestry Disability Index	Flexibility (sit & reach)		
CTRI/2019/06/019559	--	--	--	Pain (VAS)	Core strength (pressure biofeedback)	Oswestry Disability Index			
NCT03198273	--	--	--	Pain (VAS)	Oswestry Lumbar Scale	Quality of life (SF-36)			
IRCT201604041552N6	--	--	--	Pain (VAS)	Functional mobility (timed up & go)	Function (30s chair-stand test)	Quality of life (SF-36)		
NCT04183933	--	--	--	Fullerton Advanced Balance Scale	Berg balance test	Functional mobility (timed up & go)	Balance, stability (single-leg stance)	Muscle strength (push and release, sit-stand test)	Western Ontario and McMaster Universities Osteoarthritis Index
IRCT2015092624201N1	--	--	--	Signs and performance rheumatoid arthritis questionnaire	Quality of Life (?)				
NCT03836820	Pilates + Walking	--	--	Aerobic/functional capacity (6-min walk test)	Fatigue severity scale	Beck Depression Inventory	Short Form McGill Pain Questionnaire	Pittsburgh Sleep Quality Index	Disease Activity Score (DAS-28)
NCT01711203	--	--	bracing and a general strengthening program	Global rating of change scale	Modified Oswestry Disability Index	McGill Physical Endurance Test Cluster			

STUDY ID	OUTCOME 7	OUTCOME 8	OUTCOME 9	OUTCOME 10	OUTCOME 11	OUTCOME 12	OUTCOME 13	OUTCOME 14
IRCT201805060395 62N1								
CTRI/2013/10/004 110								
CTRI/2019/06/019 559								
NCT03198273								
IRCT201604041552 N6								
NCT04183933	Balance (Four Step Square Test)							
IRCT201509262420 1N1								
NCT03836820	Rheumatoid Arthritis Quality of Life Questionnaire							
NCT01711203								

STUDY ID	Source/other identifiers	Study design	Status	ICD-11 Category	CONDITION (Population)	Priority population?	N (target)	INTERVENTION	Intervention details	Comparator1
<b>IRCT2015011520465N1</b>	Iranian registry of clinical trials	RCT	Recruitment complete	16 Diseases of the genitourinary system	Premenstrual syndrome	No	260	Pilates exercise	4 wks, 3x 45min sessions per wk	Control (no intervention)
<b>IRCT2015012520465N2</b>	Iranian registry of clinical trials	RCT	Recruitment complete	16 Diseases of the genitourinary system	Premenstrual syndrome	No	260	Pilates exercise	4 wks, 3x 45min sessions per wk	Control (no intervention)
<b>Buen 2014</b>	rbr-4wkr8y	RCT	Not yet recruiting	16 Diseases of the genitourinary system	Urinary incontinence (stress, perinatal)	No	40	Pilates exercise	10 wks, 2x 60min sessions per wk	Pelvic floor exercises and guided walks
<b>ISRCTN27633617</b>	WHO International Clinical Trials Registry Platform	RCT	Complete, results not available	16 Diseases of the genitourinary system	Urinary incontinence (stress, women >16yrs)	No	?	Modified Pilates	12 wks, ?	Standard Pelvic floor training
<b>RBR-4zvpwb</b>	Brazilian Clinical Trials Registry	RCT	Complete, brief results (p-values) published on registry	16 Diseases of the genitourinary system	Urinary incontinence (stress, women >45 to <60 yrs)	No	50	Pilates exercise	12 wks, 1x ?min session per wk	Perineal exercises
<b>RBR-9gf79b</b>	Brazilian Clinical Trials Registry	RCT	Not yet recruiting	16 Diseases of the genitourinary system	Urinary incontinence (stress, women >45yrs)	No	35	Pilates exercise	? (total 20 sessions)	Control (no intervention)
<b>ACTRN12619000784112</b>	Australian New Zealand Clinical Trials Registry	RCT	Not yet recruiting	16 Diseases of the genitourinary system	Urinary incontinence (stress, women >60yrs)	No	30	Pilates exercise	4 wks, 1x 45-60min session per wk	Control (standard care)
<b>IRCT20170124032161N2</b>	Iranian registry of clinical trials	RCT	Recruitment complete	18 Pregnancy, childbirth and the puerperium	Perinatal (primi and multiparous)	No	60	Pilates exercise (@8wks gestation)	12 wks, 2x 30min sessions per wk	Control (usual care)

STUDY ID	Comparator2	Comparator3	Co Intervention	OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4	OUTCOME 5	OUTCOME 6
IRCT201501152046 5N1	Pilates exercise plus fennel extract	Fennel extract	--	Mood (Premenstrual Symptoms screening of questionnaires)	Physical symptoms (Premenstrual Symptoms screening of questionnaires)	Psychological symptoms (Premenstrual Symptoms screening of questionnaires)			
IRCT201501252046 5N2	Pilates exercise plus Vitamin B complex	Vitamin B Complex	--	Mood (Premenstrual Symptoms screening of questionnaires)	Physical symptoms (Premenstrual Symptoms screening of questionnaires)	Psychological symptoms (Premenstrual Symptoms screening of questionnaires)			
Buen 2014	--	--	--	Urinary Incontinence questionnaire	Pain (VAS)	Pelvic floor surface electromyography			
ISRCTN27633617	--	--	--	Kings Health Questionnaire					
RBR-4zvpwb	--	--	--	Pelvic floor muscle strength (perineometer)	Urinary Incontinence Questionnaire				
RBR-9gf79b	--	--	Conventional pelvic floor training with Kegel exercise	Urinary incontinence assessment questionnaire	Pelvic floor muscle strength (perineometer)	Kings Health Quality of Life Questionnaire	Sexual Function Index		
ACTRN1261900078 4112	Yoga	--	--	One-hour pad test (stress test)	International Consultation on Incontinence Questionnaire - Urinary Incontinence Short Form				
IRCT201701240321 61N2	Pilates exercise (@18wks gestation)	--	--	Maternal outcomes (not specified)	General health questionnaire	Beck Depression Inventory	Back pain (self report)		

STUDY ID	OUTCOME 7	OUTCOME 8	OUTCOME 9	OUTCOME 10	OUTCOME 11	OUTCOME 12	OUTCOME 13	OUTCOME 14
IRCT201501152046 5N1								
IRCT201501252046 5N2								
Buen 2014								
ISRCTN27633617								
RBR-4zvpwb								
RBR-9gf79b								
ACTRN1261900078 4112								
IRCT201701240321 61N2								

STUDY ID	Source/other identifiers	Study design	Status	ICD-11 Category	CONDITION (Population)	Priority population?	N (target)	INTERVENTION	Intervention details	Comparator1
RBR-249t3r	Brazilian Clinical Trials Registry	RCT	Complete, results not available	18 Pregnancy, childbirth and the puerperium	Perinatal (primi and multiparous)	No	60	Pilates exercise	20 wks, 2x 60min sessions per wk	Conventional physiotherapy, aerobic, strengthening and stretching
IRCT20190822044583N1	Iranian registry of clinical trials	RCT	Recruitment complete	18 Pregnancy, childbirth and the puerperium	Perinatal (primiparous)	No	100	Pilates exercise	8 wks, 3x 45min sessions per wk	Control (usual care)
PACTR201801002825282	Pan African Clinical Trials Registry	RCT	Complete, results not available	18 Pregnancy, childbirth and the puerperium	Perinatal (primiparous)	No	60	Pilates exercise	8 wks, 2x 60min sessions per wk	Control (usual care)
ACTRN12619000780156	Australian New Zealand Clinical Trials Registry	RCT	Not yet recruiting	21 Symptoms, signs or clinical findings, not elsewhere classified	Fibromyalgia	Yes	30	Pilates exercise	16 wks, 2x 30min sessions per wk	Stretching exercise
Franco 2019	NCT03050606	RCT	Active, not recruiting	21 Symptoms, signs or clinical findings, not elsewhere classified	Fibromyalgia	Yes	98	Modified Pilates	8 wks, 2x 60min sessions per wk	Aerobic exercise (treadmill or stationary bike)
NCT00636623	US National Library of Medicine	RCT	Complete, results not available	21 Symptoms, signs or clinical findings, not elsewhere classified	Fibromyalgia	Yes	36	Pilates exercise	4 wks, 3x ?min sessions per wk	Connective tissue massage
NCT03318458	US National Library of Medicine	PseudoRCT	Complete, results not available	21 Symptoms, signs or clinical findings, not elsewhere classified	Fibromyalgia	Yes	50	Pilates exercise	12 wks, 2x 60min sessions per wk	Control (no intervention)
Bastos de Oliveira 2019	NCT02729779	RCT	Recruitment complete	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	74	Pilates exercise	8 wks, 2x 60min sessions per wk	Aerobic exercises, stretching and relaxation
IRCT201406169440N4	Iranian registry of clinical trials	RCT	Recruitment complete	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	40	Pilates exercise	2 wks, 5x ?min sessions per wk	Williams exercise
IRCT20180909040975N1	Iranian registry of clinical trials	RCT	Recruitment complete	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	30	Modified pilates	? (total 18 sessions)	General exercise
IRCT20181011041309N1	Iranian registry of clinical trials	RCT	Recruitment complete	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	30	Pilates exercise	6 wks, ?	Conventional physiotherapy
NCT02922322	US National Library of Medicine	RCT	Complete, results not available	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	30	Pilates exercise	8 wks, 2x 60min sessions per wk	Control (no intervention)

STUDY ID	Comparator2	Comparator3	Co Intervention	OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4	OUTCOME 5	OUTCOME 6
RBR-249t3r	--	--	--	Pelvic floor muscle function (PERFECT scheme and perineometry)	Pain (VAS)	Quality of life (WHO-QOL)	Urinary frequency (dayt/night)	Oswestry Disability Index	
IRCT20190822044583N1	--	--	--	Anxiety (vandenberg questionnaire)	Maternal stress (Cohen questionnaire)				
PACTR201801002825282	Aerobic exercise	--	--	Length of labour	Fetal APGAR	Fetal heart rate	Length of pregnancy	Mode of delivery	Blood loss
ACTRN12619000780156	--	--	--	Pain (numerical pain rating scale)	Pressure Pain Threshold (manual gauge)	Conditional Pain Modulation	Quality of life (SF-36)	Pittsburg Sleep Quality Index	Optimism assessment questionnaire
Franco 2019	--	--	--	Fibromyalgia Impact Questionnaire	Pain (numerical pain rating scale)	Aerobic/functional capacity (6-min walk test)	Kinesiophobia (17-item questionnaire)	Pittsburg Sleep Quality Index	Patient-specific Functional Scale
NCT00636623	--	--	--	Pain (VAS)	Algometry	State-Trait Anxiety Inventory	Fibromyalgia Impact Questionnaire	Nottingham Health Profile	
NCT03318458	--	--	--	Hand grip strength (dynamometer)	Activities Specific Balance Confidence Scale	Falls Efficacy Scale-International	Fatigue Severity Scale & VAS	Fibromyalgia Impact Questionnaire	Menopause Rating Scale
Bastos de Oliveira 2019	--	--	--	Pain intensity (numerical pain rating scale)	Roland Morris Disability Questionnaire (24-item)	Global Perceived Effect Scale (11-point)	Patient-specific Functional Scale	Balance, dynamic (10M walk test)	Core stability (sit-up test)
IRCT201406169440N4	--	--	TENS, hotpack, Ultrasound	Abdominal muscles endurance (crunch test)	Flexibility, back extensor (sit & reach)	Pain (numerical pain rating scale)	Body composition (BMI)		
IRCT20180909040975N1	--	--	TENS, Hot pack	lumbopelvic motor control (pressure biofeedback)	Trunk Extensor Muscle Endurance (Biering-Sorensen test)	Pain (numerical pain rating scale)	Oswestry Disability Index		
IRCT20181011041309N1	--	--	--	Pain Questionnaire	ROM (Gonia Meter)	Muscle strength (Dynamometer)			
NCT02922322	--	--	--	Pain intensity (numerical pain rating scale)	Quality of life (SF-36)	Oswestry Disability Index	McGill Pain Questionnaire		

STUDY ID	OUTCOME 7	OUTCOME 8	OUTCOME 9	OUTCOME 10	OUTCOME 11	OUTCOME 12	OUTCOME 13	OUTCOME 14
RBR-249t3r								
IRCT20190822044583N1								
PACTR201801002825282	Perineum condition	Fetal weight						
ACTRN12619000780156	Fibromyalgia Impact Questionnaire	Central Awareness Inventory						
Franco 2019	Quality of life (EQ-5D-3L)	Quality of life (SF-6D)						
NCT00636623								
NCT03318458	Pain (VAS)	Pittsburg Sleep Quality Index	Anxiety & Depression (HADS)	Quality of life (SF-36)	Bone Mineral Content	Body composition (BMI, muscle mass, lean mass, fat mass, fat %, waist-hip ratio)	Functional mobility (Timed up & go, CT10P)	Flexibility (sit and reach), Shoulder ROM (back scratch), Endurance (30s chair stand test)
Bastos de Oliveira 2019	Muscle strength (dynamometer)	Pressure Pain Threshold (digital pressure algometer)						
IRCT201406169440N4								
IRCT20180909040975N1								
IRCT20181011041309N1								
NCT02922322								

STUDY ID	Source/other identifiers	Study design	Status	ICD-11 Category	CONDITION (Population)	Priority population?	N (target)	INTERVENTION	Intervention details	Comparator1
NCT04135131	US National Library of Medicine	RCT	Complete, results not available	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	60	Pilates exercise (mat)	8 wks, 3x 60min sessions per wk	Home exercise
NCT04191317	US National Library of Medicine	RCT	Recruiting	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	26	Pilates exercise	8 wks, 1x 60min session per wk	Pain neuroscience education
PACTR201608001655272	Pan African Clinical Trials Registry	RCT	Recruiting	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	60	Pilates exercise (mat)	4 wks, 3x ?min sessions per wk	Stabilization exercises
RBR-25zx8q	Brazilian Clinical Trials Registry	RCT	Complete, brief results (p-values) published on registry	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	26	Pilates exercise	5 wks, 1x 60min sessions per wk	Stretching training
RBR-2ytjzw	Brazilian Clinical Trials Registry	RCT	Recruiting	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	30	Pilates exercise	4 wks, 2-3x 30min sessions per wk (total 10 sessions)	Control (no intervention)
RBR-4jyr4r	Brazilian Clinical Trials Registry	RCT	Recruiting	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	90	Pilates exercise	6 wks, 3x 6min sessions per wk	Transcutaneous electrical stimulation
RBR-5vr3vt	Brazilian Clinical Trials Registry	RCT	Complete, results not available	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	30	Pilates exercise (mat)	5 wks, 2x 60min sessions per wk	Conventional therapeutic exercise
RBR-7yhzym	Brazilian Clinical Trials Registry	RCT	Recruiting (?complete)	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	40	Pilates exercise (mat and apparatus)	? wks, ?x 45min sessions per wk	Conventional physiotherapy (electrotherapy, heat, strength training, stretching, mobilisation and patient education)
RBR-8yfq4g	Brazilian Clinical Trials Registry	RCT	Recruiting	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	45	Pilates exercise (mat)	12 wks, 2x 60min sessions per wk	Ballet Bar Exercises
Tottoli 2019	NCT03113292	RCT	Recruiting	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific)	Yes	144	Pilates exercise	6 wks, 2x 45min sessions per wk	Home exercise

STUDY ID	Comparator2	Comparator3	Co Intervention	OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4	OUTCOME 5	OUTCOME 6
NCT04135131	--	--	--	Pain intensity (VAS)	Oswestry Disability Index	Quebec Disability Scale	Quality of life (SF-36)	Beck Depression Questionnaire	Flexibility (sit & reach)
NCT04191317	--	--	--	Pain intensity (numerical pain rating scale)	Roland Morris Disability Questionnaire	Neurophysiology of Pain Questionnaire	Pain Catastrophizing Scale	Tampa Scale of Kinesiophobia	Pain Detect Questionnaire
PACTR201608001655272	--	--	--	Pain (?)	Lumbar ROM	Function (?)			
RBR-25zx8q	Education	--	--	Pain intensity (VAS)	Trunk Extensor Muscle Endurance (Biering-Sorensen test)	Paravertebral muscle strength (lumbar dynamometer)	Flexibility (sit & reach)	Quality of life (SF-36)	Roland Morris Disability Questionnaire
RBR-2ytjzw	--	--	--	Pain intensity (numerical pain rating scale)	Central awareness questionnaire	Tampa scale of kinesiophobia			
RBR-4jyr4r	Conventional therapeutic exercise	--	--	Pain (VAS)	McGill Pain Questionnaire	Lumbar spine flexion (modified Schöber test)	Roland Morris Disability Questionnaire	Cover Scale for Kinesiophobia	Quality of life (SF-36)
RBR-5vr3vt	--	--	--	Pain intensity (numerical pain rating scale)	Roland Morris Disability questionnaire	Global perceived effect scale	Patient-specific functional scale	Tampa Scale for Kinesiophobia	
RBR-7yhzym	--	--	--	Pain intensity (VAS)	Roland Morris Disability Questionnaire	Flexibility (sit & reach)	Muscle strength (leg extensor chair-load pull)	Fatigue (surface electromyography)	Resistance (Sorensen test)
RBR-8yfq4g	Low intensity exercises	--	--	postural control (?)	Lumbopelvic stability (?)	core resistance tests (?)			
Tottoli 2019	--	--	--	Pain intensity (VAS)	Quebec Back Pain Disability Scale	Quality of life (EQ-5D-3L)	Balance (platform)	Global perceived effect scale	

STUDY ID	OUTCOME 7	OUTCOME 8	OUTCOME 9	OUTCOME 10	OUTCOME 11	OUTCOME 12	OUTCOME 13	OUTCOME 14
NCT04135131	Lumbar spine flexion (modified Schöber test)	Core stability (sit-up test)						
NCT04191317	Patient Global Impression of Change scale							
PACTR201608001655272								
RBR-25zx8q	Tampa scale of kinesiophobia	Trunk proprioception (electrogoniometer)						
RBR-2ytjzw								
RBR-4jyr4r	Posture (biophotogrammetry)	Anthropomorphic & body composition	Blood pressure	Subjective perception (Berg scale)				
RBR-5vr3vt								
RBR-7yhzym								
RBR-8yfq4g								
Tottoli 2019								

STUDY ID	Source/other identifiers	Study design	Status	ICD-11 Category	CONDITION (Population)	Priority population?	N (target)	INTERVENTION	Intervention details	Comparator1
RBR-43wzk4	Brazilian Clinical Trials Registry	RCT	Not yet recruiting	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific) (adolescent)	Yes	90	Pilates exercise	6 wks, 2x 50min sessions per wk	Low intensity laser applications of Arsenic Gallium infrared
RBR-5nk2tr	Brazilian Clinical Trials Registry	RCT	Complete, results not available	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific) (adolescent)	Yes	54	Pilates exercise	12 wks, 2x 60min sessions per wk	Back school exercises
RBR-3k9vxy	Brazilian Clinical Trials Registry	RCT	Complete, results not available	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (chronic, nonspecific, elderly)	Yes	41	Pilates exercise	8 wks, 2x 60min sessions per wk	Kinesiotherapy
IRCT20150531022498N27	Iranian registry of clinical trials	RCT	Recruitment complete	21 Symptoms, signs or clinical findings, not elsewhere classified	Low back pain (mechanical)	Yes	30	Pilates exercise	8 wks, 3x 45min sessions per wk	Control (no intervention)
NCT03782584	US National Library of Medicine	RCT	Complete, results not available	21 Symptoms, signs or clinical findings, not elsewhere classified	Neck pain (chronic)	Yes	49	Modified Pilates	6 wks, 2x ?min sessions per wk	Education
PACTR201807573146508	Pan African Clinical Trials Registry	RCT	Recruiting	21 Symptoms, signs or clinical findings, not elsewhere classified	Neck pain (chronic, nonspecific)	Yes	60	Pilates exercise	8 wks, 2x 30min sessions per wk	Dynamic Isometric exercises
IRCT2017072335236N1	Iranian registry of clinical trials	RCT	Recruitment complete	22 Injury, poisoning or certain other consequences of external causes	Burns (second degree)	No	64	Pilates exercise	2 wks, 6x 50min sessions per wk	Control (usual care)
IRCT2017050933772N2	Iranian registry of clinical trials	RCT	Recruitment complete	22 Injury, poisoning or certain other consequences of external causes	Rehabilitation (after hip arthroplasty)	No	38	Pilates exercise	? (not described)	Control (usual care)
NCT04360447	US National Library of Medicine	RCT	Complete, results not available	22 Injury, poisoning or certain other consequences of external causes	Rehabilitation (after spinal cord injury, T2 and below)	No	18	Pilates exercise (Reformer)	8 wks, individualised	Home exercise
NCT03729466	US National Library of Medicine	RCT	Recruiting	24 Factors influencing health status or contact with health services	Caregivers, primary (of special needs children)	No	70	Pilates exercise	8 wks, 2x 45-60min sessions per week	Control (no intervention)
IRCT20190303042904N1	Iranian registry of clinical trials	RCT	Recruitment complete	24 Factors influencing health status or contact with health services	Employment conditions (female nurses with stress, anxiety, back pain)	Yes	70	Pilates exercise	8 wks, 3x 60min sessions per wk	Control (usual activities)

STUDY ID	Comparator2	Comparator3	Co Intervention	OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4	OUTCOME 5	OUTCOME 6
RBR-43wzk4	Pilates & Laser	--	--	Pain intensity (VAS)	Roland Morris questionnaire				
RBR-5nk2tr	--	--	--	Pain intensity (VAS)	Oswestry Disability Index	Roland Morris Disability Questionnaire	Quality of life (SF-12)		
RBR-3k9vxy	Education	--	--	Pain intensity (VAS)	Trunk Extensor Muscle Endurance (Biering-Sorensen test)	Gait velocity	paravertebral muscle strength (lumbar dynamometer)	Flexibility (sit & reach)	Flexibility (popliteal angle test)
IRCT20150531022498N27	Yoga	--	--	physical fitness (balance, flexibility, aerobic power)	Quality of Life (?)	Quebec back pain questionnaire	Oswestry Disability Index	Body composition (BMI, Waist-hip ratio, fat%)	
NCT03782584	--	--	--	Pain (VAS)	Neck disability index	Posture evaluation (photographs)	Neck ROM	Deep neck flexor endurance (stabilizer pressure biofeedback test)	Neck position sense
PACTR201807573146508	Neck stabilization exercises	--	--	Pain (VAS)	Sleep disorder	Kinesiophobia	Cervical ROM	Functional disability	
IRCT2017072335236N1	--	--	--	Pain (VAS)	Bates-Jensen Wound Assessment Tool				
IRCT2017050933772N2	--	--	--	Pain (VAS)	Hip ROM (goniometry)	Lower extremity functional scale			
NCT04360447	--	--	--	Upper extremity muscle strength (hand dynamometer)	Quality of life (SF-36)	Spinal Cord Independence Measure version III			
NCT03729466	--	--	--	Fatigue severity scale					
IRCT20190303042904N1	--	--	--	Anxiety (Depression Anxiety Stress Scales (DASS21))	Stress (DASS21)	Depression (DASS21)	Oswestry Disability Index		

STUDY ID	OUTCOME 7	OUTCOME 8	OUTCOME 9	OUTCOME 10	OUTCOME 11	OUTCOME 12	OUTCOME 13	OUTCOME 14
RBR-43wzk4								
RBR-5nk2tr								
RBR-3k9vxy	Quality of life (SF-36)							
IRCT201505310224 98N27								
NCT03782584								
PACTR2018075731 46508								
IRCT201707233523 6N1								
IRCT201705093377 2N2								
NCT04360447								
NCT03729466								
IRCT201903030429 04N1								

STUDY ID	Source/other identifiers	Study design	Status	ICD-11 Category	CONDITION (Population)	Priority population?	N (target)	INTERVENTION	Intervention details	Comparator1
IRCT2016033026251N3	Iranian registry of clinical trials	RCT	Recruitment complete	25 Prevention	08 Nervous system, older males (64-75 yrs)	No	20	Pilates exercise	12 wks, 5x 60min sessions per wk	Control (usual activities)
NCT03962842	US National Library of Medicine	RCT	Recruiting	25 Prevention	21 Musculoskeletal symptoms and signs, healthy adolescents (11-17 yrs)	No	163	Pilates exercise	32 wks, 2x 10mins sessions per wk	Control (no intervention)
NCT02816541	US National Library of Medicine	RCT	Complete, results not available	25 Prevention	21 Musculoskeletal symptoms and signs, healthy adults (>60 yrs)	No	20	Modified pilates	single 40min session	Aerobic exercise (treadmill)
NCT02845544	US National Library of Medicine	RCT	Complete, results not available	25 Prevention	21 Musculoskeletal symptoms and signs, healthy adults (sedentary)	No	18	Pilates exercise	6 wks, 2x 60min sessions per wk	Control (no intervention)
RBR-8q3p8n	Brazilian Clinical Trials Registry	RCT	Recruiting	25 Prevention	21 Musculoskeletal symptoms and signs, healthy children (4-8 yrs)	No	81	Pilates exercise (mat)	10 wks, 1x 50min session per wk	Control (no intervention)
RBR-8t5p7d	Brazilian Clinical Trials Registry	RCT	Complete, results not available	25 Prevention	21 Musculoskeletal symptoms and signs, healthy children (8-12 yrs)	No	60	Pilates exercise (in soil)	14 wks, 2x 50min sessions per wk	Control (waitlist)
IRCT2017010431767N1	Iranian registry of clinical trials	RCT	Recruitment complete	25 Prevention	Age-related decline, frail older women at risk of...	Yes	44	Pilates exercise (mat)	8 wks, 3x 1hr sessions per wk	Control (usual care - basic training)
IRCT2017091422320N7	Iranian registry of clinical trials	RCT	Recruitment complete	25 Prevention	Age-related decline, older women referred for unhappiness	No	54	Pilates exercise	8 wks, 3x 60min sessions per week	Control (no intervention)
RBR-4ym2j4	Brazilian Clinical Trials Registry	RCT	Recruitment complete	25 Prevention	Age-related decline, older adults (>? yrs)	Yes	50	Pilates exercise (mat & equipment)	24 wks, 2x 60mins sessions per wk	Control (no intervention)
NCT03299374	US National Library of Medicine	RCT	Recruiting (?complete)	25 Prevention	Age-related decline, older adults (>60 yrs)	Yes	30	Pilates exercise	16 wks, ?	Falls prevention exercises
NCT03791502	US National Library of Medicine	RCT	Complete, results not available	25 Prevention	Age-related decline, older adults (>60 yrs)	Yes	48	Pilates exercise (high volume, 18 exercises)	12 wks, 2x 60min sessions per wk	Control (usual activities)

STUDY ID	Comparator2	Comparator3	Co Intervention	OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4	OUTCOME 5	OUTCOME 6
IRCT2016033026251N3	--	--	--	Serum Brain-derived neurotrophic factor	Body composition (BMI)				
NCT03962842	--	--	Physical education class	Sagittal spinal curvature	Hamstring extensibility (straight leg raise)	Back Pain Survey	Quality of life (Kindscreem 27 questionnaire)	Body composition (BMI, Waist-hip ratio)	Hamstring extensibility (sit and reach, toe touch)
NCT02816541	Modified Pilates 2	--	--	Balance (center of Pressure, force platform)					
NCT02845544	--	--	--	Balance, static (triaxial accelerometer)	Balance, dynamic (triaxial accelerometer)	Surface electromyography, Abdominal strength	Surface electromyography, Low-back strength		
RBR-8q3p8n	Global postural reeducation	--	--	Postural alignment (Barodometry)	Aerobic/functional capacity (6-min walk test)	Functional mobility (timed up & go)	Horizontal jump	Stability (platform)	Timed sit and stand
RBR-8t5p7d	--	--	--	Posture (photogrammetry)	Balance, static (platform)	Balance, dynamic	baropodometry	Thoracoabdominal mobility	Respiratory muscle strength
IRCT2017010431767N1	--	--	--	Fear of falling	Activity of daily living				
IRCT2017091422320N7	--	--	--	Oxford Happiness Inventory					
RBR-4ym2j4	--	--	--	Body composition	Latin American Development Group for maturity (GDLAM)	The Rockport Fitness Walking Test	MMSE	Quality of life (SF-36)	Body appreciation scale
NCT03299374	--	--	--	Number of falls	Falls Efficacy Scale - International	Functional mobility (timed up & go)	Functional reach	One leg stance	Quality of life (EQ-5D)
NCT03791502	Pilates exercise (low volume, 12 exercises)	--	--	Muscle strength, lower limbs (biofeedback)	Muscle strength, lower limbs (30s Chair-stand test)	Palmar Grip strength	Postural balance, static	Functional mobility (timed up & go)	Postural balance, dynamic (step test)

STUDY ID	OUTCOME 7	OUTCOME 8	OUTCOME 9	OUTCOME 10	OUTCOME 11	OUTCOME 12	OUTCOME 13	OUTCOME 14
IRCT2016033026251N3								
NCT03962842	Adolescent International Physical Activity Questionnaire							
NCT02816541								
NCT02845544								
RBR-8q3p8n								
RBR-8t5p7d	Children's Sleep Habits Questionnaire							
IRCT2017010431767N1								
IRCT2017091422320N7								
RBR-4ym2j4	Aging perception questionnaire	Pittsburgh Sleep Quality Index	Postural balance, static (force platform)	Posture (Computerised photogrammetry)	Berg Scale	Activites-specific balance confidence scale	Functional movement screen	Isokenetic dynamometer
NCT03299374								
NCT03791502	Flexibility (sit & reach)	Functional Autonomy (ability to dress)	Geriatric depression scale	Maximal inspiratory/expiratory pressure	Forced vital capacity			

STUDY ID	Source/other identifiers	Study design	Status	ICD-11 Category	CONDITION (Population)	Priority population?	N (target)	INTERVENTION	Intervention details	Comparator1
RBR-8c33jx	Brazilian Clinical Trials Registry	RCT	Recruitment complete	25 Prevention	Age-related decline, older adults (>60 yrs)	Yes	30	Pilates exercise	8 wks, 2x 50min sessions per wk	Control (no intervention)
NCT04343300	US National Library of Medicine	RCT	Complete, results not available	25 Prevention	Age-related decline, older adults (>65 yrs)	Yes	60	Pilates exercise	12 wks, 2x 60min sessions per wk	Control (no intervention)
NCT02371837	US National Library of Medicine	RCT	Complete, results not available	25 Prevention	Age-related decline, older women (>60 yrs)	Yes	103	Pilates exercise	6 wks, 2x ?hrs sessions per wk	Control (no intervention)
RBR-4y4q7z	Brazilian Clinical Trials Registry	RCT	Not yet recruiting	25 Prevention	Age-related decline (urinary incontinence), women (>60 yrs)	No	33	Pilates exercise (mat) with pevic floor exercises	8 wks, 2x 50min sessions per wk	Control (no intervention)
RBR-3x64sp	Brazilian Clinical Trials Registry	RCT	Recruiting (?complete)	25 Prevention	Age-related decline (breathing), older women (>65 yrs)	No	60	Pilates exercise	12 wks, 2x ?min sessions per wk	Control (no intervention)
RBR-969prp	Brazilian Clinical Trials Registry	RCT	Recruiting (?complete)	25 Prevention	Age-related decline, older women (>65 yrs)	Yes	60	Pilates exercise	12 wks, 2x ?min sessions per wk	Control (no intervention)
RBR-22bpsb	Brazilian Clinical Trials Registry	RCT	Complete, results not available	25 Prevention	Age-related decline, older women (60-69 yrs)	Yes	24	Pilates exercise (mat & equipment)	26 wks, 2x 30mins sessions per wk	Control (no intervention)
RBR-84gg5w	Brazilian Clinical Trials Registry	RCT	Not yet recruiting	25 Prevention	Falls, older adults (>65 yrs) with history of falls	Yes	46	Pilates exercise	8 wks, 2x 50min sessions per wk	Control (no intervention)
RBR-2cfy62	Brazilian Clinical Trials Registry	RCT	Complete, brief results (p-values) published on registry	25 Prevention	Menopausal symptoms or complaints, healthy women (? yrs)	Yes	21	Pilates exercise (in soil)	12 wks, 3x 60min sessions per wk	Control (no intervention)
IRCT20160821029446N4	Iranian registry of clinical trials	NRSI	Recruitment complete	25 Prevention	Menopausal symptoms or complaints, healthy women (40-60 yrs)	Yes	98	Pilates exercise	12 wks, 2x 60min sessions per wk	Control (usual activities)

?=not specified; BMI= body mass index; SF= short form

STUDY ID	Comparator2	Comparator3	Co Intervention	OUTCOME 1	OUTCOME 2	OUTCOME 3	OUTCOME 4	OUTCOME 5	OUTCOME 6
RBR-8c33jx	--	--	--	Balance (Neurocon Smart equitest)	Posture (Computerised photogrammetry)	Palmar Grip strength	Gait speed (6M walk test)		
NCT04343300	--	--	--	Falls Efficacy Scale - International	Platform Footworkpro Pressure plate	Functional reach	Functional mobility (timed up & go)	GAITRite® system	Physical Activity Questionnaire - short form
NCT02371837	--	--	--	Falls Efficacy Scale - International	Star Excursion Balance Test				
RBR-4y4q7z	--	--	--	Pelvic floor muscle strength (electromyography)	Pelvic floor muscle function (Ortiz scale)				
RBR-3x64sp	--	--	Education	Maximal inspiratory/expiratory pressure	Forced vital capacity	FEV1/FVC			
RBR-969prp	--	--	Education	Postural balance, static	Functional mobility (timed up & go)	Muscle strength (hamstring stiffness, hamstring and quadriceps)	Muscle strength (Isokinetic dynamometry)	Functional mobility (Berg Balance Scale)	Functional mobility (Timed up & go)
RBR-22bpsb	--	--	--	Bone mineral density	Lean muscle mass				
RBR-84gg5w	--	--	Lower limb strengthening exercise	Postural balance, static (force platform)					
RBR-2cfy62	--	--	--	Abdominal rectus muscle diastasis					
IRCT20160821029446N4	--	--	--	Quality of life (SF-36)	Female Sexual Functioning Index				
?=not specified; BMI									

STUDY ID	OUTCOME 7	OUTCOME 8	OUTCOME 9	OUTCOME 10	OUTCOME 11	OUTCOME 12	OUTCOME 13	OUTCOME 14
RBR-8c33jx								
NCT04343300								
NCT02371837								
RBR-4y4q7z								
RBR-3x64sp								
RBR-969prp	Functional mobility (Falls Efficacy Scale International)	Functional mobility (history of falls)						
RBR-22bpsb								
RBR-84gg5w								
RBR-2cfy62								
IRCT201608210294 46N4								
?=not specified; BMI								