

	Sequence Generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessors	Incomplete outcome data	Selective outcome reporting	Other sources of bias
Hofstee 2002	+	+	-	-	+	?	+
Vroomen 1999	+	+	-	-	+	?	+

Figur 1. Risiko for bias i studier inkluderet i fokuseret spørgsmål 1 (fysisk aktivitet).

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Albert 2012	+	+	-	+	+	+	+
Bhaktiari 2005	+	?	-	+	+	+	-
Huber 2011	?	-	-	+	?	?	+
Luijsterburg 2008	+	+	-	?	+	+	-
Paatelma 2008	+	?	-	+	+	+	-
Petersen 2011	+	+	-	+	+	+	+
Ye 2015	-	-	-	-	-	+	-

Figur 2. Risiko for bias for studier inkluderet i hhv. fokuseret spørgsmål 2, 3 og 6 (superviserede øvelser).

	Sequence Generation	Blinding of outcome assessors	Selective outcome reporting	Blinding of participants and personnel	Other sources of bias	Incomplete outcome data	Allocation concealment
Bronfort 2014	+	+	+	-	+	+	+
Paatelma 2008	+	+	+	-	-	+	?
Santilli 2006	+	+	+	+	+	+	?

Figur 3. Risiko for bias for studier inkluderet i fokuseret spørgsmål 5 og 6 (ledmobiliserende teknikker).