

**Supplementary Table 1.** Search strategy

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**PubMed (including MEDLINE)**

1. “Patellofemoral pain syndrome” [Mesh] OR “Patellofemoral Pain” OR “Anterior Knee Pain” OR “Patellofemoral Dysfunction”
2. “Exercise Therapy”[Mesh] OR “Exercise”[Mesh] OR “Resistance Training”[Mesh] OR “Kinesiotherapy” OR “Physical Therapy Modalities”[Mesh] OR “exercise intervention” OR “therapeutic exercise” OR “exercise therapeutic” OR “physical therapy” OR “physiotherapy”
3. 1 AND 2

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**Embase (via Elsevier)**

1. ‘Patellofemoral pain syndrome’ OR ‘Patellofemoral Syndrome’ OR ‘Anterior Knee Pain Syndrome’ ‘Patellofemoral Pain’ OR ‘Anterior Knee Pain’ OR ‘Patellofemoral Dysfunction’
2. ‘Exercise Therapy’ OR Exercise OR ‘Resistance Training’ OR ‘Strength Training’ OR Kinesiotherapy OR ‘Physical therapy’ OR physiotherapy OR ‘exercise intervention’ OR ‘therapeutic exercise’ OR ‘exercise therapeutic’ OR ‘physical therapy modalities’
3. 1 AND 2

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**Cochrane Central Register of Controlled Trials (CENTRAL)**

1. patellofemoral pain OR MeSH descriptor: [Patellofemoral Pain Syndrome] explode all trees OR anterior knee pain OR patellofemoral dysfunction
  2. MeSH descriptor: [Exercise Therapy] explode all trees OR MeSH descriptor: [Exercise] explode all trees OR MeSH descriptor: [Resistance Training] explode all trees OR Kinesiotherapy OR MeSH descriptor: [Physical Therapy Modalities] explode all trees OR exercise intervention OR therapeutic exercise OR exercise therapeutic
  3. 1 AND 2
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**PEDro**

1. **Abstract & Title:** Patellofemoral pain; **Body Part:** lower leg or knee; **Method:** clinical trial.
2. **Abstract & Title:** Patellofemoral pain syndrome; **Body Part:** lower leg or knee; **Method:** clinical trial.
3. **Abstract & Title:** Patellofemoral syndrome; **Body Part:** lower leg or knee; **Method:** clinical trial.
4. **Abstract & Title:** Anterior knee pain syndrome; **Body Part:** lower leg or knee; **Method:** clinical trial.
5. **Abstract & Title:** Anterior knee pain; **Body Part:** lower leg or knee; **Method:** clinical trial.
6. **Abstract & Title:** Patellofemoral dysfunction; **Body Part:** lower leg or knee; **Method:** clinical trial.

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**SPORTDiscus (via EBSCO)**

1. patellofemoral pain syndrome OR patellofemoral syndrome OR anterior knee pain syndrome OR patellofemoral pain OR anterior knee pain OR patellofemoral dysfunction
2. exercise therapy OR exercise OR resistance training OR strength training OR kinesiotherapy OR physical therapy OR physiotherapy OR exercise intervention OR therapeutic exercise OR exercise therapeutic OR physical therapy modalities
3. 1 AND 2

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**CINAHL (via EBSCO)**

1. patellofemoral pain syndrome OR patellofemoral syndrome OR anterior knee pain syndrome OR patellofemoral pain OR anterior knee pain OR patellofemoral dysfunction
  2. exercise therapy OR exercise OR resistance training OR strength training OR kinesiotherapy OR physical therapy OR physiotherapy OR exercise intervention OR therapeutic exercise OR exercise therapeutic OR physical therapy modalities
  3. 1 AND 2
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**Web of Science (via Clarivate Analytics)**

1. TI=(Patellofemoral pain syndrome OR Patellofemoral Syndrome OR Anterior Knee Pain Syndrome Patellofemoral Pain OR Anterior Knee Pain OR Patellofemoral Dysfunction)
2. AB=(Patellofemoral pain syndrome OR Patellofemoral Syndrome OR Anterior Knee Pain Syndrome Patellofemoral Pain OR Anterior Knee Pain OR Patellofemoral Dysfunction)
3. TI=(Exercise Therapy OR Exercise OR Resistance Training OR Strength Training OR Kinesiotherapy OR Physical therapy OR physiotherapy OR exercise intervention OR therapeutic exercise OR exercise therapeutic OR physical therapy modalities)
4. AB=(Exercise Therapy OR Exercise OR Resistance Training OR Strength Training OR Kinesiotherapy OR Physical therapy OR physiotherapy OR exercise intervention OR therapeutic exercise OR exercise therapeutic OR physical therapy modalities)
5. 1 OR 2
6. 3 OR 4
7. 5 AND 6

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**OpenGrey**

1. (“Patellofemoral pain syndrome” OR “Patellofemoral Syndrome” OR “Anterior Knee Pain Syndrome” “Patellofemoral Pain” OR “Anterior Knee Pain” OR “Patellofemoral Dysfunction”)
2. (“Exercise Therapy” OR Exercise OR “Resistance Training” OR “Strength Training” OR Kinesiotherapy OR “Physical therapy” OR physiotherapy OR “exercise intervention” OR “therapeutic exercise” OR “exercise therapeutic” OR “physical therapy modalities”)
3. 1 AND 2

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MeSH: Medical Subject Headings; TI: title; AB: abstract