Table 1. Reasons for the exclusion of full-text trials

Trial (year, author)	Reasons for exclusion
Korkmaz et al.[1] 2023	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Patil et al.[2] 2023	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Selhorst et al.[3] 2023	Inappropriate intervention (education)
Sheiki et al.[4] 2023	Inappropriate intervention (education)
Talbot et al.[5] 2023	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Zafarian et al.[6] 2023	Inappropriate intervention (exercise-therapy program was not performed)
Erickson et al.[7] 2022	Abstract
Hasan et al.[8] 2022	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Karamiani et al.[9] 2022	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Vaidya et al.[10] 2022	Inappropriate intervention (there is no adjunct treatment used in this study)
Albornoz-Cabello et al.[11] 2021	Inappropriate study design (pre- post-treatment design)
Gavish et al.[12] 2021	Inappropriate intervention (there is no adjunct treatment used in this study)
James et al.[13] 2021	Inappropriate intervention (education)
Partovi et al.[14] 2021	Inappropriate population (participants with a knee osteoarthritis diagnosis)
Pocai et al.[15] 2021	Inappropriate intervention (exercise-therapy program was not performed)

Scafoglieri et al.[16] 2021	Inappropriate intervention (different exercises were performed in both groups)
Selhorst et al.[17] 2021	Inappropriate intervention (education)
Shadloo et al.[18] 2021	Inappropriate intervention (different exercises were performed in both groups)
Begum et al.[19] 2020	Short-report
Gavish et al.[20] 2020	Abstract
Glaviano et al.[21] 2020	Duplicate results. We already include the results of Glaviano et al. 2019.[22]
Haghighat et al.[23] 2020	Inappropriate intervention (different exercises were performed in both groups)
Kedroff et al.[24] 2020	Abstract
Mistry et al.[25] 2020	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Örsçelik et al.[26] 2020	Inappropriate population (participants with a knee osteoarthritis diagnosis)
Priori et al.[27] 2020	Inappropriate intervention (exercise-therapy program was not performed)
Astur et al.[28] 2019	Inappropriate population (participants with a knee osteoarthritis diagnosis)
Emamvirdi et al.[29] 2019	Inappropriate comparison (control group did not perform any exercise)
Walsh et al.[30] 2019	Inappropriate population (participants without patellofemoral pain were included)
Korakakis et al.[31] 2018	Abstract
Korakakis et al.[32] 2018	Inappropriate population (participants with other clinical diagnosis than patellofemoral pain)
Mølgaarda et al.[33] 2018	Inappropriate intervention (there are more than one adjunct treatment used in this study)

Rathleff et al.[34] 2018	Inappropriate intervention (there are more than one adjunct treatment used in this study) and inappropriate study design (cohort)
Riel et al.[35] 2018	Inappropriate comparison (control group received adjunct treatment)
Argut et al.[36] 2017	Abstract
Balci et al.[37] 2017	Abstract
Espí-López et al.[38] 2017	Inappropriate comparison (control group received adjunct treatment)
Korakakis et al.[39] 2017	Abstract
Ferreira et al.[40] 2016	Abstract
Kurt et al.[41] 2016	Inappropriate intervention (exercise-therapy program was not performed)
Yildiz et al.[42] 2016	Inappropriate intervention (injection) and innapropriate study design (retrospective)
Halabchi et al.[43] 2015	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Patle et al.[44] 2015	Short-report
Singer et al.[45] 2015	Inappropriate study design (review)
Taghipourdarzinaghibi et al.[46] 2015	Abstract
Zemadanis et al.[47] 2015	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Petersen et al.[48] 2014	Inappropriate study design (protocol)
Kaya et al.[49] 2013	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Kettunen et al.[50] 2011	Inappropriate population (participants with patellar subluxation)
Singer et al.[51] 2011	Inappropriate study design (crossover)

Evcik et al.[52] 2010	Inappropriate population (participants with patellar subluxation)
Sherrard et al.[53] 2010	Abstract
Collins et al.[54] 2008	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Ng et al.[55] 2008	Inappropriate outcomes (pain and/or function outcomes were not assessed)
Vicenzino et al.[56] 2008	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Kettunen et al.[57] 2007	Inappropriate population (participants with patellar subluxation)
Wiener-Ogilvie et al.[58] 2004	Inappropriate population (participants with anterior knee pain without specifying if they had patellofemoral pain)
Crossley et al.[59] 2003	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Crossley et al.[60] 2002	Inappropriate intervention (there are more than one adjunct treatment used in this study)
Naslund et al.[61] 2002	Inappropriate intervention (exercise-therapy program was not performed)
Kannus et al.[62] 1999	Inappropriate population (participants had undergone knee arthroscopy before the study)
Garth et al.[63] 1998	Inappropriate study design (review of the literature)
Froehling et al.[64] 1996	Thesis
Kowall et al.[65] 1996	Inappropriate population (participants with patellofemoral tilt or subluxation)

Kannus et al.[66] 1992	Inappropriate population (participants had undergone knee arthroscopy before the study)
Jacobson et al.[67] 1984	Dissertation

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