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| **S1 Table. Search term applied** | |
| Database | Search terms and MeSH terms |
| Pub med  Search restrictions:   * All text * Clinical trial | (lordosis and exercise) OR (lordosis and physical activity) OR (lordosis and program\*) OR (lordosis and training) OR (kyphosis and exercise) OR (kyphosis and physical activity) OR (kyphosis and program\*) OR (kyphosis and training) OR (spinal curv\* and physical activity) OR (spinal curv\* and exercise) OR (spinal curv\* and training) (spinal curv\* and program) OR (sagittal spinal and exercise) OR (sagittal spinal and physical activity) OR (sagittal spinal and training) |
| Cochrane Search restrictions:   * All text | (lordosis and exercise) OR (lordosis and physical activity) OR (lordosis and program\*) OR (lordosis and training) OR (kyphosis and exercise) OR (kyphosis and physical activity) OR (kyphosis and program\*) OR (kyphosis and training) OR (spinal curv\* and physical activity) OR (spinal curv\* and exercise) OR (spinal curv\* and training) (spinal curv\* and program) OR (sagittal spinal and exercise) OR (sagittal spinal and physical activity) OR (sagittal spinal and training) OR (sagittal spinal and program\*) |
| WOS | TI=((lordosis AND (exercise OR pyhysical activity OR program\* OR training)) OR (kyphosisAND (exercise OR pyhysical activity OR program\* OR training)) OR (spinalcurv\* AND (exercise OR pyhysical activity OR program\* OR training)) OR (sagittal spinal AND (exercise OR pyhysical activity OR program\* OR training))) |
| EBSCO | (lordosis and exercise) OR (lordosis and physical activity) OR (lordosis and program\*) OR (lordosis and training) OR (kyphosis and exercise) OR (kyphosis and physical activity) OR (kyphosis and program\*) OR (kyphosis and training) OR (spinal curv\* and physical activity) OR (spinal curv\* and exercise) OR (spinal curv\* and training) (spinal curv\* and program) OR (sagittal spinal and exercise) OR (sagittal spinal and physical activity) OR (sagittal spinal and training) OR (sagittal spinal and program\*) |
| PEDro |  |
| Search 1 | Abstract & Title: spinal curv\*; therapy: fitness training; body part: thoracic spine; method: clinical trial |
| Search 2 | Abstract & Title: spinal curv\*; therapy: fitness training; body part: lumbar spine, sacro-iliac joint or pelvis; method: clinical trial |
| Search 3 | Abstract & Title: sagittal spinal; therapy: fitness training; body part: thoracic spine; method: clinical trial |
| Search 4 | Abstract & Title: sagittal spinal; therapy: fitness training; body part: lumbar spine, sacro-iliac joint or pelvis; method: clinical trial |
| Search 5 | Abstract & Title: spinal curv\*; therapy: strength training; body part: thoracic spine; method: clinical trial |
| Search 6 | Abstract & Title: spinal curv\*; therapy: strength training; body part: lumbar spine, sacro-iliac joint or pelvis ; method: clinical trial |
| Search 7 | Abstract & Title: sagittal spinal; therapy: strength training; body part: thoracic spine; method: clinical trial |
| Search 8 | Abstract & Title: sagittal spinal; therapy: strength training; body part: lumbar spine, sacro-iliac joint or pelvis; method: clinical trial |
| Search 9 | Abstract & Title: spinal curv\*; therapy: stretching, mobilisation, manipulation, massage; body part: thoracic spine; method: clinical trial |
| Search 10 | Abstract & Title: spinal curv\*; therapy: stretching, mobilisation, manipulation, massage; body part: lumbar spine, sacro-iliac joint or pelvis ; method: clinical trial |
| Search 11 | Abstract & Title: sagittal spinal; therapy: stretching, mobilisation, manipulation, massage; body part: thoracic spine; method: clinical trial |
| Search 12 | Abstract & Title: sagittal spinal; therapy: stretching, mobilisation, manipulation, massage; body part: lumbar spine, sacro-iliac joint or pelvis; method: clinical trial |