

Supplementary Material. Search strategies

Search strategy in PubMed

#1: Posture OR postur* OR postures OR postural [Title/Abstract]

OR

#2: General malalignments terms

• [Text word]: “poor posture” OR “bad posture” OR “postural malalignment” OR “postural misalignment” OR “slouched posture” OR “faulty posture” OR “postural deviations” OR “spine” OR spin* OR “spinal alignment” OR “spinal curvature” OR “head alignment” OR “shoulder alignment” OR “scapular alignment”

OR

• [MeSH Terms]: spinal curvature, posture

OR

#3: Specific malalignments terms

• [Text word]: “forward head” OR “round shoulder” OR “forward shoulder” OR “protracted shoulder” OR kyphosis OR kypho* OR “kyphotic posture” OR “sway back posture” OR “upper crossed syndrome” OR lordosis OR lordos* OR “lordotic posture” OR “scapular winging” OR “winging scapula” OR “abducted scapular” OR abducted scapula* OR “scapular alignment” OR “scapular dyskinesia” OR scapular dyskinesi* OR scapular position* OR “Cobb angle” OR “kyphosis angle” OR “lordosis angle” OR “head angle” OR “cervical angle” OR “shoulder angle”

OR

• [MeSH Terms]: kyphosis OR lordosis.

AND

#4: Exercise interventions terms

• [Text word]: exercise OR exercises OR exercis* OR “exercise therapy” OR “exercise movement techniques” OR “stretching exercise” OR “strengthening exercise” OR “resistance exercise” OR “corrective exercise” OR “therapeutic exercise” OR “Rehabilitation Exercises” OR “postural exercise” OR yoga OR Pilates OR training OR train*.

OR

• [MeSH Terms]: exercise OR exercise therapy OR exercise movement techniques OR stretching exercise OR resistance training OR yoga.

Final search: (#1 OR #2 OR #3) AND #4 AND #5

• Restrictions: Clinical trial, English language

Search strategy in Cochrane

(“forward head” or “round shoulder” or “head alignment” or “shoulder alignment” or “head angle” or “cervical angle” or “shoulder angle”) or (kyphosis or “kyphotic posture” or “sway back posture” or “upper crossed syndrome” or “Cobb angle” or “kyphosis angle”) or (lordosis or “lordotic posture” or “lordosis angle”):ti,ab,kw or (“scapular winging” or “winging scapula” or “abducted scapular” or abducted scapula* or “scapular alignment” or “scapular dyskinesia” or scapular position*) or (scoliosis or “scoliotic spine” or “scoliotic posture”):ti,ab,kw or (“poor posture” or “bad posture” or “postural malalignment” or “postural misalignment” or “slouched posture” or “faulty posture” or “postural deviations”) or (spinal curvature or “spinal alignment”):ti,ab,kw and (exercise or exercise therapy or exercise movement techniques or stretching exercise or resistance exercise or “corrective exercise” or yoga or Pilates or training or train):ti,ab,kw (Word variations have been searched)

Search strategy in WOS

TITLE: (poor posture OR bad posture OR postural malalignment OR postural misalignment OR slouched posture OR faulty posture OR postural deviations OR spinal alignment OR spinal curvature) < i>OR </i> TITLE: (forward head OR round shoulder OR forward shoulder OR head alignment OR shoulder alignment OR kyphosis OR kyphotic posture OR sway back posture OR upper crossed syndrome OR lordosis OR “lordotic posture” OR scapular winging OR winging scapula OR abducted scapular OR abducted scapula* OR scapular alignment OR scapular dyskinesis OR scapular position* OR scoliosis OR scoliotic spine OR “scoliotic posture”) < i>AND</i> TITLE: (exercise OR exercise therapy OR exercise movement techniques OR stretching exercise OR resistance exercise OR corrective exercise OR “therapeutic exercise” OR “Rehabilitation Exercises” OR yoga OR Pilates OR training OR train)

Search strategy in EBSCO

(“forward head” or “round shoulder” or “head alignment” or “shoulder alignment”) or (kyphosis or “kyphotic posture” or “sway back posture” or “upper crossed syndrome”) or (lordosis or “lordotic posture”) OR (“scapular winging” or “winging scapula” or “abducted scapular” or abducted scapula* or “scapular alignment” or “scapular dyskinesis” or scapular position*) or (scoliosis or “scoliotic spine” or “scoliotic posture”) OR (“poor posture” or “bad posture” or “postural malalignment” or “postural misalignment” or “slouched posture” or “faulty posture” or “postural deviations”) or (spinal curvature or “spinal alignment”) AND (exercise or exercise therapy or exercise movement techniques or stretching exercise or resistance exercise or “corrective exercise” or yoga or Pilates or training or train)