

Appendix 1 PubMed search strategy

1. osteoarthritis [MeSH Terms]
2. arthritis [MeSH Terms]
3. low back pain [MeSH Terms]
4. (chronic OR persistent OR subacute OR non-acute) [Title/Abstract]
5. (knee OR hip OR back OR spinal OR neck OR foot OR shoulder OR hand OR joint)
[Title/Abstract]
6. pain [Title/Abstract]
7. (#4 AND #5 AND #6)
8. degenerative (arthritis OR joint OR joints) [Title/Abstract]
9. "OA"[Title/Abstract]
10. osteoarthr*[Title/Abstract]
11. "LBP"[Title/Abstract]
12. (#1 OR #2 OR #3 OR #7 OR #8 OR #9 OR #10 OR #11)
13. aqua* therapy[Title/Abstract]
14. exercise*[Title/Abstract]
15. physical therapy[Title/Abstract]
16. exercise[MeSH Terms]
17. exercise movement techniques[MeSH Terms]
18. exercise therapy[MeSH Terms]
19. physical activity[MeSH Terms]
20. dance therapy[MeSH Terms]
21. Yoga[MeSH Terms]
22. tai chi[MeSH Terms]
23. walking[MeSH Terms]

24. physical exertion[MeSH Terms]
25. sports [MeSH terms]
26. hydrotherapy[MeSH terms]
27. water exercise*[Title/Abstract]
28. aqua exercise[Title/Abstract]
29. physiotherapy[MeSH Terms]
30. physical fitness[MeSH Terms]
31. swim*[Title/Abstract]
32. jog*[Title/Abstract]
33. run*[Title/Abstract]
34. (circuit* OR strength* OR resistance OR weight OR aerobic*) AND (train*)
[Title/Abstract]
35. (#13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR
#23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR
#33 OR #34)
36. patient compliance[MeSH Terms]
37. patient adherence[MeSH Terms]
38. patient participation[MeSH Terms]
39. patient nonadherence[MeSH Terms]
40. patient noncompliance[MeSH Terms]
41. complian*[MeSH Terms]
42. motivation[MeSH Terms]
43. Cooperative behaviour[MeSH]
44. adhere*[Title/Abstract]
45. adhering[Title/Abstract]

- 46. complian*[Title/Abstract]
- 47. noncomplian*[Title/Abstract]
- 48. nonattend*[Title/Abstract]
- 49. attendance[Title/Abstract]
- 50. participation[Title/Abstract]
- 51. predictor[Title/Abstract]
- 52. complying[Title/Abstract]
- 53. exercise behaviour[Title/Abstract]
- 54. (#36 OR #37 OR #38 OR #39 OR #40 OR #41 OR #42 OR #43 OR #44 OR #45 OR
#46 OR #47 OR #48 OR #49 OR #50 OR #51 OR #52 OR #53)
- 55. (#12 AND #35 AND #54)