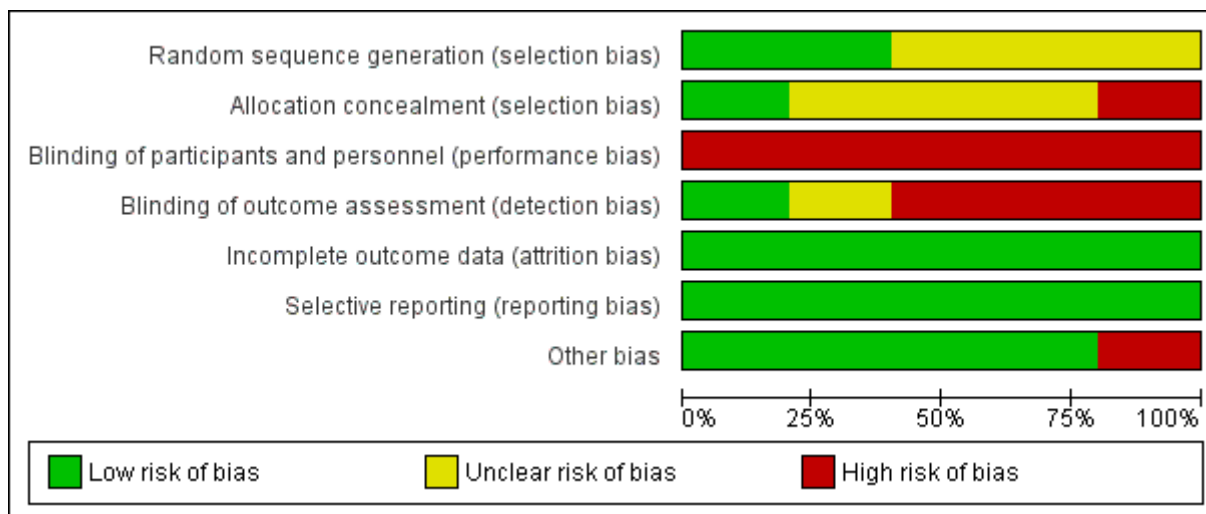


Figures

Figure 1



Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.

Figure 2

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Broekmans 2011	?	?	-	-	+	+	+
Dalgas 2009 2010A+B 2013	?	?	-	-	+	+	+
DeBolt 2004	+	?	-	-	+	+	+
Dodd 2011	+	+	-	+	+	+	+
Medina-Perez 2014	?	-	-	?	+	+	-

Risk of bias summary: review authors' judgements about each risk of bias item for each included study.