

## Bilag 1 – Søgestrengene

### Pubmed

Population	Intervention	Comparison	Outcome
Groin[Mesh] 5.077 results	Exercise[Mesh:NoExp] 165.679 results	Massage[Mesh] 7.515 results	"Pain Measurement"[Mesh] 105.407 results
"Groin Pain"[Title/abstract] 2.492 results	"Exercise Therapy "[Mesh] 75,079 results	Muscle Stretching Exercise[Mesh] 2.323 results	"pain intensity" [Title/abstract] 33.198 results
"adductor-related groin pain" [Title/abstract] 59 results	Exercise[Title/abstract] 380,441 results	"Physical Therapy Modalities"[Mesh] 201.136 results	Pain[Title/abstract] 927,723 results
Groin[Title/abstract] 15.829 results	"Load Management" [Title/abstract] 408 results	"Passive physical therapy" [Title/abstract] 23 results	"return to sport" [Title/abstract] 5.162 results
	Exercise Therapy[Title/abstract] 8.371 results	"Manual therapy" [Title/abstract] 4.229 results	"return to play" [Title/abstract] 4.369 results
	Rehabilitation[Title/abstract] 261.071 results	"Complementary Therapies"[Mesh] 267.471 results	"Return to Sport"[Mesh] 3.648 results
Hits I alt ved combination med OR:17.824	Hits I alt ved combination med OR: 700.574	Hits I alt ved combination med OR: 435.035	Hits I alt ved combination med OR: 952.101

I alt: 82 results

## Embase

Population	Intervention	Comparison	Outcome
exp inguinal region/ 24.803 results	Exercise/ 478.180 results	exp massage/ 26.282 results	Exp Pain Measurement/ 53.500 results
Groin pain.ti,ab. 5.387 results	exp Exercise Therapy/ 135.652 results	exp muscle stretching exercise/ 7.655 results	pain intensity.ti,ab. 49.156 results
adductor-related groin pain.ti,ab. 77 results	exercise.ti,ab. 534.702 results	exp physical therapy modalities/ 151.666 results	Pain.ti,ab. 1.474.483 results
groin.ti,ab. 26.179 results	load management.ti,ab. 382 results	Passive physical therapy.ti,ab. 39 results	return to sport.ti,ab. 5.730 results
	exercise therapy.ti,ab. 8.880 results	Manual therapy.ti,ab. 5.817 results	return to play.ti,ab. 5.262 results
	rehabilitation.ti,ab. 372.560 results	Exp Complementary Therapies/ 94.827 results	Exp Return to Sport/ 9.165 results
Hits I alt ved combination med OR: 38.349	Hits I alt ved combination med OR: 1.079.214	Hits I alt ved combination med OR: 268.868	Hits I alt ved combination med OR: 1.495.862

I alt: 216 results

## Cochrane

Population	Intervention	Comparison	Outcome
MeSH descriptor: [Groin] explode all trees 209 results	MeSH descriptor: [Exercise] this term only 27.725 results	MeSH descriptor: [Massage] explode all trees 1,843 results	MeSH descriptor: [Pain Measurement] explode all trees 29.057 results
(groin pain):ti,ab 948 results	MeSH descriptor: [Exercise Therapy] explode all trees 24.691 results	MeSH descriptor: [Muscle Stretching Exercises] explode all trees 994 results	(pain intensity):ti,ab 35.367 results
(adductor-related groin pain):ti,ab 20 results	(Exercise):ti,ab 128.286 results	MeSH descriptor: [Physical Therapy Modalities] explode all trees 44.208 results	(Pain):ti,ab 264.554 results
(Groin):ti,ab 2.006 results	(Load Management):ti,ab 1.613 results	(Passive physical therapy):ti,ab 879 results	(return to sport):ti,ab 637 results
	(Exercise Therapy):ti,ab 23.465 results	(Manual therapy):ti,ab 8.714 results	(return to play):ti,ab 515 results
	(Rehabilitation):ti,ab 58.095 results	MeSH descriptor: [Complementary Therapies] explode all trees 31.627 results	MeSH descriptor: [Return to Sport] explode all trees 92 results
Hits I alt ved combination med OR: 2.062	Hits I alt ved combination med OR: 185.519	Hits I alt ved combination med OR: 73.924	Hits I alt ved combination med OR: 268.013

I alt: 24 results

## Bilag 2 – ROBIS

### ROBIS: Tool to assess risk of bias in systematic reviews

#### Phase 1: Assessing relevance (Optional)

ROBIS is designed to assess the risk of bias in reviews with questions relating to interventions, aetiology, diagnosis and prognosis. State your overview/guideline question (target question) and the question being addressed in the review being assessed:

##### Intervention reviews:

Category	Target question (e.g. overview or guideline)	Review being assessed
Patients/Population(s):		
Intervention(s):		
Comparator(s):		
Outcome(s):		

##### For aetiology reviews:

Category	Target question (e.g. overview or guideline)	Review being assessed
Patients/Population(s):		
Exposure(s) and comparator(s):		
Outcome(s):		

##### For DTA reviews:

Category	Target question (e.g. overview or guideline)	Review being assessed
Patients):		
Index test(s):		
Reference standard:		
Target condition:		

##### For prognostic reviews:

Category	Target question (e.g. overview or guideline)	Review being assessed
Patients:		
Outcome to be predicted:		
Intended use of model:		
Intended moment in time:		

Does the question addressed by the review match the target question?	YES/NO/UNCLEAR
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## Phase 2: Identifying concerns with the review process

### DOMAIN 1: STUDY ELIGIBILITY CRITERIA

Describe the study eligibility criteria, any restrictions on eligibility and whether there was evidence that objectives and eligibility criteria were pre-specified:

- |  |              |
|--|--------------|
| 1.1 Did the review adhere to pre-defined objectives and eligibility criteria?  | Y/PY/PN/N/NI |
| 1.2 Were the eligibility criteria appropriate for the review question?   | Y/PY/PN/N/NI |
| 1.3 Were eligibility criteria unambiguous?   | Y/PY/PN/N/NI |
| 1.4 Were any restrictions in eligibility criteria based on study characteristics appropriate (e.g. date, sample size, study quality, outcomes measured)?           | Y/PY/PN/N/NI |
| 1.5 Were any restrictions in eligibility criteria based on sources of information appropriate (e.g. publication status or format, language, availability of data)? | Y/PY/PN/N/NI |

Concerns regarding specification of study eligibility criteria **LOW/HIGH/UNCLEAR**

Rationale for concern: Tydeligt beskrevne kriterier, som passede til forskningsspørgsmålet.

### DOMAIN 2: IDENTIFICATION AND SELECTION OF STUDIES

Describe methods of study identification and selection (e.g. number of reviewers involved):

- |  |              |
|--|--------------|
| 2.1 Did the search include an appropriate range of databases/electronic sources for published and unpublished reports? | Y/PY/PN/N/NI |
| 2.2 Were methods additional to database searching used to identify relevant reports?                                   | Y/PY/PN/N/NI |
| 2.3 Were the terms and structure of the search strategy likely to retrieve as many eligible studies as possible?       | Y/PY/PN/N/NI |
| 2.4 Were restrictions based on date, publication format, or language appropriate?                                      | Y/PY/PN/N/NI |
| 2.5 Were efforts made to minimise error in selection of studies?   | Y/PY/PN/N/NI |

Concerns regarding methods used to identify and/or select studies **LOW/HIGH/UNCLEAR**

Rationale for concern:

Omfattende søgning med viste søgestrategier i bilag. Udvælgelse var uafhængig af forfatterne.

### DOMAIN 3: DATA COLLECTION AND STUDY APPRAISAL

Describe methods of data collection, what data were extracted from studies or collected through other means, how risk of bias was assessed (e.g. number of reviewers involved) and the tool used to assess risk of bias:

- |  |              |
|--|--------------|
| 3.1 Were efforts made to minimise error in data collection?  | Y/PY/PN/N/NI |
| 3.2 Were sufficient study characteristics available for both review authors and readers to be able to interpret the results? | Y/PY/PN/N/NI |
| 3.3 Were all relevant study results collected for use in the synthesis?  | Y/PY/PN/N/NI |
| 3.4 Was risk of bias (or methodological quality) formally assessed using appropriate criteria?                               | Y/PY/PN/N/NI |
| 3.5 Were efforts made to minimise error in risk of bias assessment?  | Y/PY/PN/N/NI |

Concerns regarding methods used to collect data and appraise studies **LOW/HIGH/UNCLEAR**

Rationale for concern: Dataindsamling og Ro blev udført systematisk og uafhængigt. Studier, interventioner og outcome er rapporteret tilstrækkeligt.

<b>DOMAIN 4: SYNTHESIS AND FINDINGS</b>	
Describe synthesis methods:	
4.1 Did the synthesis include all studies that it should?	Y/PY/PN/N/NI
4.2 Were all pre-defined analyses reported or departures explained?	Y/PY/PN/N/NI
4.3 Was the synthesis appropriate given the nature and similarity in the research questions, study designs and outcomes across included studies?	Y/PY/PN/N/NI
4.4 Was between-study variation (heterogeneity) minimal or addressed in the synthesis?	Y/PY/PN/N/NI
4.5 Were the findings robust, e.g. as demonstrated through funnel plot or sensitivity analyses?	Y/PY/PN/N/NI
4.6 Were biases in primary studies minimal or addressed in the synthesis?	Y/PY/PN/N/NI
Concerns regarding the synthesis and findings	LOW/HIGH/UNCLEAR
Rationale for concern: Passende gennemgang af få studier. Fund var brænset af kun to små inkluderede studier, og blev fortolket forsigtigt.	

Y=YES, PY=PROBABLY YES, PN=PROBABLY NO, N=NO, NI=NO INFORMATION

### Phase 3: Judging risk of bias

Summarize the concerns identified during the Phase 2 assessment:

Domain	Concern	Rationale for concern
1. Concerns regarding specification of study eligibility criteria	Low	Kriterier tydeligt beskrevet med protokol
2. Concerns regarding methods used to identify and/or select studies	Low	Omfattende systematisk søgning
3. Concerns regarding methods used to collect data and appraise studies	Low	Systematisk data- og RoB-vurdering.
4. Concerns regarding the synthesis and findings	Unclear	Få studier

<b>RISK OF BIAS IN THE REVIEW</b>	
Describe whether conclusions were supported by the evidence:	
A. Did the interpretation of findings address all of the concerns identified in Domains 1 to 4?	Y/PY/PN/N/NI
B. Was the relevance of identified studies to the review's research question appropriately considered?	Y/PY/PN/N/NI
C. Did the reviewers avoid emphasizing results on the basis of their statistical significance?	Y/PY/PN/N/NI
Risk of bias in the review	RISK: LOW/HIGH/UNCLEAR
Rationale for risk: Reviewet er metodisk grundigt udført, men evidensgrundlaget for konklusionerne er for små.	

Y=YES, PY=PROBABLY YES, PN=PROBABLY NO, N=NO, NI=NO INFORMATION