

Appendix 1 Search from MEDLINE

(((((Lymphedema[mh] OR Lymphoedema [tiab] OR Lymphedema[tiab]) AND (leg[TIAB] OR leg [MeSH] OR Lower limb[TIAB]) OR "Lower limb lymph *" [tiab] OR "Leg lymph*" [tiab])) AND (((((((((((((((((((((((((((((((((((((((exercise[MeSH Terms]) OR (exercise*[Title/Abstract])) OR (exercise therapy[MeSH Terms])) OR ("exercise therap*" [Title/Abstract])) OR ("physical activit*" [Title/Abstract])) OR (modalities, physical therapy[MeSH Terms])) OR (exercise movement techniques[MeSH Terms])) OR ("exercise movement technique" [Title/Abstract])) OR (sports[MeSH Terms])) OR (sport*[Title/Abstract])) OR ("Physical Fitness" [Title/Abstract])) OR ("Cardiovascular exercis*" [Title/Abstract])) OR ("Cardiovascular train*" [Title/Abstract])) OR ("aerobic exercise*" [Title/Abstract])) OR ("endurance training" [Title/Abstract])) OR ("muscle train*" [Title/Abstract])) OR ("muscle strength*" [Title/Abstract])) OR ("strength train*" [Title/Abstract])) OR ("resistance train*" [Title/Abstract])) OR ("weight lift*" [Title/Abstract])) OR (runnin*[Title/Abstract])) OR (Joggin*[Title/Abstract])) OR ("step activit*" [Title/Abstract])) OR (Walking[Title/Abstract])) OR ("water exercis*" [Title/Abstract])) OR ("water based exercis*" [Title/Abstract])) OR ("aquatic exercis*" [Title/Abstract])) OR ("high intensity interval train*" [Title/Abstract])) OR ("interval train*" [Title/Abstract])) OR (yoga[Title/Abstract])) OR (pilates[Title/Abstract])) OR ("tai chi"[Title/Abstract])) OR (Dance*[Title/Abstract]))

Appendix 2 Search Strategy Embase

1. lymphedema/
2. lymphoedema.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]
3. lymphedema.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]
4. leg.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]
5. lower limb.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]
6. lower limb lymph*.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]
7. leg lymph*.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]
8. 1 or 2 or 3
9. 4 or 5 or 6 or 7
10. 8 and 9
11. exercise/
12. exercise*.mp.
13. exercise therap*.mp.
14. kinesiotherapy/
15. physical activity/
16. physical activity.mp.
17. exercise movement techniq*.mp.
18. sport/
19. sport*.mp.
20. fitness/
21. physical fitness.mp.
22. aerobic exercise/

23. cardiovascular exercis*.mp.

24. cardiovascular train*.mp.

25. endurance training/

26. endurance train*.mp.

27. muscle training/

28. muscle train*.mp.

29. muscle strength/

30. muscle strength*.mp.

31. strenght train*.mp.

32. resistance training/

33. resistance train*.mp.

34. weight lifting/

35. weight lift*.mp.

36. running/

37. runnin*.mp.

38. jogging/

39. jogging.mp.

40. step activit*.mp.

41. walking/

42. walking.mp.

43. water exercis*.mp.

44. water based exercis*.mp.

45. aquatic exercise/

46. aquatic exercis*.mp.

47. high intensity interval training/

48. high intensity interval train*.mp.

49. interval train*.mp.

50. yoga/

51. yoga.mp.

52. pilates/

53. pilates.mp.

54. Tai Chi/

55. tai chi.mp.

56. dancing/

57. dance.mp.

58. 11 or 12 or 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 or 35 or 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 or 54 or 55 or 56 or 57

59. 10 and 58

#	Query	Limiters/Expanders	Last Run Via	Results
S79	S16 AND S78	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S78	(S17 OR S18 OR S19 OR S20 OR S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27 OR S28 OR S29 OR S30 OR S31 OR S32 OR S33 OR S34 OR S35 OR S36 OR S37 OR S38 OR S39 OR S40 OR S41 OR S42 OR S43 OR S44 OR S45 OR S46 OR S47 OR S48 OR S49 OR S50 OR S51 OR S52 OR S53 OR S54 OR S55 OR S56 OR S57 OR S58 OR S59 OR S60 OR S61 OR S62 OR S63 OR S64 OR S65 OR S66 OR S67 OR S68 OR S69 OR S70 OR S71 OR S72 OR S73 OR S74 OR S75 OR S76 OR S77)	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S77	AB dance*	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S76	TI dance*	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S75	AB "tai chi"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S74	TI "tai chi"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S73	AB pilates	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S72	TI pilates	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S71	AB yoga	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display

S70	TI yoga	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S69	AB "interval train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S68	TI "interval train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S67	AB "high intensity interval train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S66	TI "high intensity interval train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S65	AB "aquatic exercis**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S64	TI "aquatic exercis**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S63	AB "water based exercis**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S62	TI "water based exercis**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S61	AB "water exercis**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S60	TI "water exercis**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S59	AB walkin*	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S58	TI walkin*	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S57	AB "step activit**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display

S56	TI "step activit**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S55	AB joggin*	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S54	TI joggin*	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S53	AB runnin*	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S52	TI runnin*	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S51	AB "weight lift**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S50	TI "weight lift**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S49	AB "resistance train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S48	TI "resistance train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S47	AB "strength train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S46	TI "strength train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S45	AB "muscle strength**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S44	TI "muscle strength**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S43	AB "muscle train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display

S42	TI "muscle train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S41	AB "endurance train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S40	TI "endurance train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S39	AB "aerobic exercis**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S38	TI "aerobic exercis**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S37	AB "cardiovascular train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S36	TI "cardiovascular train**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S35	AB "cardiovascular exercis**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S34	TI "cardiovascular exercis**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S33	AB "physical fitness"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S32	TI "physical fitness"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S31	AB sport*	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S30	TI sport*	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S29	MH sports	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display

S28	AB "exercise movement techniques"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S27	TI "exercise movement techniques"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S26	MH exercise movement techniques"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S25	MH "physical activity modalities"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S24	AB "physical activit**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S23	TI "physical activit**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S22	MH "physical activity"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S21	AB "exercise therap**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S20	TI "exercise therap**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S19	AB exercise	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S18	TI exercise	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S17	MH exercise	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S16	S6 AND S15	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S15	S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display

S14	AB "leg lymph**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S13	TI "leg lymph**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S12	AB "lower limb lymph**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S11	TI "lower limb lymph**"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S10	AB "lower limb"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S9	TI "lower limb"	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S8	AB leg	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S7	TI leg	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S6	S1 OR S2 OR S3 OR S4 OR S5	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S5	AB lymphoedema	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S4	TI lymphoedema	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S3	AB lymphedema	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S2	TI lymphedema	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display
S1	MH lymphedema	Expanders - Apply equivalent subjects Search modes - Proximity	Interface - EBSCOhost Research Databases Search Screen - Advanced Search Database - CINAHL	Display

PRISMA 2020 Main Checklist

TITLE

Title	1	Identify the report as a systematic review.	Page 1
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ABSTRACT

Abstract	2	See the PRISMA 2020 for Abstracts checklist	
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INTRODUCTION

Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Page 3, section 2
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Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Page 3, section 2
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METHODS

Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	page 4, section 2
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Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Page 3, section 4
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Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Appendix 1-4
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Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	page 4, section 4
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(continued)

Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	Page 5, section 1
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	page 4, section 2
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	not applicable
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	page 5, section 2
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	Not applicable
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item 5)).	not applicable

(continued)

	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	Not applicable
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	not applicable
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	Page 5, section 3
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	Not applicable
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	Not applicable
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	not applicable
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	page 5, section 3
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	page 5, section 4 and figure 1
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Not applicable
Study characteristics	17	Cite each included study and present its characteristics.	page 5, section 4 and table 1

(continued)

Risk of bias in studies	18	Present assessments of risk of bias for each included study.	page8, section 2, Appendix 6-8 and table 2
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	table 2 and figure 2
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	not applicable
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	Not applicable
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	Not applicable
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	Not applicable
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	Not applicable
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	table 3 and figure 3
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	page 9
	23b	Discuss any limitations of the evidence included in the review.	page 11
	23c	Discuss any limitations of the review processes used.	page 10, section 3

(continued)

	23d	Discuss implications of the results for practice, policy, and future research.	page 10, section 4
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	page 14
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	page 14
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	Not applicable
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	page 14
Competing interests	26	Declare any competing interests of review authors.	page 14
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	Not applicable

PRISMA Abstract Checklist

TITLE

Title	1	Identify the report as a systematic review.	Yes
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BACKGROUND

Objectives	2	Provide an explicit statement of the main objective(s) or question(s) the review addresses.	Yes
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METHODS

Eligibility criteria	3	Specify the inclusion and exclusion criteria for the review.	Yes
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Information sources	4	Specify the information sources (e.g. databases, registers) used to identify studies and the date when each was last searched.	Yes
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Risk of bias	5	Specify the methods used to assess risk of bias in the included studies.	Yes
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Synthesis of results	6	Specify the methods used to present and synthesize results.	Yes
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RESULTS

Included studies	7	Give the total number of included studies and participants and summarise relevant characteristics of studies.	Yes
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Synthesis of results	8	Present results for main outcomes, preferably indicating the number of included studies and participants for each. If meta-analysis was done, report the summary estimate and confidence/credible interval. If comparing groups, indicate the direction of the effect (i.e. which group is favoured).	Yes
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DISCUSSION

Limitations of evidence	9	Provide a brief summary of the limitations of the evidence included in the review (e.g. study risk of bias, inconsistency and imprecision).	Yes
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Interpretation	10	Provide a general interpretation of the results and important implications.	Yes
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OTHER

Funding	11	Specify the primary source of funding for the review.	No
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Registration	12	Provide the register name and registration number.	No
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From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *MetaArXiv*. 2020, September 14. DOI: 10.31222/osf.io/v7gm2. For more information, visit: www.prisma-statement.org

Appendix 6 Risk of Bias rating of Randomized controlled trials

Intention-to-treat	Unique ID	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall		
	DO_HR QOL	Do_HRQOL	CDT + exercise	CDT only	HRQOL	1	!	!	!	!	!	!	+	Low risk
	DO_volume	Do_volume	CDT + exercise	CDT only	volume	1	!	!	!	!	-	-	!	Some concerns
	DO_pain	Do_pain	CDT + exercise	CDT only	Physical function	1	!	+	!	!	-	-	-	High risk
	Ergin_HRQOL	Ergin_HRQOL	Aquatic exercise + self	Self-drainage	HRQOL	1	+	-	!	!	!	-		
	Ergin_volume	Ergin_volume	Aquatic exercise + self	Self-drainage	volume	1	+	-	!	+	-	-	D1	Randomisation process
	Ergin_6MWT	Ergin_6MWT	Aquatic exercise	Self-drainage	6MWT	1	+	-	!	+	!	-	D2	Deviations from the intended interventions
	Jønsson	Jønsson HR-QOL	Biking	Usual care	HR-QOL	1	!	-	-	!	+	-	D3	Missing outcome data
	Jønsson- volu	Jønsson volume	Biking	Usual care	Volume	1	!	+	-	+	+	-	D4	Measurement of the outcome
	Jønsson. Phys	Jønsson Physical f	Biking	Usual care	Jønsson Physical func	1	!	+	-	+	+	-	D5	Selection of the reported result

Appendix 7 Risk of Bias Non-Randomized Controlled Trials

Study	Intervention	Outcome	D1	D2	D3	D4	D5	D6	D7	Overall	
Angst	Aqua Exercise + CDT	HR-QOL	!	+	!	+	-	!	+	-	
Dionne	Aqua Exercise	HR-QOL	-	-	!	!	+	!	!	-	+ low risk of bias
		Physical function	-	-	!	!	+	!	!	-	! moderate risk of bias
		Volume	-	-	!	!	+	+	!	-	- high risk of bias
Katz	Resistance Exercise	HR-QOL	-	+	!	!	+	-	!	-	
		Physical function	-	+	!	!	+	-	!	-	D1 Confounding
		Volume	-	+	!	!	+	-	!	-	D2 Selection of participants into the study
Lindquist	Aqua Exercise	Volume	!	!	+	+	!	!	!	-	D3 Classification of interventions
Zeng	CDT + IPC	HR-QOL	-	-	!	+	!	!	!	-	D4 Deviations from intended interventions
		Symptoms	-	-	!	+	!	!	!	-	D5 Missing data
		Volume	-	-	!	+	-	!	!	-	D6 Measurement of outcomes
<p>6M WT: 6 minute Walk Test, CDT: Complete Decongestive Therapy, HR-HRL: Health-related Quality of Life, IPC: Intermittent Pneumatic Compression. VAS: Visual Analog Scale,</p>											D7 Selection of reported results

Appendix 8 Risk of Bias rating in Cross-over trials

<u>Unique ID</u>	<u>Study ID</u>	<u>Experimental</u>	<u>Comparator</u>	<u>Outcome</u>	<u>Weight</u>	<u>D1</u>	<u>D5</u>	<u>D2</u>	<u>D3</u>	<u>D4</u>	<u>D5</u>	<u>Overall</u>	
Abe_volume	Abe_volume	Seated/supine exercise	Elevation/no exercise	volume	1	+	+	+	+	+	+	+	Low risk
Abe_selfreport	Abe_selfreport	Seated/supine exercise	Elevation/no exercise	selfreported pain and tension	1	+	+	+	+	+	+	+	Low risk
fukushima_volume	Fukushima_volume	High/low load exercise	No exercise	volume	1	+	+	+	+	+	+	+	Low risk
fukushima_selfreport	Fukushima_selfreport	High/low load exercise	No exercise	selfreported pain and tension	1	+	+	+	+	+	+	+	Low risk
sierakowski_volume	sierakowski_volume	compression thighs	no compression	volume	1	-	-	!	+	+	!	-	Some concerns
wittenkamp_pain	wittenkamp_pain	Compression	no compression	Selfreported pain	1	+	+	+	+	+	+	+	Low risk
wittenkamp_volume	wittenkamp_volume	compression	no compression	Volume	1	+	+	+	+	+	+	+	Low risk

D1 Randomisation process

D5 Bias arising from period and carryover effects

D2 Deviations from the intended interventions

D3 Missing outcome data

D4 Measurement of the outcome

D5 Selection of the reported result