

**ORIGINAL RESEARCH ARTICLE**

## Comparison of remote rehabilitation and traditional face-to-face rehabilitation for chronic low back pain: A systematic review and meta-analysis of randomized controlled trials

**Supplementary File**
**(A) Supplemental information I: Detailed search strategy**
**Database: PubMed**
**Search date:** Up to February 2026

Search ID	Search query
#1	"Low back pain"[MeSH] OR "back pain"[mesh] OR "low back pain"[title/abstract] OR "lower back pain"[title/abstract] OR lumbago[title/abstract] OR "chronic low back pain"[title/abstract] OR CLBP[title/abstract]
#2	"Telerehabilitation"[MeSH] OR "telemedicine"[MeSH] OR "virtual reality"[MeSH] OR "mobile applications"[MeSH] OR telerehabilitation[title/abstract] OR telemedicine[title/abstract] OR telehealth[title/abstract] OR ehealth[title/abstract] OR mhealth[title/abstract] OR "mobile health"[title/abstract] OR "virtual reality"[title/abstract] OR VR[title/abstract] OR "mobile app*" [title/abstract] OR smartphone*[title/abstract] OR "digital health"[title/abstract]
#3	"Randomized controlled trial"[publication type] OR "controlled clinical trial"[publication type] OR "randomized controlled trials as topic"[MeSH] OR randomized[title/abstract] OR randomly[title/abstract] OR placebo[title/abstract] OR trial[title/abstract]
#4	#1 AND #2 AND #3

Abbreviations: CLBP: Chronic low back pain; MeSH: Medical subject heading.

**Database: Embase**
**Search date:** Up to February 2026

Search ID	Search query
#1	"low back pain"/exp OR "backache"/exp OR "low back pain":ab,ti OR "lower back pain":ab,ti OR lumbago:ab,ti OR "chronic low back pain":ab,ti OR clbp:ab,ti
#2	"telerehabilitation"/exp OR "telemedicine"/exp OR "virtual reality"/exp OR "mobile application"/exp OR telerehabilitation:ab,ti OR telemedicine:ab,ti OR telehealth:ab,ti OR ehealth:ab,ti OR mhealth:ab,ti OR "mobile health":ab,ti OR "virtual reality":ab,ti OR vr:ab,ti OR "mobile app*":ab,ti OR smartphone*:ab,ti OR "digital health":ab,ti
#3	"randomized controlled trial"/exp OR "controlled clinical trial"/exp OR randomized:ab,ti OR randomly:ab,ti OR placebo:ab,ti OR trial:ab,ti
#4	#1 AND #2 AND #3

Database: Cochrane Central Register of Controlled Trials (CENTRAL)

Search date: Up to February 2026

Search ID	Search query
#1	MeSH descriptor: [low back pain] explode all trees OR MeSH descriptor: [back pain] explode all trees
#2	("Low back pain" OR "lower back pain" OR lumbago OR "chronic low back pain" OR CLBP):ti,ab,kw
#3	#1 OR #2
#4	MeSH descriptor: [telerehabilitation] explode all trees OR MeSH descriptor: [telemedicine] explode all trees OR MeSH descriptor: [virtual reality] explode all trees OR MeSH descriptor: [mobile applications] explode all trees
#5	(telerehabilitation OR telemedicine OR telehealth OR ehealth OR mhealth OR "mobile health" OR "virtual reality" OR VR OR "mobile app*" OR smartphone* OR "digital health"):ti,ab,kw
#6	#4 OR #5
#7	#3 AND #6 (Note: The Cochrane database is inherently restricted to controlled trials, so an explicit RCT filter is generally not required, but this represents the final intersection).

Abbreviations: CLBP: Chronic low back pain; MeSH: Medical subject heading; RCT: Randomized controlled trial.

**(B) Supplemental information II: Supplementary figures**

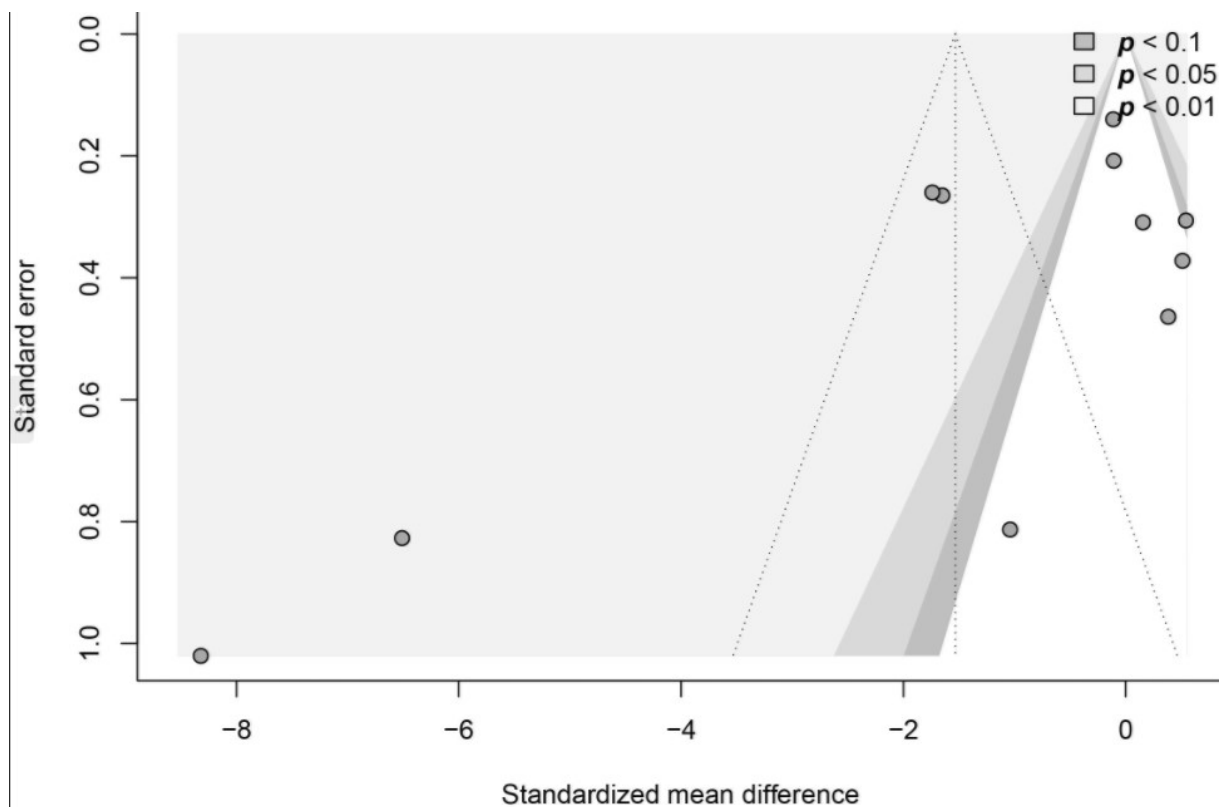


Figure S1. Funnel plot assessing potential publication bias across the included studies evaluating pain intensity

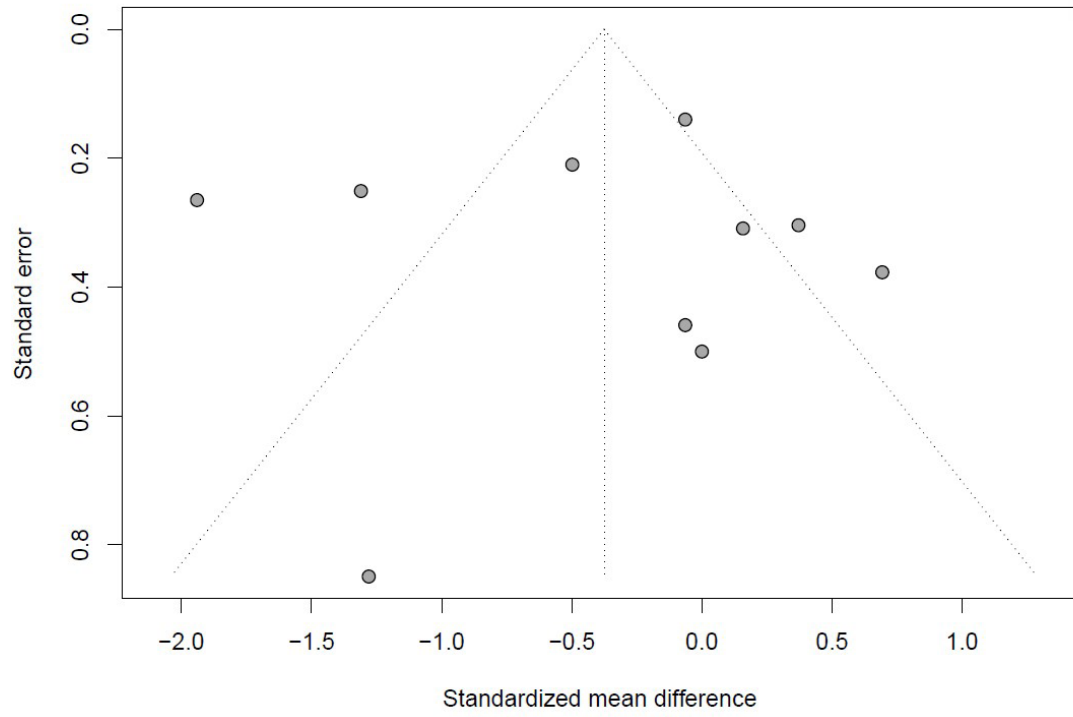


Figure S2. Funnel plot assessing potential publication bias across the included studies evaluating functional disability