**Supplement 1**

PubMed Search Strategy

((("Arthritis, Rheumatoid"[mesh] OR "rheumatoid arthritis"[tw] OR "Osteoarthritis"[mesh] OR "osteoarthritis"[tw] OR osteoarthrit\*[tw] OR "osteoarthrosis"[tw] OR osteoarthro\*[tw] OR "degenerative arthritis"[tw] OR degenerative arthriti\*[tw] OR "osteoarthrosis deformans"[tw] OR coxarthro\*[tw] OR gonarthro\*[tw] OR "Spondylarthropathies"[mesh] OR "spondylarthropathies"[tw] OR "spondylarthropathy"[tw] OR spondylarthropath\*[tw] OR "Marie-Strumpell Spondylitis"[tw] OR Bechterew\*[tw] OR "Spondylitis, Ankylosing"[mesh] OR "ankylosing spondylitis"[tw] OR "Spondyloarthritis Ankylopoietica"[tw] OR "Ankylosing Spondylarthritis"[tw] OR "Spondylarthritis Ankylopoietica" OR Bechterew\* OR "Marie-Struempell Disease"[tw] OR "Marie Struempell Disease"[tw] OR "Rheumatoid Spondylitis"[tw] OR "Spondylitis Ankylopoietica"[tw] OR "Ankylosing Spondyloarthritis"[tw] OR "Spondylarthritis"[mesh] OR spondyloarthrit\* OR spondyloartrit\* OR spondylo-arthrit\* OR "Arthritis, Reactive"[mesh] OR "Reactive Arthritis"[tw] OR "Post-Infectious Arthritis"[tw] OR "Postinfectious Arthritis"[tw] OR "Reiter Syndrome"[tw] OR "Reiter's Disease"[tw] OR "Reiters Disease"[tw] OR "Reiter Disease"[tw] OR "Arthritis, Psoriatic"[mesh] OR "Arthritic Psoriasis"[tw] OR "Psoriatic Arthritis"[tw] OR "Psoriasis Arthropathica"[tw] OR "Psoriatic Arthropathy"[tw] OR "Psoriatic Arthropathies"[tw])

AND

("Exercise Therapy"[mesh] OR "exercise therapy"[tw] OR exercise therap\*[tw] OR "Muscle Stretching Exercises"[tw] OR "Muscle Stretching Exercise"[tw] OR "Static Stretching"[tw] OR "Passive Stretching"[tw] OR "Static-Passive Stretching"[tw] OR "Static Passive Stretching"[tw] OR "Isometric Stretching"[tw] OR "Active Stretching"[tw] OR "Static-Active Stretching"[tw] OR "Static Active Stretching"[tw] OR "Ballistic Stretching"[tw] OR "Dynamic Stretching"[tw] OR "PNF Stretching"[tw] OR "Plyometric Exercise"[tw] OR "Plyometric Exercises"[tw] OR Plyometric Drill\*[tw] OR "Plyometric Drills"[tw] OR "Plyometric Training"[tw] OR "Plyometric Trainings"[tw] OR "Stretch-Shortening Exercise"[tw] OR "Stretch Shortening Exercise"[tw] OR "Stretch-Shortening Exercises"[tw] OR "Stretch-Shortening"[tw] OR "Stretch Shortening"[tw] OR "Stretch-Shortening Drills"[tw] OR "Stretch-Shortening Cycle Exercise"[tw] OR "Stretch Shortening Cycle Exercise"[tw] OR "Stretch-Shortening Cycle Exercises"[tw] OR "Resistance Training"[tw] OR "Strength Training"[tw] OR "Weight-Lifting"[tw] OR "Weight Lifting"[tw] OR "Weight-Bearing"[tw] OR "Weight Bearing"[tw] OR "Exercise"[mesh] OR exercis\*[tw] OR "stretching"[tw] OR "Exercise"[tw] OR "Exercises"[tw] OR "Physical Exercise"[tw] OR "Physical Exercises"[tw] OR "Isometric Exercises"[tw] OR "Isometric Exercise"[tw] OR "Aerobic Exercises"[tw] OR "Aerobic Exercise"[tw] OR "Circuit-Based Exercise"[tw] OR "Cool-Down Exercise"[tw] OR "Cool-Down Exercises"[tw] OR "Physical Conditioning"[tw] OR "Running"[tw] OR "Jogging"[tw] OR "Swimming"[tw] OR "Walking"[tw] OR "Warm-Up Exercise"[tw] OR "Warm-Up Exercises"[tw] OR "Physical Exertion"[mesh] OR "Physical Exertion"[tw] OR "Physical Effort"[tw] OR "Physical Efforts"[tw] OR "Physical Fitness"[mesh] OR "Physical Fitness"[tw] OR "Fitness"[tw] OR "Physical Endurance"[mesh] OR "Physical Endurance"[tw] OR "Anaerobic Threshold"[tw] OR "Exercise Tolerance"[tw] OR "Exercise Movement Techniques"[mesh] OR "Exercise Movement"[tw] OR "Bicycling"[tw] OR "Walking"[tw] OR "Motor Activity"[mesh] OR "Physical Activity"[tw] OR exertion\*[tw] OR "Sports"[mesh] OR "sports"[tw] OR "sport"[tw] OR "Athletic Performance"[tw] OR "Cardiorespiratory Fitness"[tw] OR "Physical Endurance"[tw] OR "Physical Fitness"[tw] OR "Bicycling"[tw] OR "Golf"[tw] OR "Gymnastics"[tw] OR "Mountaineering"[tw] OR "Racquet Sports"[tw] OR "Tennis"[tw] OR "Running"[tw] OR "Jogging"[tw] OR "Skating"[tw] OR "Snow Sports"[tw] OR "Skiing"[tw] OR "Swimming"[tw] OR "Track and Field"[tw] OR "Volleyball"[tw] OR "Walking"[tw] OR "Weight Lifting"[tw] OR treadmill\*[tw] OR row[tw] OR rows[tw] OR rowing[tw] OR muscle strength\*[tw] OR "Range of Motion, Articular"[mesh] OR "Joint Range of Motion"[tw] OR "Joint Flexibility"[tw] OR "Range of Motion"[tw] OR "Postural Balance"[mesh] OR "Postural Balance"[tw]) AND ("effectiveness"[tw] OR effectiv\*[tw] OR "effect"[tw] OR "effects"[tw] OR "Safety"[mesh] OR "safety"[tw] OR "safe"[tw] OR "unsafe"[tw] OR "Risk"[mesh] OR "risk"[tw] OR "risks"[tw] OR "feasibility"[tw] OR feasibil\*[tw] OR "Feasibility Studies"[Mesh]) AND ("Health Promotion"[Mesh] OR "health promotion"[tw] OR "Health Behavior"[Mesh] OR "health behavior"[tw] OR "health behaviour"[tw] OR "Life Style"[Mesh] OR "life style"[tw] OR lifestyl\*[tw] OR "Patient Education as Topic"[Mesh] OR "Patient Education Handout"[Publication Type] OR "patient education"[tw] OR "Health Education"[Mesh] OR "health education"[tw] OR "Secondary Prevention"[Mesh] OR "secondary prevention"[tw] OR "Tertiary Prevention"[Mesh] OR "tertiary prevention"[tw] OR "Health Personnel"[mesh])))

The strategy was adjusted for the searches in other databases. Details can be obtained by the authors.