

## Appendix 1 – Search strategy and results

|     |                                                                           |        |
|-----|---------------------------------------------------------------------------|--------|
| S24 | S11 AND S23                                                               | 233    |
| S23 | S12 OR S13 OR S14 OR S15 OR S16 OR S17 OR S18 OR S19 OR S20 OR S21 OR S22 | 39,797 |
| S22 | intramusc* injur*                                                         | 234    |
| S21 | intramusc* damage                                                         | 104    |
| S20 | intramusc* soreness                                                       | 15     |
| S19 | EIMD                                                                      | 242    |
| S18 | exercise induced muscle damage                                            | 1,494  |
| S17 | musc* injur*                                                              | 26,606 |
| S16 | musc* damage                                                              | 11,203 |
| S15 | musc* soreness                                                            | 4,536  |
| S14 | DOMS                                                                      | 2,170  |
| S13 | delayed onset of muscle soreness                                          | 1,919  |
| S12 | Delayed onset muscle soreness                                             | 1,915  |
| S11 | S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10                 | 53,333 |
| S10 | trigger point*                                                            | 4,589  |
| S9  | acupoint*                                                                 | 6,640  |
| S8  | acupuncture point*                                                        | 9,551  |
| S7  | needling                                                                  | 3,860  |
| S6  | trigger point needling                                                    | 298    |
| S5  | trigger point dry needling                                                | 246    |
| S4  | dry needling                                                              | 789    |
| S3  | electro-acupuncture                                                       | 1,053  |
| S2  | electroacupuncture                                                        | 6,297  |
| S1  | Acupuncture                                                               | 46,344 |