

Examples of possible synthesis questions and groupings for a review

Review question (aim)

For people with osteoarthritis of the knee, what is the effect of exercise compared to no exercise on pain, physical and psychosocial function, and quality of life?



Criteria for inclusion in the review

P. osteoarthritis of the knee
 I. exercise (any type – static or dynamic, weight bearing or non-weight bearing, low or high force; any mode of delivery; any duration, frequency or intensity)
 C. no exercise (placebo, usual care, no intervention, wait list)
 O. any health outcome

A. Broad synthesis questions/grouping

Question 1

Effect of **exercise** vs. **no exercise** on pain

Criteria for inclusion in synthesis 1.1

P. osteoarthritis of the knee
 I. exercise (as per review PICO)
 C. no exercise (as per review PICO)
 O. pain intensity (any measure; first follow-up end of intervention period)

Question 2

Effect of **exercise** vs. **no exercise** on physical function

Criteria for inclusion in synthesis 1.2

P. osteoarthritis of the knee
 I. exercise (as per review PICO)
 C. no exercise (as per review PICO)
 O. physical function (any measure; first follow-up end of intervention period)

Question X. each outcome of interest

Effect of **exercise** vs. ...

B. Narrower synthesis questions/grouping

Question 1.1

Effect of **weight-bearing exercise** vs. **no exercise** on pain

Criteria for inclusion in synthesis 1.1

P. osteoarthritis of the knee
 I. **any weight-bearing exercise** (e.g. jogging, Tai Chi, single leg standing; any mode, duration etc)
 C. no exercise (as per review PICO)
 O. pain intensity (any measure; first follow-up end of intervention period)

Question 2.1

Effect of **weight-bearing exercise** vs. **no exercise** on physical function

Criteria for inclusion in synthesis 2.1

P. osteoarthritis of the knee
 I. **any weight-bearing exercise** (as per 1.1)
 C. no exercise (as per review PICO)
 O. physical function (any measure; first follow-up end of intervention period)

Question X. each outcome of interest

Effect of **weight-bearing exercise** vs. ...

Question 1.2

Effect of **non weight-bearing exercise** vs. **no exercise** on pain

Criteria for inclusion in synthesis 1.2

P. osteoarthritis of the knee
 I. **any non weight-bearing exercise** (e.g. swimming, cycling; any mode, duration etc)
 C. no exercise (as per review PICO)
 O. pain intensity (any measure; first follow-up end of intervention period)

Question 2.2

Effect of **non weight-bearing exercise** vs. **no exercise** on physical function

Criteria for inclusion in synthesis 2.2

P. osteoarthritis of the knee
 I. **any non weight-bearing exercise** (as per 1.2)
 C. no exercise (as per review PICO)
 O. physical function (any measure; first follow-up end of intervention period)

Question X. each outcome of interest

Effect of **non weight-bearing exercise** vs. ...