

Supplementary Table 1. GRADE quality of evidence for the outcomes

QUALITY ASSESSMENT							QUALITY OF EVIDENCE
No. of Studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	
OUTCOME — Pain score at ≤ 1 month							
3	RCT	Low	Serious ²	No serious indirectness	No Serious imprecision	Reporting bias unlikely	⊕⊕⊕ Moderate
OUTCOME — Pain score at 3 months							
3	RCT	Low	Serious ²	No serious indirectness	No serious imprecision	Reporting bias unlikely	⊕⊕⊕ Moderate
OUTCOME — Pain score at 6 months							
3	RCT	Low	Serious ²	No serious indirectness	No serious imprecision	Reporting bias unlikely	⊕⊕⊕ Moderate
OUTCOME — Pain score at 12 months							
2	RCT	Moderate ¹	Low	No serious indirectness	No serious imprecision	Reporting bias unlikely	⊕⊕⊕ Moderate
OUTCOME — Disability at ≤ 1 month							
3	RCT	Low	Serious ²	No serious indirectness	No serious imprecision	Reporting bias unlikely	⊕⊕⊕ Moderate
OUTCOME — Disability at 3 months							
3	RCT	Low	Serious ²	No serious indirectness	No serious imprecision	Reporting bias unlikely	⊕⊕⊕ Moderate
OUTCOME — Disability at 6 months							
3	RCT	Low	Serious ²	No serious indirectness	No serious imprecision	Reporting bias unlikely	⊕⊕⊕ Moderate
OUTCOME — Disability at 12 months							
2	RCT	Moderate ¹	Low	No serious indirectness	No serious imprecision	Reporting bias unlikely	⊕⊕⊕ Moderate

¹ Studies had a moderate risk of bias due to selection and reporting bias

²I² ≥ 89% depicting high heterogeneity