



**Supplementary Table S2.** GRADE Summary of findings

Outcomes	Anticipated absolute effects* (95% CI)		Relative ef- fect (95% CI)	N° of partici- pants (studies)	Certainty of the evidence (GRADE)
	Risk with NWC	Risk with WC			
Pain	20 per 100	37 per 100 (27 to 50)	<b>RR 1.79</b> (1.32 to 2.42)	801 (6 observa- tional studies)	⊕⊕○○ LOW <sup>a</sup>
Disability	34 per 100	47 per 100 (39 to 55)	<b>RR 1.38</b> (1.17 to 1.63)	1694 (10 observa- tional studies)	⊕⊕○○ LOW <sup>b</sup>
Return to work	236 per 1.000	397 per 1.000 (333 to 470)	<b>RR 1.68</b> (1.41 to 1.99)	1270 (9 observa- tional studies)	⊕⊕○○ LOW <sup>c</sup>
Satisfaction	198 per 1.000	417 per 1.000 (361 to 484)	<b>RR 2.10</b> (1.82 to 2.44)	1841 (15 observa- tional studies)	⊕⊕○○ LOW <sup>d</sup>

\*The risk in the intervention group (and its 95% confidence interval) is based on the assumed risk in the comparison group and the relative effect of the intervention (and its 95% CI).  
CI: Confidence interval; RR: Risk ratio

Explanations: a. I<sup>2</sup> = 55%, Chi<sup>2</sup> p value = 0.07, b. I<sup>2</sup> = 82%, c. I<sup>2</sup> = 67%