

**Table S1.** Search strategy.

<b>PubMed Search Formula vía NLM. Results:40</b>
((("virtual reality"[Text Word] OR "immersion virtual reality"[Text Word] OR "head-mounted display"[Text Word])) AND (exercise[Text Word] OR "physical activity"[Text Word] OR sports[Text Word] OR step*[Text Word] OR bike[Text Word] OR treadmill[Text Word])) AND (psychology[Text Word] OR "mental health"[Text Word] OR "physiological outcomes"[Text Word] OR "psychological outcomes"[Text Word] OR rehabilitation[Text Word] OR therapy [Text Word] OR "rehabilitative process"[Text Word] OR pain[Text Word])) AND ("chronic pain"[Text Word] OR "chronic musculoskeletal pain"[Text Word])

**Scopus Search Formula vía ELSEVIER. Results:79**

TITLE-ABS-KEY-AUTH ("virtual reality" OR "immersion virtual reality" OR "head-mounted display") AND (exercise OR "physical activity" OR sports OR step\* OR bike OR treadmill) AND TITLE-ABS-KEY-AUTH (psychology OR "mental health" OR "physiological outcomes" OR rehabilitation OR therapy OR "rehabilitative process" OR pain) AND TITLE-ABS-KEY-AUTH ("chronic pain" OR "chronic musculoskeletal pain")

**Wos Core Collection Search Formula vía ELSEVIER. Results:34**

#1 TS= ("virtual reality" OR "immersion virtual reality" OR "head-mounted display")  
#2 TS= (exercise OR "physical activity" OR sports OR bike OR step\* OR treadmill)  
#3 TS= (psychology OR "mental health" OR "physiological outcomes" OR rehabilitation OR therapy OR "rehabilitative process" OR pain)  
#4 TS= ("chronic pain" OR "chronic musculoskeletal pain")  
#5 #1 AND #2 AND #3

**PEDro Search Formula. Results: 8**

#1  
Abstract and Title: virtual reality  
Body part: no appropriate value in this field  
Subdiscipline: musculoskeletal  
Topic: chronic pain  
Method: clinical trial  
Match all search terms (AND)  
Results: 8

#2  
Abstract and Title: immersion virtual reality  
Body part: no appropriate value in this field  
Subdiscipline: musculoskeletal  
Topic: chronic pain  
Method: clinical trial  
Match all search terms (AND)

Results: 0

#3

Abstract and Title: head-mounted display

Body part: no appropriate value in this field

Subdiscipline: musculoskeletal

Topic: chronic pain

Method: clinical trial

Match all search terms (AND)

Results: 0