

Supplementary material 1. Full search strategy for each database.

Database	Specificities of the databases	Search Strategy
PubMed	None to report	(((back*[Title/Abstract] OR lumbar[Title/Abstract] OR lumbosacral[Title/Abstract] OR sacral[Title/Abstract] OR spinal[Title/Abstract]) AND (ache*[Title/Abstract] OR pain*[Title/Abstract] OR backache*[Title/Abstract] OR disability*[Title/Abstract])) AND (resistance[Title/Abstract] OR resisting[Title/Abstract] OR exercise*[Title/Abstract] OR strength*[Title/Abstract])) AND ("lumbar exten*" [Title/Abstract] OR "isolated lumbar" [Title/Abstract])
Scopus	Search for title and abstract also includes keywords	(TITLE-ABS-KEY (back* OR lumbar OR lumbosacral OR sacral OR spinal) AND TITLE-ABS-KEY (ache* OR pain* OR backache* OR disability*) AND TITLE-ABS-KEY (resistance OR resisting OR exercise* OR strength*) AND TITLE-ABS-KEY ("lumbar exten*" OR "isolated lumbar"))
Web of Science	Search for title and abstract also includes keywords and its designated “topic”	back* OR lumbar OR lumbosacral OR sacral OR spinal (Topic) and ache* OR pain* OR backache* OR disability* (Topic) and resistance OR resisting OR exercise* OR strength* (Topic) and “lumbar exten*” OR “isolated lumbar” (Topic)