

Supplementary Table S4. The search strategies

Database	Search strategy	Search Field	Search date
PubMed (110 papers)	("cold water immersion" OR "cold-water immersion" OR "cold bath" OR "ice bath") AND ("recovery" OR "inflammation" OR "muscle damage")	All Fields (default search interface)	Aug 18, 2025; updated Oct 10, 2025
Web of Science (570 papers)	("cold water immersion" OR "cold-water immersion" OR "cold bath" OR "ice bath") AND ("recovery" OR "inflammation" OR "muscle damage")	All Fields (Basic Search)	Aug 18, 2025; updated Oct 10, 2025
SPORTDiscus (215 papers)	TI ("cold water immersion" OR "cold-water immersion" OR "cold bath" OR "ice bath") AND AB ("recovery" OR "inflammation" OR "muscle damage")	Title, Abstract	Aug 18, 2025; updated Oct 10, 2025
SCOPUS (303 papers)	TITLE ("cold water immersion" OR "cold bath" OR "ice bath") AND TITLE-ABS-KEY ("recovery OR inflammation OR "muscle damage")	Title, Abstract, Keywords	Aug 18, 2025; updated Oct 10, 2025

Searches were restricted to English-language publications; this restriction was applied for feasibility given the resources available for translation, and may have excluded relevant non-English studies, which is acknowledged as a limitation. The initial search (August 18, 2025) was updated on October 10, 2025 to incorporate the most recent evidence; no additional eligible records were identified in the updated search beyond those already captured. CENTRAL, Embase, ClinicalTrials.gov, and WHO ICTRP were not searched, and grey literature was not systematically screened.