

Level of evidence

Level of evidence is defined according to the quality of the research. The higher the quality of the research study (and number of studies showing similar findings), the higher is the level of evidence.

STRONG	1a	Well-designed meta-analysis, or 2 or more high quality RCTs (PEDro \geq 6) showing similar findings.
MODERATE	1b	1 RCT of high quality (PEDro \geq 6).
LIMITED	2a	At least 1 fair quality RCT (PEDro = 4-5).
LIMITED	2b	At least one poor quality RCT (PEDro < 4) or well-designed non-RCT study (quasi-experimental studies, single subject series with multiple baselines).
CONSENSUS	3	Agreement by an expert panel or a group of professionals in the field or a number of pre-post studies all with similar results.
CONFLICTING	4	Conflicting evidence of 2 or more equally well-designed studies.
INSUFFICIENT	5	No well-designed studies (only case studies/case descriptions or cohort studies/single subject series with no multiple baselines).