**Supplement 1.** Search formulas for each database

**English databases**

PubMed

#1 (neck pain[MeSH Terms]) OR (neck pain[Title/Abstract] OR cervicalgia\*[Title/Abstract] OR cervical pain[Title/Abstract] OR cervicodynia\* [Title/Abstract])

#2 **((trigger points[MeSH Terms]) OR (myofascial pain syndromes[MeSH Terms])) OR (trigger point\*[Title/Abstract] OR myofascial pain[Title/Abstract] OR MTrPs [Title/Abstract])**

#3 manual therapy[Title/Abstract] OR compression[Title/Abstract] OR pressure release [Title/Abstract]

#4 #1 and #2 and 3#

OVID

1 (trigger point\* or myofascial pain syndromes or MTrPs).ti. or (trigger points or myofascial pain syndromes).sh. or (trigger point\* or myofascial pain syndromes or MTrPs).ab. or (trigger point\* or myofascial pain syndromes or MTrPs).kw.

2 (neck pain or cervical pain or cervicalgia\* or cervicodynia\*).ti. or neck pain.sh. or (neck pain or cervical pain or cervicalgia\* or cervicodynia\*).ab. or (neck pain or cervical pain or cervicalgia\* or cervicodynia\*).kw.

3 (manual therapy or compression or massage or manipulation or chiropractic or orthopedic or osteopathic).ti. or (musculoskeletal manipulations or massage or manipulation, osteopathic or manipulation, orthopedic or manipulation, chiropractic or chiropractic).sh. or (manual therapy or compression or massage or manipulation or chiropractic or orthopedic or osteopathic).ab. or (manual therapy or compression or massage or manipulation or chiropractic or orthopedic or osteopathic).kw.

4 1 and 2 and 3

Web of Science

TOPIC: (“trigger point\*” OR “myofascial pain” OR MTrPs) AND TOPIC: (“neck pain” or “cervical pain” or cervicalgia\* or cervicodynia\*) AND TOPIC: (“manual therapy” or compression or massage or manipulation or chiropractic or orthopedic or osteopathic)

EBSCO

S1 TI ( “trigger point\*” or “myofascial pain syndromes” or MTrPs ) OR SU ( “trigger points” or “myofascial pain syndromes” ) OR AB ( “trigger point\*” or “myofascial pain syndromes” or MTrPs )

S2 TI ( “neck pain” or “cervical pain” or cervicalgia\* or cervicodynia\* ) OR SU “neck pain” OR AB ( “neck pain” or “cervical pain” or cervicalgia\* or cervicodynia\* )

S3 TI ( (“manual therapy” or compression or massage or manipulation or chiropractic or orthopedic or osteopathic ) OR SU ( “musculoskeletal manipulations” or massage or “manipulation, osteopathic” or “manipulation, orthopedic” or “manipulation, chiropractic” or chiropractic ) OR AB ( (“manual therapy” or compression or massage or manipulation or chiropractic or orthopedic or osteopathic )

S4 S1 and S2 and S3

SCOPUS

(TITLE-ABS-KEY (“trigger AND point\*” OR “myofascial AND pain AND syndromes” OR mtrps) AND TITLE-ABS-KEY (“neck AND pain” OR “cervical AND pain” OR cervicalgia\* OR cervicodynia\*) AND TITLE-ABS-KEY (“manual AND therapy” OR compression OR massage OR manipulation OR chiropractic OR orthopedic OR osteopathic))

Cochrane

Title, Abstract, Keywords (“trigger point\*” or “myofascial pain syndromes” or MTrPs) AND Title, Abstract, Keywords (“neck pain” or “cervical pain” or cervicalgia\* or cervicodynia\*)AND Title, Abstract, Keywords (“manual therapy” or compression or massage or manipulation or chiropractic or orthopedic or osteopathic)

PEDro

Abstract & Title: Neck Pain, Myofascial Pain

Therapy: Dry Needling

When Searching: AND

**Chinese Database (Pinyin followed by Chinese)**

China National Knowledge Infrastructure databases

(SU=(‘banjidian’ OR ‘chufadian’ OR ‘jijinmotengtong’ OR ‘jijinmoyan’) OR TI=(‘banjidian’ OR ‘chufadian’ OR ‘jijinmotengtong’ OR ‘jijinmoyan’) OR KY=(‘banjidian’ OR ‘chufadian’ OR ‘jijinmotengtong’ OR ‘jijinmoyan’) OR AB=(‘banjidian’ OR ‘chufadian’ OR ‘jijinmotengtong’ OR ‘jijinmoyan’)) AND (SU=(‘tuina’ OR ‘anmo’ OR ‘anya’ OR ‘shoufa’) OR TI=(‘tuina’ OR ‘anmo’ OR ‘anmo’ OR ‘shoufa’) OR KY=(‘tuina’ OR ‘anmo’ OR ‘anya’ OR ‘shoufa’) OR AB=(‘tuina’ OR ‘anmo’ OR ‘anya’ OR ‘shoufa’)) AND (SU=‘jing’ OR TI=‘jing’ OR KY=‘jing’ OR AB=‘jing’)

知网

(SU=(‘扳机点’OR‘触发点’OR‘肌筋膜疼痛’OR‘肌筋膜炎’) OR TI=(‘扳机点’OR‘触发点’OR‘肌筋膜疼痛’OR‘肌筋膜炎’) OR KY=(‘扳机点’OR‘触发点’OR‘肌筋膜疼痛’OR‘肌筋膜炎’) OR AB=(‘扳机点’OR‘触发点’OR‘肌筋膜疼痛’OR‘肌筋膜炎’)) AND (SU=(‘推拿’OR‘按摩’OR‘按压’OR‘手法’) OR TI=(‘推拿’OR‘按摩’OR‘按压’OR‘手法’) OR KY=(‘推拿’OR‘按摩’OR‘按压’OR‘手法’) OR AB=(‘推拿’OR‘按摩’OR‘按压’OR‘手法’)) AND (SU=‘颈’OR TI=‘颈’OR KY=‘颈’OR AB=‘颈’)

Wanfang Database

(Title：(“banjidian” OR “chufadian” OR “jijinmotengtong” OR “jijinmoyan”) OR Subjuct：(“banjidian” OR “chufadian” OR “jijinmotengtong” OR “jijinmoyan”) OR Keyword：(“banjidian” OR “chufadian” OR “jijinmotengtong” OR “jijinmoyan”) OR Abstract：(“banjidian” OR “chufadian” OR “jijinmotengtong” OR “jijinmoyan”)) AND (Title：(“tuina” OR “anmo” OR “anya” OR “shoufa”) OR Subject：(“tuina” OR “anmo” OR “anya” OR “shoufa”) OR Keyword：(“tuina” OR “anmo” OR “anya” OR “shoufa”) OR Abstract：(“tuina” OR “anmo” OR “anya” OR “shoufa”)) AND (Title：“jing” OR Subject：“jing” OR Keyword：“jing” OR Abstract：“jing”)

万方

(题名：(“扳机点” OR “触发点” OR “肌筋膜疼痛” OR “肌筋膜炎”) OR 主题：(“扳机点” OR “触发点” OR “肌筋膜疼痛” OR “肌筋膜炎”) OR 关键词：(“扳机点” OR “触发点” OR “肌筋膜疼痛” OR “肌筋膜炎”) OR 摘要：(“扳机点” OR “触发点” OR “肌筋膜疼痛” OR “肌筋膜炎”)) AND (题名：(“推拿” OR “按摩” OR “按压” OR “手法”) OR 主题：(“推拿” OR “按摩” OR “按压” OR “手法”) OR 关键词：(“推拿” OR “按摩” OR “按压” OR “手法”) OR 摘要：(“推拿” OR “按摩” OR “按压” OR “手法”)) AND (题名：“颈” OR 主题：“颈” OR 关键词：“颈” OR 摘要：“颈”)

Chinese VIP Database

(T=(banjidian OR chufadian OR jijinmotengtong OR jijinmoyan) OR K=(banjidian OR chufadian OR jijinmotengtong OR jijinmoyan) OR R=(banjidian OR chufadian OR jijinmotengtong OR jijinmoyan)) AND (T=(tuina OR anmo OR anya OR shoufa) OR K=(tuina OR anmo OR anya OR shoufa) OR R=(tuina OR anmo OR anya OR shoufa)) AND (T=jing OR K=jing OR R=jing)

维普

(T=(扳机点 OR 触发点 OR 肌筋膜疼痛 OR 肌筋膜炎) OR K=(扳机点 OR 触发点 OR 肌筋膜疼痛 OR 肌筋膜炎) OR R=(扳机点 OR 触发点 OR 肌筋膜疼痛 OR 肌筋膜炎)) AND (T=(推拿 OR 按摩 OR 按压 OR 手法) OR K=(推拿 OR 按摩 OR 按压 OR 手法) OR R=(推拿 OR 按摩 OR 按压 OR 手法)) AND (T=颈 OR K=颈 OR R=颈)

**Supplement 2.** Comparison between the effects of ischemic compression *versus* comparative groups on range of motion in the (A) immediate and (B) short terms

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C:\Users\a.scherbeijn\Pictures\BMR 220045 Review Article + Supplement NOT PAID\Supplemental Digital Content 2B.tif