**MATERIALS AND METHODS**

A literature search was performed using PEDro database in December 2014. Pre-defined search strategies were designed to identify published RCTs aimed to investigate the efficacy of at least one physiotherapy intervention for MPS. PEDro scale was used to assess the methodological quality. Two reviewers extracted year of publication and PEDro score for the selected RCTs. The relationship between trial quality and time was evaluated using regression analyses for the PEDro total score.

**RESULTS**

A total of 557 records were retrieved from search strategies and data from 173 RCTs for MPS published between 1978 and 2014 were analysed. The mean (±SD) total PEDro score was 5.5 ± 1.6, with half of the included RCTs ranging from 5 to 6 (Fig. 2). The PEDro items less often satisfied in RCTs for MPS was the concealed allocation (21%), the intention-to-treat analysis (17%) and the blinding of the therapists (5%) (Fig. 1). The number of RCTs for MPS and the average PEDro score increased over time. The total PEDro score was related to time, with the total PEDro score increasing by an average of 0.315 points every five years between 1978 and 2014 (Fig.3).

**CONCLUSIONS**

The number of RCTs for MPS increased considerably in the last decade. The overall reported methodological quality of RCTs for MPS is moderate although a trend toward an improvement of methodological quality can be noticed. Further improvement is necessary to both improve the validity of systematic reviews and to inform clinical practice.