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| **Non-significant meta-regression outcomes** | | | |
| **Knee-targeted exercise** | | | |
|  | **Variables** | **Adjusted R2** | **p** |
| Prognostic  data | ·Pain & age (n=17) | -0.06 | 0.82 |
| Pain & height (n=12) | 0.11 | 0.15 |
| Pain & mass (n=12) | 0.14 | 0.13 |
| Pain & BMI (n=11) | -0.04 | 0.45 |
| Pain & hip abductor torque (n=3) | 0.68 | 0.26 |
| Pain & hip external rotation torque (n=3) | 0.27 | 0.41 |
| Pain & hip abduction strength (n=3) | 0.97 | 0.07 |
| Pain & hip external rotation strength (n=3) | 0.72 | 0.25 |
| Pain & knee extensor strength (n=3) | 0.93 | 0.12 |
| Function & height (n=12) | 0.15 | 0.12 |
| Function & mass (n=12) | 0.12 | 0.14 |
| Function & BMI (n=12) | 0.11 | 0.17 |
| Function & symptom duration (n=7) | 0.37 | 0.07 |
| Function & hip abductor torque (n=3) | 0.94 | 0.11 |
| Function & hip external rotation torque (n=3) | 0.92 | 0.13 |
| Function & hip abduction strength (n=3) | 0.85 | 0.18 |
| Function & hip external rotation strength (n=3) | 0.46 | 0.35 |
| Mechanistic data | Pain & hip abductor torque (n=4) | 0.76 | 0.08 |
| Pain & hip external rotation torque (n=4) | -0.47 | 0.86 |
| Pain & hip abduction strength (n=3) | 0.68 | 0.26 |
| Pain & hip external rotation strength (n=3) | -0.99 | 0.95 |
| Pain & knee extensor strength (n=3) | 0.01 | 0.50 |
| Function & hip abductor torque (n=4) | 0.55 | 0.31 |
| Function & hip external rotation torque (n=4) | 0.96 | 0.10 |
| Function & Hip abduction strength (n=3) | 0.96 | 0.09 |
| Function & Hip external rotation strength (n=3) | -0.99 | 0.95 |
| Function & knee extensor strength (n=3) | 0.33 | 0.39 |
| **Hip-and-knee-targeted exercise** | | | |
| Prognostic  data | Pain & age (n=15) | 0.12 | 0.11 |
| Pain & height (n=13) | 0.04 | 0.26 |
| Pain & mass (n=13) | 0.19 | 0.09 |
| Pain & BMI (n=10) | 0.03 | 0.31 |
| Pain & symptom duration (n=3) | -0.99 | 0.96 |
| Pain & hip abductor torque (n=3) | -0.88 | 0.85 |
| Pain & hip external rotation torque (n=4) | 0.18 | 0.33 |
| Function & height (n=12) | 0.10 | 0.16 |
| Function & BMI (n=8) | 0.18 | 0.16 |
| Function & symptom duration (n=3) | -0.95 | 0.90 |
| Function & hip external rotation torque (n=4) | 0.08 | 0.38 |
| Function & knee extensor torque (n=3) | 0.24 | 0.42 |
| Mechanistic data | Pain & hip abductor torque (n=4) | 0.30 | 0.27 |
| Pain & hip external rotation torque (n=4) | -0.28 | 0.76 |
| Function & hip abductor torque (n=3) | 0.86 | 0.17 |
| Function & hip external rotation torque (n=3) | -0.41 | 0.76 |
| Function & knee extensor torque (n=4) | -0.51 | 0.67 |
| Function & knee extensor strength (n=3) | 0.07 | 0.48 |
| **Hip-targeted exercise** | | | |
| Prognostic  data | Pain & age (n=5) | 0.62 | 0.07 |
| Pain & mass (n=5) | 0.60 | 0.08 |
| Pain & BMI (n=4) | -0.12 | 0.50 |
| Pain & symptom duration (n=3) | -0.22 | 0.57 |
| Pain & hip abduction strength (n=3) | 0.44 | 0.35 |
| Pain & hip adduction strength (n=3) | 0.45 | 0.35 |
| Pain & hip external rotation strength (n=3) | 0.93 | 0.12 |
| Pain & knee extensor strength (n=3) | -0.94 | 0.89 |
| Function & age (n=5) | 0.61 | 0.07 |
| Function & mass (n=5) | 0.68 | 0.06 |
| Function & BMI (n=4) | -0.03 | 0.44 |
| Function & symptom duration (n=3) | -0.36 | 0.62 |
| Function & hip abduction strength (n=3) | 0.55 | 0.32 |
| Function & hip adduction strength (n=3) | 0.55 | 0.31 |
| Function & hip external rotation strength(n=3) | 0.97 | 0.08 |
| Function & knee extensor torque (n=3) | 0.89 | 0.85 |
| Mechanistic data | Pain & knee extensor strength (n=3) | 0.72 | 0.24 |
| Pain & hip adduction strength (n=3) | 0.29 | 0.41 |
| Function & knee extensor strength (n=3) | 0.80 | 0.21 |
| Function & hip adduction strength (n=3) | 0.38 | 0.38 |
| **Combined interventions** | | | |
| Prognostic data | Pain & age (n=4) | 0.76 | 0.23 |
| Pain & BMI (n=3) | -0.24 | 0.58 |
| Pain & symptom duration (n=3) | -1.00 | 0.99 |
| Function & age (n=4) | 0.65 | 0.12 |
| Function & height (n=3) | -0.17 | 0.55 |
| Function & mass (n=3) | 0.79 | 0.21 |
| Pain & BMI (n=3) | -0.45 | 0.65 |
| Pain & symptom duration (n=3) | -0.98 | 0.93 |
| **Lower-quadrant manual therapy** | | | |
| Prognostic data | Pain & age (n=4) | 0.12 | 0.36 |
| Pain & height (n=3) | -0.64 | 0.72 |
| Pain & mass (n=3) | -0.18 | 0.56 |
| Pain & BMI (n=3) | 0.10 | 0.47 |
| Function & age (n=4) | -0.50 | 0.67 |
| Function & height (n=3) | -0.51 | 0.67 |
| Function & mass (n=3) | -0.33 | 0.61 |
| Function & BMI (n=3) | -0.05 | 0.52 |

BMI: Body Mass Index