**Supplementary table 1. Search strategy carried out on to search online databases.**

| Search # | Search Terms (MEDLINE and Cochrane) |
|----------|-------------------------------------|
| 1        | Exercis* OR aerobic OR physical OR strength OR interval OR resistance OR isometric OR strength OR cardiovasc* OR aqua* OR Structured OR Supervi?e*) adj3 (exercis* OR activit* OR therap* OR program* OR train* OR rehab*):mp OR Physiotherapy.mp OR (Sport* or danc* or yoga or pilates or swim*).mp MESH: Exercise/ OR Sports/ OR Dancing/ OR Yoga/ OR Rehabilitation |
| AND      | Post-thrombotic syndrome OR postthrombotic disease OR post thrombotic syndrome OR postphlebitic syndrome OR venous stress disorder OR PTS MESH: Postthrombotic syndrome/ OR Postphlebitic syndrome/ |

| Random sequence generation (selection bias) | Author's judgement | Support for judgement |
|--------------------------------------------|--------------------|-----------------------|
| Low risk                                   | Patients were randomized to exercise training or control via a web-based program (Dacima Software Inc.) that ensured concealment of treatment allocation. Randomization was stratified by study centre. Each study site had two research assistants, one unblinded and one blinded to treatment allocation. The unblinded assistant notified patients of their allocated treatment only after the baseline assessment was completed, interacted with the exercise training facility to arrange appointments for exercise-training patients and administered the control treatment to control patients. The blinded assistant performed the baseline, three-month and six-month assessments of all patients, who were instructed not to reveal their allocated treatment. |

| Allocation concealment (selection bias)    | Low risk           | Patients were randomized to exercise training or control via a web-based program (Dacima Software Inc.) that ensured concealment of treatment allocation. Randomization was stratified by study centre. Each study site had two research assistants, one unblinded and one blinded to treatment allocation. The unblinded assistant notified patients of their allocated treatment only after the baseline assessment was completed, interacted with the exercise training facility to arrange appointments for exercise-training patients and administered the control treatment to control patients. The blinded assistant performed the baseline, three-month and six-month assessments of all patients, who were instructed not to reveal their allocated treatment. |
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| Bias Type                                      | Risk Level | Description                                                                 |
|-----------------------------------------------|------------|-----------------------------------------------------------------------------|
| Blinding of participants and researchers      | High risk  | Patient were not blinded and neither was the researcher who was administering intervention/control treatment |
| Blinding of outcome assessment                | Low risk   | Outcome assessment performed by a blinded researcher                         |
| Incomplete outcome data                       | High risk  | No intention to treat analysis performed, patients who were lost to follow up were not included in the analysis |
| Selective reporting                           | Low risk   | Adherence to the original study protocol                                     |
| Other bias                                    | Low risk   |                                                                              |