**APPENDICES**

**Appendix 1. MEDLINE Search Strategy via PUBMED**

ischaemic preconditioning [MeSH] OR Preconditioning, Ischemic [Tiab] OR Ischemic Pre-Conditioning [Tiab] OR Ischemic Pre Conditioning [Tiab] OR Pre-Conditioning, Ischemic [Tiab] OR remote ischaemic preconditioning [Tiab] OR remote ischaemic postconditioning [Tiab] OR Ischemic Postconditioning [MeSh] OR Postconditioning, Ischemic [tiab] OR Ischemic Post-Conditioning [tiab] OR Ischemic Post Conditioning [tiab] OR Post-Conditioning, Ischemic [tiab] AND arthroscopy [MeSH Terms] OR Arthroscopies [tiab] OR Arthroscopic Surgical Procedures [tiab] OR Arthroscopic Surgical Procedure [tiab] OR Procedure, Arthroscopic Surgical [tiab] OR Procedures, Arthroscopic Surgical [tiab] OR Surgical Procedure, Arthroscopic [tiab] OR Surgery, Arthroscopic [tiab] OR Surgical Procedures, Arthroscopic [tiab] OR Arthroscopic Surgery [tiab] OR Arthroscopic Surgeries [tiab] OR Surgeries, Arthroscopic [tiab] OR Arthroplasty [MeSH Terms] OR Arthroplasties [tiab] OR Bone Tunnel Enlargement [tiab] OR Bone Tunnel Enlargements [tiab] OR Enlargement, Bone Tunnel [tiab] OR Tunnel Enlargement, Bone [tiab] OR Bone Tunnel Widening [tiab] OR Bone Tunnel Widenings [tiab] OR Tunnel Widening, Bone [tiab] OR Widening, Bone Tunnel [tiab] OR Bone Transplantation [MeSH Terms] OR Grafting, Bone [tiab] OR Bone Grafting [tiab] OR Transplantation, Bone [tiab] OR Anterior Cruciate Ligament Reconstruction [MeSH Terms] OR Posterior Cruciate Ligament Reconstruction [MeSH Terms] OR Fasciotomy [MeSH Terms] OR Fasciectomy [tiab] OR tendon graft [tiab] OR Amputation, Traumatic [MeSH Terms] OR Amputations, Traumatic [tiab] OR Traumatic Amputation [tiab] OR Traumatic Amputations [tiab] OR fractures [MeSH Terms] OR Broken Bones [tiab] OR Bone, Broken [tiab] OR Bones, Broken [tiab] OR Broken Bone [tiab] OR Bone Fractures [tiab] OR Bone Fracture [tiab] OR Fracture, Bone [tiab] OR Spiral Fractures [tiab] OR Fracture, Spiral [tiab] OR Fractures, Spiral [tiab] OR Spiral Fracture [tiab] OR Torsion Fractures [tiab] OR Fracture, Torsion [tiab] OR Fractures, Torsion [tiab] OR Torsion Fracture [tiab]

**Appendix 2. CENTRAL Search Strategy**

|  |  |  |
| --- | --- | --- |
| #1 | (ischaemic preconditioning) OR (Preconditioning, Ischemic):ti,ab,kw OR (Ischemic Pre-Conditioning):ti,ab,kw OR (Ischemic Pre Conditioning):ti,ab,kw OR (Pre-Conditioning, Ischemic):ti,ab,kw | 1370 |
| #2 | (Ischemic Postconditioning) OR (Postconditioning, Ischemic):ti,ab,kw OR (Ischemic Post-Conditioning):ti,ab,kw OR (Ischemic Post Conditioning):ti,ab,kw OR (Post-Conditioning, Ischemic):ti,ab,kw | 346 |
| #3 | #1 OR #2 | 1578 |
| #4 | (arthroscopy) OR (Arthroscopies):ti,ab,kw OR (Arthroscopic Surgical Procedures):ti,ab,kw OR (Arthroscopic Surgical Procedure):ti,ab,kw OR (Procedure, Arthroscopic Surgical):ti,ab,kw | 3869 |
| #5 | (Arthroplasty) OR (Arthroplasties):ti,ab,kw OR (Bone Tunnel Enlargement):ti,ab,kw OR (Bone Tunnel Enlargements):ti,ab,kw OR (Enlargement, Bone Tunnel):ti,ab,kw | 11841 |
| #6 | (Bone Transplantation) OR (Grafting, Bone):ti,ab,kw OR (Bone Grafting):ti,ab,kw OR (Transplantation, Bone):ti,ab,kw | 8624 |
| #7 | MeSH descriptor: [Anterior Cruciate Ligament Reconstruction] explode all trees | 388 |
| #8 | MeSH descriptor: [Posterior Cruciate Ligament Reconstruction] explode all trees | 1 |
| #9 | MeSH descriptor: [Fasciotomy] explode all trees | 99 |
| #10 | (Amputation, Traumatic) OR (Amputations, Traumatic):ti,ab,kw OR (Traumatic Amputation):ti,ab,kw OR (Traumatic Amputations):ti,ab,kw | 236 |
| #11 | (fractures) OR (Broken Bones):ti,ab,kw OR (Bone, Broken):ti,ab,kw OR (Bones, Broken):ti,ab,kw OR (OR Broken Bone):ti,ab,kw | 15130 |
| #12 | #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 | 38231 |
| #13 | #3 AND #12 | 23 |

**Appendix 3. SCOPUS Search Strategy**

"ischaemic preconditioning" OR "Preconditioning, Ischemic" OR "Ischemic Pre Conditioning" OR "Ischemic Pre Conditioning" OR "Pre-Conditioning, Ischemic" OR "remote ischaemic preconditioning" OR "remote ischaemic postconditioning" OR "Ischemic Postconditioning" OR "Postconditioning, Ischemic" OR "Ischemic Post Conditioning" OR "Ischemic Post Conditioning" OR "Post-Conditioning, Ischemic" AND "arthroscopy" OR "Arthroscopies" OR "Arthroscopic Surgical Procedures" OR "Arthroscopic Surgical Procedure" OR "Procedure, Arthroscopic Surgical" OR "Procedures, Arthroscopic Surgical" OR "Surgical Procedure, Arthroscopic" OR "Surgery, Arthroscopic" OR "Surgical Procedures, Arthroscopic" OR "Arthroscopic Surgery" OR "Arthroscopic Surgeries" OR "Surgeries, Arthroscopic" OR "Arthroplasty" OR "Arthroplasties" OR "Bone Tunnel Enlargement" OR "Bone Tunnel Enlargements" OR "Enlargement, Bone Tunnel" OR "Tunnel Enlargement, Bone" OR "Bone Tunnel Widening" OR "Bone Tunnel Widenings" OR "Tunnel Widening, Bone" OR "Widening, Bone Tunnel" OR "Bone Transplantation" OR "Grafting, Bone" OR "Bone Grafting" OR "Transplantation, Bone" OR "Anterior Cruciate Ligament Reconstruction" OR "Posterior Cruciate Ligament Reconstruction" OR "Fasciotomy" OR "Fasciectomy" OR "tendon graft" OR "Amputation, Traumatic" OR "Amputations, Traumatic" OR "Traumatic Amputation" OR "Traumatic Amputations" AND ( LIMIT-TO ( LANGUAGE , "English" ) ) AND ( LIMIT-TO ( PUBSTAGE , "final" ) )

**Appendix 4. *clinicaltrials.gov* Search Strategy**

* ischaemic conditioning (123)
* ischaemic preconditioning (236)
* ischaemic postconditioning (39)