

Table S1: Search strategy

Condition related terms

1. Parkinson disease (MeSH)
2. Parkinson disease.mp
3. Parkinson's disease.ti,ab.
4. Parkinsonian.mp
5. 1 OR 2 OR 3 OR 4

Symptom related terms

6. Tremor (MeSH)
7. Tremor.mp
8. 6 OR 7

Intervention related terms

9. Physiotherapy.mp
10. Physical Therapy Modalities (MeSH)
11. Exercise therapy.mp
12. Rehabilitation.mp
13. Conservative management.ti.ab
14. 9 OR 10 OR 11 OR 12 OR 13

Combination terms

15. 5 AND 8 AND 14
16. Limit 15 to human; English

Table S2: Eligibility criteria

	Inclusion criteria	Exclusion criteria
Study type	Only primary research studies, including randomized controlled trials (RCTs), quasi-experimental studies, and controlled before-after studies, were considered eligible.	Systematic reviews, meta-analyses, case reports, and abstracts were excluded.
Population	The target population comprised individuals diagnosed with Parkinson's disease (by a neurologist), regardless of age, gender, or disease severity.	Studies involving participants with other movement disorders or comorbidities were excluded unless specific data for the Parkinson's disease subgroup were reported separately.
Intervention	The focus was on physiotherapy interventions aimed at reducing tremors and improving motor function. This included various approaches such as exercise therapy, physical therapy, rehabilitation programs, and any other interventions delivered by qualified physiotherapists.	Studies that combined physiotherapy with other interventions (e.g., medication) were eligible as long as the impact of the physiotherapy component could be evaluated independently. If not, then excluded.
Outcome measures	Studies had to report outcome measures related to tremor reduction and motor function improvement. These measures could include clinical assessments, validated rating scales (e.g., Unified Parkinson's Disease Rating Scale), objective measures (e.g., kinematic analysis), or patient-reported outcomes related to tremor severity and functional abilities.	NA