

**Table S1** Search strategy of the bibliometrics.

<b>Item</b>	<b>Search strategy</b>
#1	TS=(“Traditional Chinese exercise”) OR TS=(“Qigong”) OR TS=(“Qi Gong”) OR TS=(“Ch’i Kung”) OR TS=(“Tai Ji”) OR TS=(“Tai-ji”) OR TS=(“Tai Chi”) OR TS=(“Chi, Tai”) OR TS=(“Tai Ji Quan”) OR TS=(“Ji Quan, Tai”) OR TS=(“Quan, Tai Ji”) OR TS=(“Taiji”) OR TS=(“Taijiquan”) OR TS=(“T’ai Chi”) OR TS=(“Tai Chi Chuan”) OR TS=(“yijinjing”) OR TS=(“Yi jin jing”) OR TS=(“Baduanjin”) OR TS=(“Ba duan jin”) OR TS=(“wuqiangxi”) OR TS=(“Wu qin xi”) OR TS=(“liuzikun”) OR TS=(“liu zi jue”)
#2	TI=(Osteoarthritis)
#3	#1 AND #2

**Publication Date:** 2003-01-01 to 2022-12-31 **Edition:** Science Citation Index Expanded (SCI-EXPANDED)--1900-present

**Table S2** Exercise prescription of TCE for OA in each RCTs.

<b>TCE Type</b>	<b>Frequency</b>	<b>Duration</b>	<b>Disease</b>	<b>Efficacy</b>	<b>Source</b>
Tai Chi	3 times a week	24 weeks	KOA	Improve sleep quality	1
Tai Chi	3 times a week	24 weeks	KOA	Improve abnormal gait and relieve pain	2
Tai Chi	2 times a week	10 weeks	KOA	Improve activity ability	3
Tai Chi	3 times a week	24 weeks	KOA	Improve proprioceptive sensation	4
Tai Chi	5 times a week	12 weeks	Primary TKA for end-stage KOA	Improve physical function and quality of life	5
Tai Chi	5 times a week	12 weeks	KOA	Modulate the rsFC of the descending opioidergic pathway and reward/motivation system and blood inflammation markers; modulate both common and unique DLPFC (cognitive control) pathways	6
Tai Chi	2 times a week	24 weeks	KOA	Change the pattern of plantar load	7
Tai Chi	2 times a week	12 weeks	KOA	Improve function, quality of life and depressive symptoms	8
Tai Chi	3 times a week	12 weeks	KOA	Improve pain and function, but improve symptoms disappear after training	9
Tai Chi	Not fixed, encouraged daily	24 weeks	OA	Increased knee extensor endurance and bone mineral density, and reduced patients' fear of falling during daily activities	10
Tai Chi	3 times a week	12 weeks	KOA	Improve the physical function and quality of life of KOA in elderly women	11
Tai Chi	2 times a week	12 weeks	KOA	Effectively reduce pain, stiffness, fear of falling, it improves balance, rise time, and knee movement	12
Tai Chi	2 times a week	12 weeks	KOA	Improve balance function and improve quality of life	13

Tai Chi	2 times a week	12 weeks	OA	Relieve pain and improve body function	14
Tai Chi	2 times a week	12 weeks	KOA	Improve their arthritis symptoms, balance and physical function	15
Tai Chi	2 times a week	12 weeks	symptomatic tibiofemoral OA	Improve physical function, self-efficacy, depression and health-related quality of life in patients with knee joint OA	16
Baduanjin	3 times a week	12 weeks	KOA	Improve the proprioceptive and postural stability of the knee joint and reduce pain, stiffness and dysfunction	17
Baduanjin	5 times a week	8 weeks	KOA	It relieves pain, stiffness and disability, and helps to improve quadriceps strength and aerobic ability	18
Baduanjin	3 times a week	12 weeks	KOA	Adjust posture control	19
Baduanjin	5 times a week	12 weeks	KOA	Modulate the rsFC of the descending opioidergic pathway and reward/motivation system and blood inflammation markers; modulate both common and unique DLPFC (cognitive control) pathways	6
Wuqinxi	4 times a week	24 weeks	KOA	Increase muscle strength, relieve pain and improve balance	20
External Qigong	5 or 6 times every three weeks	3 weeks	KOA	Relieve pain and improve negative mood	21

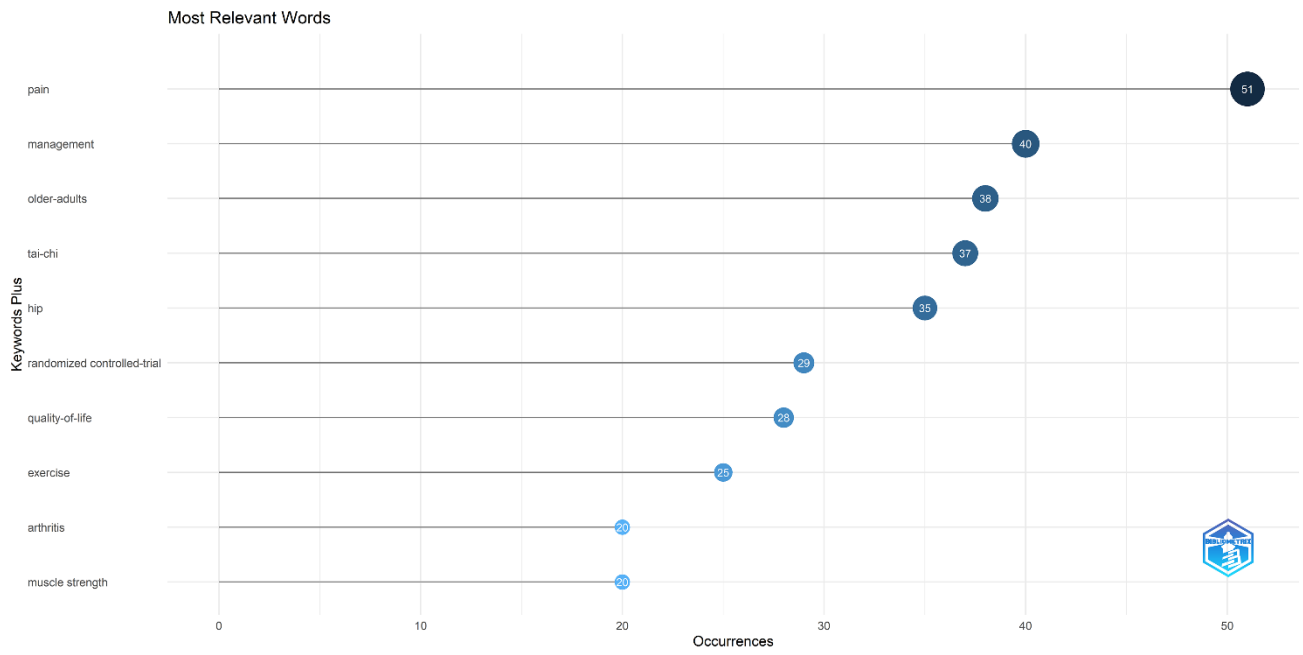
**Abbreviations:** KOA, knee osteoarthritis; OA: osteoarthritis; TCE, traditional Chinese exercise; TKA, total knee arthroplasty

### Reference

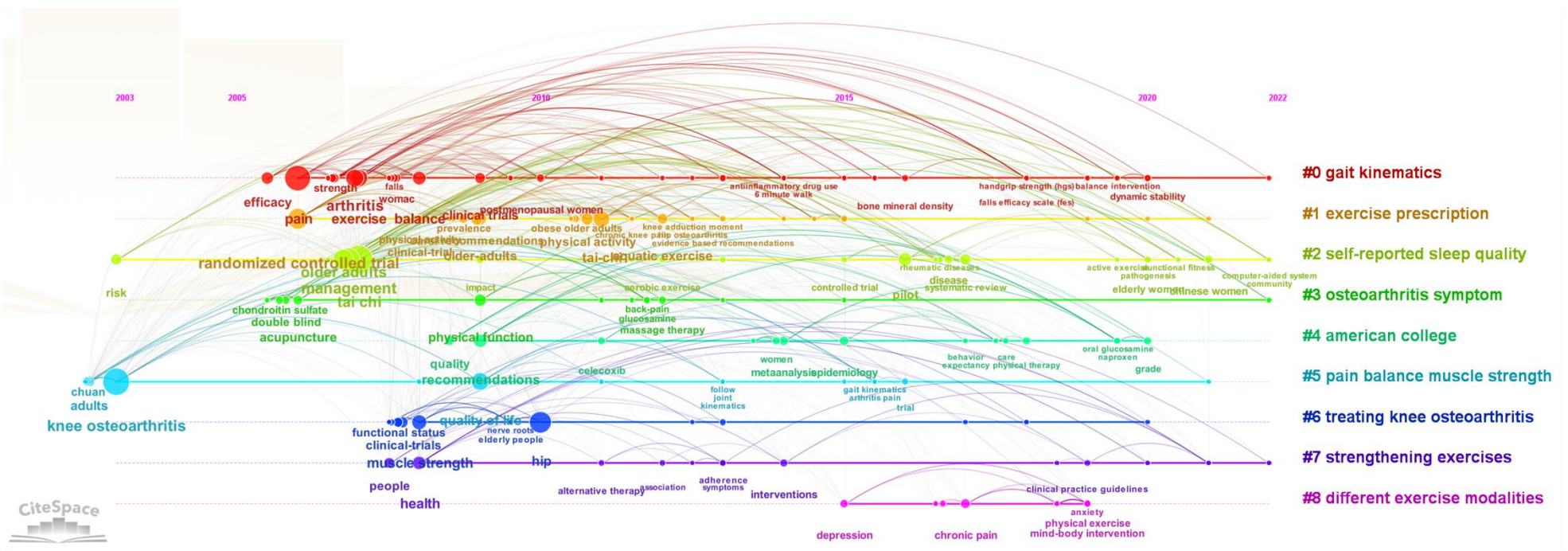
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**Figure S1** The frequency of the top 10 keywords.



**Figure S2** The evolution of the main keywords in the past 20 years analyzed by the Timeview of CiteSpace.