**Supplementary Table 1.** **Search strategies**

Pubmed

(Myopathies, Structural, Congenital [MeSH] OR (Congenital [tiab] AND myopath\* [tiab]) OR Nemaline myopath\* [tiab] OR NEB [tiab] OR Nebulin\* [tiab] OR leiomodin-3 [tiab] OR LMOD3 [tiab] OR Neurofilament-light\* [tiab] OR NEFL [tiab] OR troponin T [tiab] OR TNNT1 [tiab] OR TNNT3 [tiab] OR cofilin 2 [tiab] OR CFL2 [tiab] OR Central core disease [tiab] OR Central core myopath\* [tiab] OR congenital fiber type disproportion [tiab] OR congenital fibre type disproportion [tiab] OR CFTD [tiab] OR TPM3 [tiab] OR TPM2 [tiab] OR Tropomyosin [tiab] OR unconventional myosin 18B [tiab] OR MYO18B [tiab] OR Myopalladin [tiab] OR MYPN [tiab] OR KLHL40 [tiab] OR KLHL41 [tiab] OR Kelch-like family member 40 [tiab] OR Kelch-like family member 41 [tiab] OR KBTBD13 [tiab] OR “BTB and Kelch domain containing 13 protein” OR ACTA1 [tiab] OR Alpha-actin [tiab] OR SEPN1 [tiab] OR SELENON [tiab] OR RYR1 [tiab] OR Ryanodine [tiab] OR MAP3K20 [tiab] OR Multiminicore\* [tiab] OR multi minicore\* [tiab] OR minicore\* [tiab] OR mini core\* [tiab] OR multicore\* [tiab] OR multi core\* [tiab] OR Myotubular myopath\* [tiab] OR DNM2 [tiab] OR Dynamin 2 [tiab] OR MTM1 [tiab] OR myotubularin 1 [tiab] OR BIN1 [tiab] OR bridging integrator 1 [tiab] OR TTN [tiab] OR Titin [tiab] OR Centronuclear myopath\* [tiab] OR Hyaline body myopath\* [tiab] OR Myosin storage myopath\* [tiab] OR Autophagic vacuolar myopath\* [tiab] OR Cap disease [tiab] OR (Rod [tiab] AND myopath\* [tiab]) OR (Core\* [tiab] AND myopath\* [tiab]) OR “Zebra body myopath\*” [tiab] OR SCN4A-related myopath\* [tiab])

AND

(Bone and bones [MeSH] OR Bone diseases [MeSH] OR Bone density [MeSH] OR Bone remodeling [MeSH] OR Fractures, bone [MeSH] OR Calcium [MeSH] OR Vitamin D [MeSH] OR diphosphonates [MeSH] OR Bisphosphonate\* [tiab] OR diphosphonate\* [tiab] OR bisphosphonic acid [tiab] OR Alendronate [tiab] OR Alendronic acid [tiab] OR clodronate [tiab] OR clodronic acid [tiab] OR etidronic acid [tiab] OR etidronate [tiab] OR ibandronic acid [tiab] OR ibandronate [tiab] OR Risedronate [tiab] OR risedronic acid [tiab] OR Olpadronate [tiab] OR olpadronic acid [tiab] OR Pamidronate [tiab] OR pamidronic acid [tiab] OR Neridronate [tiab] OR neridronic acid [tiab] OR Zoledronate [tiab] OR zoledronic acid [tiab] OR Osteopenia [tiab] OR Osteoporosis [tiab] OR Bone\* [tiab] OR Fracture\* [tiab] OR calcium [tiab] OR Vitamin D\* [tiab] OR DEXA\* [tiab] OR DXA [tiab] OR Dual energy x ray absorptiomet\* [tiab] OR dual energy xray absorptiomet\* [tiab] OR “X-ray hand” [tiab] OR “hand x-ray” [tiab] OR “Xray hand” [tiab] OR “hand xray” [tiab] OR Bone Health Index [tiab])

NOT

("Animals"[Mesh] NOT "Humans"[Mesh])

Embase

(central core disease/ OR centronuclear myopathy/ OR multiminicore disease/ OR nemaline myopathy/ OR ((Congenital AND myopath\*) OR Nemaline myopath\* OR NEB OR nebulin\* OR leiomodin-3 OR LMOD3 OR Neurofilament-light\* OR NEFL OR troponin T OR TNNT1 OR TNNT3 OR cofilin 2 OR CFL2 OR Central core disease OR Central core myopath\* OR Congenital fiber type disproportion OR Congenital fibre type disproportion OR CFTD OR TPM3 OR TPM2 OR Tropomyosin OR unconventional myosin 18B OR MYO18B OR Myopalladin OR MYPN OR KLHL40 OR KLHL41 OR Kelch-like family member 40 OR Kelch-like family member 41 OR KBTBD13 OR (BTB and Kelch domain containing 13 protein) OR ACTA1 OR Alpha-actin OR SEPN1 OR SELENON OR RYR1 OR ryanodine OR MAP3K20 OR Multiminicore\* OR multi minicore\* OR minicore\* OR mini core\* OR multicore\* OR multi core\* OR Myotubular myopath\* OR DNM2 OR Dynamin 2 OR MTM1 OR Myotubularin 1 OR BIN1 OR bridging integrator 1 OR TTN OR Titin OR Centronuclear myopath\* OR Hyaline body myopath\* OR Myosin storage myopath\* OR Autophagic vacuolar myopath\* OR Cap disease OR (rod AND myopath\*) OR (core\* AND myopath\*) OR Zebra body myopath\* OR SCN4A-related myopath\*).ti,ab,kw.)

AND

(exp bone/ OR exp Bone disease/ OR exp bone characteristics and functions/ OR exp vitamin D/ OR calcium/ OR exp Bisphosphonic acid derivative/ OR Dual energy x ray absorptiometry/ OR (bone\* OR fracture\* OR osteopenia OR osteoporosis OR vitamin D\* OR calcium OR Bisphosphonic acid OR bisphosphonate\* OR diphosphonate\* OR alendronic acid OR alendronate OR clodronate OR clodronic acid OR etidronic acid OR etidronate OR ibandronic acid OR ibandronate OR risedronic acid OR risedronate OR olpadronic acid OR olpadronate OR pamidronic acid OR pamidronate OR zoledronic acid OR zoledronate OR neridronic acid OR neridronate OR DEXA\* OR DXA OR Dual energy x-ray absorptiomet\* OR dual energy xray absorptiomet\* OR X-ray hand OR xray hand OR hand xray OR hand x ray OR Bone Health Index).ti,ab,kw.)

filter: human (remove animals)

Cochrane

([mh “Myopathies, Structural, Congenital”] OR Congenital myopath\* OR Nemaline myopath\* OR NEB OR nebulin\* OR leiomodin 3 OR LMOD3 OR Neurofilament light OR NEFL OR troponin T OR TNNT1 OR TNNT3 OR cofilin 2 OR CFL2 OR Central core disease OR Central core myopath\* OR Congenital fiber type disproportion OR Congenital fibre type disproportion OR CFTD OR TPM3 OR TPM2 OR Tropomyosin OR unconventional myosin 18B OR MYO18B OR Myopalladin OR MYPN OR KLHL40 OR KLHL41 OR Kelch like family member 40 OR Kelch like family member 41 OR KBTBD13 OR “BTB and Kelch domain containing 13 protein” OR ACTA1 OR Alpha actin OR SEPN1 OR SELENON OR RYR1 OR ryanodine OR MAP3K20 OR Multiminicore\* OR multi minicore OR minicore\* OR mini core\* OR multicore\* OR multi core\* OR Myotubular myopath\* OR DNM2 OR Dynamin 2 OR MTM1 OR Myotubularin 1 OR BIN1 OR bridging integrator 1 OR TTN OR Titin OR Centronuclear myopath\* OR Hyaline body myopath\* OR Myosin storage myopath\* OR Autophagic vacuolar myopath\* OR Cap disease OR rod myopath\* OR core\* myopath\* OR Zebra body myopath\* OR SCN4A related myopath\*)

AND

([mh "Bone and bones"] OR [mh "Bone diseases"] OR [mh "Bone density"] OR [mh "Bone remodeling"] OR [mh "Fractures, bone"] OR [mh Calcium] OR [mh "Vitamin D"] OR [mh Diphosphonates] OR bone\* OR osteopenia OR osteoporosis OR fracture\* OR vitamin D\* OR calcium OR Bisphosphonic acid OR bisphosphonate\* OR diphosphonate\* OR alendronic acid OR alendronate OR clodronate OR clodronic acid OR etidronic acid OR etidronate OR ibandronic acid OR ibandronate OR risedronic acid OR risedronate OR olpadronic acid OR olpadronate OR pamidronic acid OR pamidronate OR zoledronic acid OR zoledronate OR neridronic acid OR neridronate OR DEXA\* OR DXA OR Dual energy x ray absorptiomet\* OR dual energy xray absorptiomet\* OR X ray hand OR xray hand OR hand xray OR hand x ray OR Bone Health Index))

Web of Science

TS=(Congenital myopath\* OR Nemaline myopath\* OR NEB OR nebulin\* OR leiomodin 3 OR LMOD3 OR Neurofilament light OR NEFL OR troponin T OR TNNT1 OR TNNT3 OR cofilin 2 OR CFL2 OR Central core disease OR Central core myopath\* OR Congenital fiber type disproportion OR Congenital fibre type disproportion OR CFTD OR TPM3 OR TPM2 OR Tropomyosin OR unconventional myosin 18B OR MYO18B OR Myopalladin OR MYPN OR KLHL40 OR KLHL41 OR Kelch like family member 40 OR Kelch like family member 41 OR KBTBD13 OR “BTB and Kelch domain containing 13 protein” OR ACTA1 OR Alpha actin OR SEPN1 OR SELENON OR RYR1 OR ryanodine OR MAP3K20 OR Multiminicore\* OR multi minicore OR minicore\* OR mini core\* OR multicore\* OR multi core\* OR Myotubular myopath\* OR DNM2 OR Dynamin 2 OR MTM1 OR Myotubularin 1 OR BIN1 OR bridging integrator 1 OR TTN OR Titin OR Centronuclear myopath\* OR Hyaline body myopath\* OR Myosin storage myopath\* OR Autophagic vacuolar myopath\* OR Cap disease OR rod myopath\* OR core\* myopath\* OR Zebra body myopath\* OR SCN4A related myopath\*)

AND

TS=(bone\* OR fracture\* OR osteopenia OR osteoporosis OR vitamin-D\* OR calcium OR Bisphosphonic acid OR bisphosphonate\* OR diphosphonate\* OR alendronic acid OR alendronate OR clodronate OR clodronic acid OR etidronic acid OR etidronate OR ibandronic acid OR ibandronate OR risedronic acid OR risedronate OR olpadronic acid OR olpadronate OR pamidronic acid OR pamidronate OR zoledronic acid OR zoledronate OR neridronic acid OR neridronate OR DEXA\* OR DXA OR Dual energy x-ray absorptiomet\* OR dual energy xray absorptiomet\* OR X-ray hand OR xray hand OR hand xray OR hand x ray OR Bone Health Index) OR TI=(calcium)

NOT

TI=(mice OR mouse OR rat OR rats or murine)

CINAHL

TI (Congenital myopath\* OR Nemaline myopath\* OR NEB OR Nebulin\* OR leiomodin-3 OR LMOD3 OR Neurofilament-light\* OR NEFL OR troponin T OR TNNT1 OR TNNT3 OR cofilin 2 OR CFL2 OR Central core disease OR Central core myopath\* OR congenital fiber type disproportion OR congenital fibre type disproportion OR CFTD OR TPM3 OR TPM2 OR Tropomyosin OR unconventional myosin 18B OR MYO18B OR Myopalladin OR MYPN OR KLHL40 OR KLHL41 OR Kelch-like family member 40 OR Kelch-like family member 41 OR KBTBD13 OR "BTB and Kelch domain containing 13 protein" OR ACTA1 OR Alpha-actin OR SEPN1 OR SELENON OR RYR1 OR Ryanodine OR MAP3K20 OR Multiminicore\* OR multi minicore\* OR minicore\* OR mini core\* OR multicore\* OR multi core\* OR DNM2 OR Dynamin 2 OR MTM1 OR myotubularin 1 OR BIN1 OR bridging integrator 1 OR TTN OR Titin OR Centronuclear myopath\* OR Hyaline body myopath\* OR Myosin storage myopath\* OR Autophagic vacuolar myopath\* OR Cap disease OR Rod myopath\* OR Core\* myopath\* OR Zebra body myopath\* OR SCN4A-related myopath\*) OR AB (Congenital myopath\* OR Nemaline myopath\* OR NEB OR Nebulin\* OR leiomodin-3 OR LMOD3 OR Neurofilament-light\* OR NEFL OR troponin T OR TNNT1 OR TNNT3 OR cofilin 2 OR CFL2 OR Central core disease OR Central core myopath\* OR congenital fiber type disproportion OR congenital fibre type disproportion OR CFTD OR TPM3 OR TPM2 OR Tropomyosin OR unconventional myosin 18B OR MYO18B OR Myopalladin OR MYPN OR KLHL40 OR KLHL41 OR Kelch-like family member 40 OR Kelch-like family member 41 OR KBTBD13 OR "BTB and Kelch domain containing 13 protein" OR ACTA1 OR Alpha-actin OR SEPN1 OR SELENON OR RYR1 OR Ryanodine OR MAP3K20 OR Multiminicore\* OR multi minicore\* OR minicore\* OR mini core\* OR multicore\* OR multi core\* OR DNM2 OR Dynamin 2 OR MTM1 OR myotubularin 1 OR BIN1 OR bridging integrator 1 OR TTN OR Titin OR Centronuclear myopath\* OR Hyaline body myopath\* OR Myosin storage myopath\* OR Autophagic vacuolar myopath\* OR Cap disease OR Rod myopath\* OR Core\* myopath\* OR Zebra body myopath\* OR SCN4A-related myopath\*)

AND

(MH “Bone and Bones+”) OR (MH “bone density”) OR (MH "Bone Remodeling+") OR (MH “bone diseases+”) OR (MH “fractures+”) OR (MH “vitamin D+”) OR (MH “calcium”) OR (MH “diphosphonates+”) OR (MH “Absorptiometry, Photon”) OR TI (bone\* OR fracture\* OR osteopenia OR osteoporosis OR vitamin-D\* OR calcium OR Bisphosphonic acid OR bisphosphonate\* OR diphosphonate\* OR alendronic acid OR alendronate OR clodronate OR clodronic acid OR etidronic acid OR etidronate OR ibandronic acid OR ibandronate OR risedronic acid OR risedronate OR olpadronic acid OR olpadronate OR pamidronic acid OR pamidronate OR zoledronic acid OR zoledronate OR neridronic acid OR neridronate OR DEXA\* OR DXA OR Dual energy x-ray absorptiomet\* OR dual energy xray absorptiomet\* OR X-ray hand OR xray hand OR hand xray OR hand x ray OR Bone Health Index) OR AB (bone\* OR fracture\* OR osteopenia OR osteoporosis OR vitamin-D\* OR calcium OR Bisphosphonic acid OR bisphosphonate\* OR diphosphonate\* OR alendronic acid OR alendronate OR clodronate OR clodronic acid OR etidronic acid OR etidronate OR ibandronic acid OR ibandronate OR risedronic acid OR risedronate OR olpadronic acid OR olpadronate OR pamidronic acid OR pamidronate OR zoledronic acid OR zoledronate OR neridronic acid OR neridronate OR DEXA\* OR DXA OR Dual energy x-ray absorptiomet\* OR dual energy xray absorptiomet\* OR X-ray hand OR xray hand OR hand xray OR hand x ray OR Bone Health Index)