

Author	Sample Size		Gender (F:M)		Age Range (mean age)		Height (m)		Weight (kg)	
	INT	CON	INT	CON	INT	CON	INT	CON	INT	CON
Nakagawa et al. 40	7	7	10:4		17-40 (23.6 ± 5.9)		NR	NR	NR	NR
Fukuda et al. 23	25	24	25:0	24:0	20-40 (22.0 ± 3.0)	20-40 (23.0 ± 3.0)	1.59 ± 0.10	1.60 ± 0.30	60.0 ± 2.6	61.5 ± 3.6
Ferber et al. 46	15	10	10:5	6:4	NR (35.2 ± 12.2)	NR (29.9 ± 8.3)	1.65 ± 0.34	1.73 ± 0.41	69.1 ± 11.6	73.1 ± 15.7
Avraham et al. 41	10, 10, 10		NR	NR	NR	NR	NR	NR	NR	NR
Tyler et al. 45	35 (45k)		29:6		NR (33 ± 16)		NR		NR	
Khayambashi et al. 26	14	14	14:0	14:0	NR (28.9 ± 5.8)	NR (30.5 ± 4.8)	1.582 ± 0.058	1.609 ± 0.046	60.8 ± 10.4	62.6 ± 10.6
Earl & Hoch 25	19		19:0		16-40 (22.68 ± 7.19)		1.64 ± 0.07		60.2 ± 7.35	
Razeghi et al. 37	16 (28k)*	16 (24k)	16:0	16:0	18-30 (22.62 ± 2.67)		NR	NR	NR	NR
Fukuda et al. 38 (KHE)	21	23	21:0	23:0	NR (25.0 ± 7.0)	NR 24.0 ± 7.0)	1.62 ± 0.6	1.60 ± 0.5	61.3 ± 8.1	57.8 ± 6.2
Fukuda et al. 38 (KE)	20	23	20:0	23:0	NR (25.0 ± 6.0)	NR 24.0 ± 7.0)	1.64 ± 0.6	1.60 ± 0.5	57.1 ± 7.3	57.8 ± 6.2
Dolak et al. 24	17	16	17:0	16:0	NR (25 ± 5)	NR (26 ± 6)	1.66 ± 0.08	1.66 ± 0.08	NR	NR
Ismail et al. 39	16	16	12:4	11:5	18-30(20.8±2.7)	18-30 (21.2±3.2)	1.64 ± 0.85	1.66 ± 0.53	64.5±9.6	66.6±9.8
Baldon et al. 44	15	16	15:0	16:0	18-30 (21.3±2.6)	18-30 (22.7±3.2)	1.60 ± 0.1	1.66 ± 0.1	58.3 ± 7.3	57.1 ± 8.2
Khayambashi et al. 43	18	18	9:9	9:9	NR (28.2 ± 7.9)	NR (27.3 ± 6.7)	1.71 ± 0.89	1.71 ± 0.99	70.6 ± 11.5	66.7 ± 14.7
Ferber et al. 42	111	88	133:66		NR (29±7.1)		170.4± 0.94		67.7 ± 9.5	

* 1 subject lost to follow up in intervention group
INT, intervention; **CON**, control; **F**, female; **M**, male; **NR**, not reported; **k**, knees; **KHE**, knee and proximal exercise; **KE**, knee exercise