

## Supplementary material B: ProFaNE Components of the included trials

First author, year	Type of exercise (ex.) according to ProFaNE classification a							Duration in weeks	Total hours b	Delivery Mode c	Ex. supervised	Part. per group d	Program leader	Exercise tailored to individual	Exercise progressed	Exercise Intensity
	Gait, Balance functional	Strength/resistance training	Flexibility training	3D ex.	General Physical Activity	Endurance exer.	Other exer.									
Arrieta, 2019	P	P	S					26	52	1	Y	NR	EP	Y	Y	Mod
Brett, 2021	P	P	S		S			12	9	1	Y	5	PT	Y	Y	Mod
Buckinx, 2014	S	S					P	26	1.5	2	Y	NA	PT	N	N	Low
Buettner 2002	P	P			P		S	12	24	1	Y	4	TNP	N	N	Low
Cadore 2014	P	P	S					12	16	2	Y	NA	TNP	Y	Y	Mod
Choi 2005				P				12	21	1	Y	29	TNP	N	N	Low
Da Silva Borges 2014			S	P				12	30	NR	Y	NR	NR	Y	Y	High
Dhargrave 2020	P	P	S		S			12	42	2	Partial	NA	PT	Y	Y	Mod
Faber 2006 – Functional walking	P	P						20	36	1	Y	12	TNP	Y	Y	Mod
Faber 2006 – In balance group				P				20	36	1	Y	12	TNP	Y	Y	Low
Fu 2015	P				Fu			6	18	NR	Y	NR	PT	Y	Y	NR
Hewitt 2018	P	P	S					52	76	1	Y	5	PT	Y	Y	Mod
Imaoka 2016	P	P						12	6	1	Y	NA	PT	Y	NR	Mod
Irez 2011	P	P	S					12	36	1	Y	NR	TNP	Y	Y	Mod

First author, year	Type of exercise (ex.) according to ProFaNE classification a							Duration in weeks	Total hours b	Delivery Mode c	Ex. supervised	Part. per group d	Program leader	Exercise tailored to individual	Exercise progressed	Exercise intensity
	Balance, Gait or functional	Strength/resistance Training	Flexibility training	3D ex.	General Physical Activity	Endurance ex.	Other ex.									
Jahanpeyma 2020	P	P	S		S			12	27	1	Y	9	TNP	Y	Y	Mod
Kerse 2008	P							26	91	2	Y	NA	TNP	Y	Y	Low
Kovacs 2012	P	P	S		P			26	52	1	Y	6	PT	Y	Y	Mod
Kovacs 2013	P	P	S		P			52	104	1	Y	4	PT	Y	Y	Mod
Mulrow 1994	P	P	S					16	24	2	Y	NA	PT	Y	Y	Low
Nowalk 2001 LL/TC				P				104	NR	NR	Y	NA	TNP	N	N	Low
Nowalk 2001 FNBF		P				P		104	NR	NR	Y	NA	EP	Y	Partial	Low
Rosendahl 2008	P	P						12	22	1	Y	9	PT	Y	Y	High
Sakamoto 2006	P							26	18	2	Y	NA	PT	N	N	Low
Saravanakumar 2014 Yoga				P				14	14	1	Y	11	TNP	Partial	N	Low
Saravanakumar 2014 Tai Chi				P				14	14	1	Y	11	TNP	Partial	N	Low
Schoenfelder 2000		P			P			12	12	2	Y	NA	TNP	N	Y	Low
Serra-Rexach 2011		P	S			P		8	18	2	Y	NA	TNP	Y	Y	Low to mod
Shimada 2004	P							6	10	2	Y	NA	NR	Y	Y	Mod
Sihvonen 2004	P							4	26	2	Y	NA	NR	Partial	N	Mod
Sitja Rabert 2015	P	P					P	9	6	1	Y	5	NR	N	Y	Low

First author, year	Type of exercise (ex.) according to ProFaNE classification a							Duration in weeks	Total hours b	Delivery Mode c	Ex. supervised	Part. per group d	Program leader	Exercise tailored to individual	Exercise progressed	Exercise Intensity
	Balance, Gait or functional	Strength/resistance Training	Flexibility training	3D ex.	General Physical Activity	Endurance ex.	Other ex.									
Toots 2019	P	P						16	30	1	Y	NR	PT	Y	Y	High
Toulette 2003	P	P	P					16	24	1	Y	5	GP	N	N	Low
Tuunainen 2013	P	P	P					13	26	1	Y	5	PT	N	Y	High
Varela 2018						P		64	112	2	N	NA	Self	N	N	Low
Yokoi 2015					P			26	22	2	Y	NA	TNP	N	N	Low

**a** Classification (P = Primary; S = Secondary);

**b** Minimal dose

**c** Delivery mode (1 = Group, 2 = Individual, 3= combined);

**d** Maximum participants in a group

N = No, Y = Yes, NA = Not applicable, NR = Not reported, TNP = trained non-exercise professional, EP = exercise physiologist, PT = physiotherapist, GP = general practitioner