

Table G11.A1. Prevalence of Complications/Adverse Events by Disability Group

Disability (Number of Trials)	Number of Participants (E, Exercise Group; C, Control Group)	Category of Complications/ Adverse Events (Number, Percent in the Exercise and Control Group)	Description of Complications/ Adverse Events (W, Withdrew From the Study;C, Completed the Study)	Number of Participants in the Exercise Group Who Experienced Undesirable Problems ^[reference]	Number of Participants in the Control Group Who Experienced Undesirable Problems ^[reference]	Exercise Exposure Associated With Complications/ Adverse Events Intensity	Exercise Exposure Associated With Complications/ Adverse Events Frequency (Days/Week)	Exercise Exposure Associated With Complications/ Adverse Events Duration (Minutes)	Exercise Exposure Associated With Complications/ Adverse Events Length (Week)	Exercise Exposure Associated With Complications/ Adverse Events Mode	Exercise Exposure Associated With Complications/ Adverse Events Setting
Lower Limb Loss (2 trials)	E (n=30) C (n=28)	None	–	0	0	–	–	–	–	–	–
CP (11 trials)	E (n=123) C (n=69)	None	–	0	0	–	–	–	–	–	–
ID/DS (12 trials)	E (n=178) C (n=102)	None	–	0	0	–	–	–	–	–	–
Alz. D. (6 trials)	E (n=229) C (n=217)	Falls (E=5, 2.2%; C=0, 0%)	Fall (W), one resulted in scalp wound	5 ⁽¹⁾	0	Walking fast to reach moderate breathlessness but not exhaustion	2	60	52	Aerobic (walking), strength, flexibility, and balance	Nursing home
Alz. D. (6 trials)	E (n=229) C (n=217)	Total	–	5 (2.2%)	0	–	–	–	–	–	–
Mental Illness (15 trials)	E (n=522) C (n=210)	Musculoskeletal problems (E=8, 1.5%; C=0, 0%)	Musculoskeletal injuries (W)	7 ⁽²⁾	0	70-85% of HRR	3	30	16	Running/ walking or cycle ergometer	Supervised exercise
Mental Illness (15 trials)	E (n=522) C (n=210)	Musculoskeletal problems (E=8, 1.5%; C=0, 0%)	Joint pain/ swelling (W)	1 ⁽³⁾	0	7 or 17.5 kcal/kg/week	3 or 5	–	12	Treadmill or fixed bicycle	Laboratory
Mental Illness (15 trials)	E (n=522) C (n=210)	Progression/ Recurrence of disease (E=1, 0.2%; C=0, 0%)	Increased depression (W)	1 ⁽³⁾	0	7 or 17.5 kcal/kg/week	3 or 5	–	12	Treadmill or fixed bicycle	Laboratory
Mental Illness (15 trials)	E (n=522) C (n=210)	Cardiovascular problems (E=1, 0.2%; C=0, 0%)	Chest pain (W)	1 ⁽³⁾	0	7 or 17.5 kcal/kg/week	3 or 5	–	12	Treadmill or fixed bicycle	Laboratory
Mental Illness (15 trials)	E (n=522) C (n=210)	Total	–	10 (1.9%)	0	–	–	–	–	–	–

Table G11.A1. Prevalence of Complications/Adverse Events by Disability Group (continued)

Disability (Number of Trials)	Number of Participants (E, Exercise Group; C, Control Group)	Category of Complications/ Adverse Events (Number, Percent in the Exercise and Control Group)	Description of Complications/ Adverse Events (W, Withdrew From the Study; C, Completed the Study)	Number of Participants in the Exercise Group Who Experienced Undesirable Problems ^[reference]	Number of Participants in the Control Group Who Experienced Undesirable Problems ^[reference]	Exercise Exposure Associated With Complications/ Adverse Events Intensity	Exercise Exposure Associated With Complications/ Adverse Events Frequency (Days/Week)	Exercise Exposure Associated With Complications/ Adverse Events Duration (Minutes)	Exercise Exposure Associated With Complications/ Adverse Events Length (Week)	Exercise Exposure Associated With Complications/ Adverse Events Mode	Exercise Exposure Associated With Complications/ Adverse Events Setting
MS (16 trials)	E (n=363) C (n=266)	Musculoskeletal problems (E=4, 1.1%; C=1, 0.4%)	Soreness on leg (n=3, C) and low back (n=1, C)	4 ⁽⁴⁾	0	1 x 10-15 rep. at 70% of 1 RM	2	-	8	Strengthening on legs	Supervised exercise
MS (16 trials)	E (n=363) C (n=266)	Musculoskeletal problems (E=4, 1.1%; C=1, 0.4%)	Knee pain (W)	0	1 ⁽⁵⁾	65-70% of APMHR (aerobic); 2 x 10-15 rep. at 50-60% of 1 RM (strength)	3-5	25-35 (for aerobic)	26	Aerobic (pool or ergometer) and strength	Supervised for 3 weeks; home for 23 weeks
MS (16 trials)	E (n=363) C (n=266)	Progression/Recurrence of disease (E=6, 1.7%; C=5, 1.9%)	Elevated spasticity (W)	2 ⁽⁶⁾	0	Not available	5	30	4	Leg cycle ergometer	Rehab center
MS (16 trials)	E (n=363) C (n=266)	Progression/Recurrence of disease (E=6, 1.7%; C=5, 1.9%)	MS exacerbation (W) ^{(7:8) 1}	1 ⁽⁹⁾	1 ⁽⁹⁾	55% of VO _{2peak} (aerobic); 15-20 rep. at Berg scale <13 (6-20) (strength)	3	60	5	Cycle ergometer, strength, and flexibility	Rehab center
MS (16 trials)	E (n=363) C (n=266)	Progression/Recurrence of disease (E=6, 1.7%; C=5, 1.9%)	MS exacerbation (W) ^{(7:8) 1}	2 ⁽¹⁰⁾	0	Weak to moderate (2-3 at modified Borg scale, 0-10)	1	90	26	Yoga and bike	Home
MS (16 trials)	E (n=363) C (n=266)	Progression/Recurrence of disease (E=6, 1.7%; C=5, 1.9%)	MS exacerbation (W) ^{(7:8) 1}	1 ⁽¹¹⁾	1 ⁽¹¹⁾	60% of maximum work rate	3	30	8	Leg cycle ergometer	Rehab center
MS (16 trials)	E (n=363) C (n=266)	Progression/Recurrence of disease (E=6, 1.7%; C=5, 1.9%)	MS exacerbation (W) ^{(7:8) 1}	0	1 ⁽¹²⁾	2 x 8-12 rep. with increases of .05-1.5% of body weight	3	25-30	8	Strengthening on legs	Community
MS (16 trials)	E (n=363) C (n=266)	Progression/Recurrence of disease (E=6, 1.7%; C=5, 1.9%)	MS exacerbation (W) ^{(7:8) 1}	0	2 ⁽⁶⁾	Not available	5	30	4	Leg cycle ergometer	Rehab center
MS (16 trials)	E (n=363) C (n=266)	Total	-	10(2.8%)	6(2.3%)	-	-	-	-	-	-

Table G11.A1. Prevalence of Complications/Adverse Events by Disability Group (continued)

Disability (Number of Trials)	Number of Participants (E, Exercise Group; C, Control Group)	Category of Complications/ Adverse Events (Number, Percent in the Exercise and Control Group)	Description of Complications/ Adverse Events (W, Withdrew From the Study; C, Completed the Study)	Number of Participants in the Exercise Group Who Experienced Undesirable Problems ^[reference]	Number of Participants in the Control Group Who Experienced Undesirable Problems ^[reference]	Exercise Exposure Associated With Complications/ Adverse Events Intensity	Exercise Exposure Associated With Complications/ Adverse Events Frequency (Days/Week)	Exercise Exposure Associated With Complications/ Adverse Events Duration (Minutes)	Exercise Exposure Associated With Complications/ Adverse Events Length (Week)	Exercise Exposure Associated With Complications/ Adverse Events Mode	Exercise Exposure Associated With Complications/ Adverse Events Setting
MD (12 trials)	E (n=230) C (n=155)	Musculoskeletal problems (E=7, 3.0%; C=0, 0%)	Soreness and strength reduction (n=1,C) back pain (n=1,W)	2 ⁽¹³⁾	0	Progressive resistance ²	3	30	24	Strengthening exercise	Home
MD (12 trials)	E (n=230) C (n=155)	Musculoskeletal problems (E=7, 3.0%; C=0, 0%)	Soreness (C)	1 ⁽¹⁴⁾	0	70-85% of HRR	3-4	30	8	Aerobic – treadmill	Medical setting
MD (12 trials)	E (n=230) C (n=155)	Musculoskeletal problems (E=7, 3.0%; C=0, 0%)	Back pain (W)	1 ⁽¹⁵⁾	0	3 x 10 reps. at 80% of 1 RM	3	–	12	Free weights targeting knee extensors	Not available
MD (12 trials)	E (n=230) C (n=155)	Musculoskeletal problems (E=7, 3.0%; C=0, 0%)	Soreness and fatigue (C)	1 ⁽¹⁶⁾	0	Progressive resistance ³	3	30	52	Strengthening elbow flexors and ankle dorsiflexors	Home
MD (12 trials)	E (n=230) C (n=155)	Musculoskeletal problems (E=7, 3.0%; C=0, 0%)	Increased fatigue (C)	1 ⁽¹⁷⁾	0	65% of VO _{2peak}	4-5	30	12	Cycle ergometer	Home
MD (12 trials)	E (n=230) C (n=155)	Musculoskeletal problems (E=7, 3.0%; C=0, 0%)	Increased fatigue (C)	1 ⁽¹⁸⁾	0	65% of VO _{2peak}	4-5	30	12	Cycle ergometer	Home
MD (12 trials)	E (n=230) C (n=155)	Total	–	7(3.0%)	0	–	–	–	–	–	–
PD (14 trials)	E (n=287) C (n=183)	None	–	0	0	–	–	–	–	–	–

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Disability (Number of Trials)	Number of Participants (E, Exercise Group; C, Control Group)	Category of Complications/ Adverse Events (Number, Percent in the Exercise and Control Group)	Description of Complications/ Adverse Events (W, Withdrew From the Study; C, Completed the Study)	Number of Participants in the Exercise Group Who Experienced Undesirable Problems ^[reference]	Number of Participants in the Control Group Who Experienced Undesirable Problems ^[reference]	Exercise Exposure Associated With Complications/ Adverse Events Intensity	Exercise Exposure Associated With Complications/ Adverse Events Frequency (Days/Week)	Exercise Exposure Associated With Complications/ Adverse Events Duration (Minutes)	Exercise Exposure Associated With Complications/ Adverse Events Length (Week)	Exercise Exposure Associated With Complications/ Adverse Events Mode	Exercise Exposure Associated With Complications/ Adverse Events Setting
SCI (18 trials)	E (n=208) C (n=75)	Musculoskeletal problems (E=4, 1.9%; C=0, 0%)	Muscle pain (C)	2 ⁽¹⁹⁾	0	40-80% of maximum heart rate	3	40	16	Aerobic and strengthening	Rehab center
SCI (18 trials)	E (n=208) C (n=75)	Musculoskeletal problems (E=4, 1.9%; C=0, 0%)	Muscle pain (C)	2 ⁽²⁰⁾	0	With resistance of 50-60% of 1 RM	3	40-45	12	Arm ergometer	Not available
SCI (18 trials)	E (n=208) C (n=75)	Progression/Recurrence of disease (E=1, 0.5%; C=0, 0%)	Bladder spasms (W)	1 ⁽²¹⁾	0	60% of maximum power output	3	30	10	Arm ergometer	Not available
SCI (18 trials)	E (n=208) C (n=75)	Total	-	5(2.4%)	0	-	-	-	-	-	-
Stroke (23 trials)	E(n=538) C(n=335)	Musculoskeletal problems (E=5, 0.9%; C=1, 0.3%)	Knee pain (n=1, C) Back pain (n=2, C)	3 ⁽²²⁾	0	3 x 8-10 rep. at 0% of 1 RM	2	-	12	Strengthening	Not available
Stroke (23 trials)	E(n=538) C(n=335)	Musculoskeletal problems (E=5, 0.9%; C=1, 0.3%)	Increased fatigue (W)	1 ⁽²³⁾	0	70-80% of HRR for aerobic	3	60	19	Aerobic, mobility, strength	Community
Stroke (23 trials)	E(n=538) C(n=335)	Musculoskeletal problems (E=5, 0.9%; C=1, 0.3%)	Increased fatigue (W)	1 ⁽²⁴⁾	0	3 x 15 rep. of exercise	3	60	19	Leg exercise	Community
Stroke (23 trials)	E(n=538) C(n=335)	Musculoskeletal problems (E=5, 0.9%; C=1, 0.3%)	Increased fatigue (W)	0	1 ⁽²⁵⁾	50-80% of HRR	3	30	8	Water exercise	Community

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Disability (Number of Trials)	Number of Participants (E, Exercise Group; C, Control Group)	Category of Complications/ Adverse Events (Number, Percent in the Exercise and Control Group)	Description of Complications/ Adverse Events (W, Withdrew From the Study; C, Completed the Study)	Number of Participants in the Exercise Group Who Experienced Undesirable Problems ^[reference]	Number of Participants in the Control Group Who Experienced Undesirable Problems ^[reference]	Exercise Exposure Associated With Complications/ Adverse Events Intensity	Exercise Exposure Associated With Complications/ Adverse Events Frequency (Days/Week)	Exercise Exposure Associated With Complications/ Adverse Events Duration (Minutes)	Exercise Exposure Associated With Complications/ Adverse Events Length (Week)	Exercise Exposure Associated With Complications/ Adverse Events Mode	Exercise Exposure Associated With Complications/ Adverse Events Setting
Stroke (23 trials)	E(n=538) C(n=335)	Progression/Recurrence of disease (E=8, 1.5%; C=2, 0.6%)	Recurrent stroke (W)	3 ⁽²⁶⁾	0	2 x 10 rep. of exercise for strength	3	90	12	Strength, aerobic (fixed bike for 30 minutes)	Home under supervision
Stroke (23 trials)	E(n=538) C(n=335)	Progression/Recurrence of disease (E=8, 1.5%; C=2, 0.6%)	Recurrent stroke (W)	3 ⁽²⁷⁾	0	Not available	3	30 for aerobic	12	Strength, aerobic (fixed bike)	Home under supervision
Stroke (23 trials)	E(n=538) C(n=335)	Progression/Recurrence of disease (E=8, 1.5%; C=2, 0.6%)	Recurrent stroke (W)	0	2 ⁽²⁸⁾	60% of HRR	3	30	6	Leg cycle ergometer	Rehab center
Stroke (23 trials)	E(n=538) C(n=335)	Progression/Recurrence of disease (E=8, 1.5%; C=2, 0.6%)	Mild seizure (C)	1 ⁽²⁹⁾	0	(THRR-15)-(THRR-5)	3	60	12	Aerobic, strength, and flexibility	University-based fitness center
Stroke (23 trials)	E(n=538) C(n=335)	Progression/Recurrence of disease (E=8, 1.5%; C=2, 0.6%)	Recurrence of inguinal hernia (W)	1 ⁽³⁰⁾	0	3 x 8-10 rep. at 70% of 1 RM	3	-	12	Strengthening both legs	Not available
Stroke (23 trials)	E(n=538) C(n=335)	Cardiovascular problems (E=3, .6%; C=2, 0.6%)	Anginal symptom (C)	1 ⁽³⁰⁾	0	3 x 8-10 rep. at 70% of 1 RM	3	-	12	Strengthening both legs	Not available
Stroke (23 trials)	E(n=538) C(n=335)	Cardiovascular problems (E=3, .6%; C=2, 0.6%)	Drop in blood pressure (W)	1 ⁽²⁹⁾	0	(THRR-15) ~ (THRR-5). THRR, Target HR Range at RER=1.0	3	60	12	Aerobic, strength, and flexibility	University-based fitness center
Stroke (23 trials)	E(n=538) C(n=335)	Cardiovascular problems (E=3, .6%; C=2, 0.6%)	Dizziness (C)	1 ⁽²⁹⁾	0	(THRR-15) ~ (THRR-5).	3	60	12	Aerobic, strength, and flexibility	University-based fitness center

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Stroke (23 trials)	E(n=538) C(n=335)	Cardiovascular problems (E=3, .6%; C=2, 0.6%)	Acute myocardial infraction (W)	0	1 ⁽²⁸⁾	60% of HRR	3	30	6	Leg cycle ergometer	Rehab center
Stroke (23 trials)	E(n=538) C(n=335)	Cardiovascular problems (E=3, .6%; C=2, 0.6%)	Abnormal ECG (W)	0	1 ⁽³⁰⁾	3 x 8-10 rep. at 70% of 1 RM	3	–	12	Strengthening on leg	Not available
Stroke (23 trials)	E(n=538) C(n=335)	Total	–	16(3.0%)	5(1.5%)	–	–	–	–	–	–
TBI (4 trials)	E (n=133) C (n=102)	None	–	0	0	–	–	–	–	–	–
Combined (4 trials)	E (n=120) C (n=90)	None	–	0	0	–	–	–	–	–	–

Abbreviations: Alz. D., Alzheimer's disease; APMHR, aged-predicted maximal heart rate; CP, cerebral palsy; ECG, electrocardiogram; HRR, heart rate reserve; ID/DS, intellectual disability/Down syndrome; MD, muscular dystrophy; MS, multiple sclerosis; PD, Parkinson's disease; Rep., repetition; RM, repetition maximum; SCI, spinal cord injury; TBI, traumatic brain injury; THRR, target heart rate range at respiratory exchange ratio = 1.0.

¹Two additional trials are not counted in this table related to an MS exacerbation because the reviewers could not determine the groups from which participants who experienced the exacerbation came from. 2 out of 54 subjects in Petajan's trial (7) and 8 out of 112 subjects in Rasova's trial (8) withdrew from the study due to an MS exacerbation.

²Progressive resistance, 3 x 25 reps. at 60% of 1 RM for the first 8wk, 3 x 15 reps. at 70% of 1 RM for the 2nd 8-week, and 3 x 10 reps. at 80% of 1 RM for the 3rd 8-week.

³2 x 5-10 reps. with 10RM in the week 1-8; 8 reps. with 10 RM in the week 9-17; 5 reps. with 5 RM after week 18.

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