

Additional file 4

Table S4. Included studies' most important characteristics

First author, year	Country	Study design	Authors' conclusion	Target population	Health condition	Health condition area	Inclusion criterion in years	N° participants	Participants' mean age	Participants' sex predominance
Diaz Baquero, A. A., 2022	Spain	Intervention study	Effective	Single health condition	Cognitive impairment including dementia or aphasia	Neurological	–	62	74.73	Female
Liang, C. C., 2022	Taiwan	Observational Study	Effective	Fragility or functional decline	–	–	> 65	56	76.5	Female
Porta, F. L., 2022	Italy	Intervention study	Not effective	Fragility or functional decline	–	–	> 65	403	76.2	Female
Yee, D. K. H., 2022	China (Hong Kong)	Observational Study	Effective	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 65	401	84.2	Female
Poulsen, L. K., 2022	Denmark	Intervention study	No assessed	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	–	48	78	Female
Stathi, A., 2022	UK	Intervention study	Effective	Fragility or functional decline	–	–	> 65	777	77.6	Female
Tekin, F., 2022	Turkey	Intervention study	Effective	Fragility or functional decline	–	–	> 65	255	69	Balanced
Hoedemakers, M., 2022	Netherlands	Intervention study	No assessed	Fragility or functional decline	–	–	–	384	83.4	Female
Ropke, A., 2022	Denmark	Intervention study	No assessed	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 65	18	79.4	Female
Bennell, K. L., 2022	Australia	Intervention study	Effective	Single health condition	Osteoarthritis	Musculoskeletal	Other	414	65	Balanced
Chong, E., 2022	Singapore	Intervention study	Effective	Fragility or functional decline	–	–	> 65	140	79.7	Female
Kam Yuet Wong, F., 2022	China	Intervention study	Effective	Single health condition	Stroke	Neurological	>18	116	66.6	Male
Love, 2022	Australia	Observational Study	No assessed	Multimorbidity	–	–	> 65	92	81.1	Balanced
Kalav, S., 2022	Turkey	Intervention study	No assessed	Single health condition	Stroke	Neurological	>18	68	57.4	Male

Ullrich, P., 2022	Germany	Intervention study	Effective	Multimorbidity	–	–	> 65	118	82.3	Female
Mora-Traverso, M., 2022	Spain	Intervention study	Effective	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 65	64	78.22	Female
Gustavson, A. M., 2022	US	Intervention study	No assessed	Fragility or functional decline	–	–	–	28	78.5	Female
Tao, G., 2022	Canada	Intervention study	No assessed	Single health condition	Lower limb amputation	Musculoskeletal	> 50	71	65	Male
Yang, L., 2022	China	Intervention study	Effective	Single health condition	Cognitive impairment including dementia or aphasia	Neurological	> 65	126	85.36	Female
Furuta, K., 2022	Japan	Intervention study	Effective	Fragility or functional decline	–	–	< 85	25	76	Female
Li, C. T., 2022	China (Hong Kong)	Intervention study	No assessed	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 60	31	79	Female
Tan, J. Y., 2022	US	Descriptive study	No assessed	Single health condition	HIV	Communicable diseases	> 50	13	–	Male
U. N. Yadav, 2021	Nepal	Descriptive study	No assessed	Multimorbidity	–	–	–	–	–	–
S. Tanaka, 2021	Japan	Intervention study	Effective	Single health condition	COPD	Neurological	–	31	86.15	Balanced
A. Sondell, 2021	Sweden	Intervention study	Effective	Single health condition	COPD	Neurological	> 60	16	78.5	Female
W. Rietkerk, 2021	Netherlands	Intervention study	Effective	Fragility or functional decline	–	–	> 75	233	81.5	Female
M. E. Ribbink, 2021	Netherlands, Spain	Observational Study	No assessed	Multimorbidity	–	–	–	1038	83.85	Balanced
R. Quigley, 2021	Australia	Descriptive study	Effective	Fragility or functional decline	–	–	Other	26	87	Balanced
C. L. Peiris, 2021	Australia	Observational Study	Effective	Single health condition	Osteoarthritis	Musculoskeletal	> 65	230	70.5	Female
M. Morri, 2021	Italy	Observational Study	Effective	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 65	923	84.1	Female
H. Kim, 2021	South Korea	Intervention study	Effective	Fragility or functional decline	–	–	–	913	82.9	Female
A. Flynn, 2021	Australia	Intervention study	No assessed	Single health condition	Parkinson's disease	Neurological	–	40	72	Male

R. De Luca, 2021	Italy	Intervention study	Effective	Fragility or functional decline	–	–	> 65	60	77.4	Female
S. Coskun, 2021	Turkey	Intervention study	Effective	Single health condition	Coronary heart disease	Cardiovascular	> 60	66	68.13	Male
Y. Baba, 2021	Japan	Intervention study	Effective	Fragility or functional decline	–	–	> 65	78	83.65	Female
Coletta, A. M., 2021	United States of America	Observational Study	Effective	Single health condition	Breast cancer, prostate cancer, lymphoma	Cancer	–	239	62.1	Female
Lamberti, N., 2021	Italy	Observational Study	Effective	Single health condition	Peripheral artery disease	Cardiovascular	>18	83	72	Male
Maniscalco, M., 2021	Italy	Intervention study	Effective	Multimorbidity	Cardiovascular disease not specified, covid-19	Cardiovascular	–	95	63.4	Male
Otero, P., 2021	Spain	Intervention study	Effective	Fragility or functional decline	–	–	Other	25	54.9	Female
Tseng, M. Y., 2021	Taiwan	Intervention study	Not effective	Multimorbidity	Hip fracture or post hip arthroplasty, cognitive impairment including dementia or aphasia	Musculoskeletal, neurological	> 60	152	81.8	Female
Kim, S., 2021	Korea	Intervention study	Effective	Fragility or functional decline	–	–	> 65	224	75	Female
Sun, F. C., 2021	Taiwan	Intervention study	Effective	Fragility or functional decline	–	–	> 65	122	73.9	Female
Farinha, C., 2021	Portugal	Intervention study	Effective	Fragility or functional decline	–	–	> 65	102	71.4	Female
Hayden, M. C., 2021	Germany	Observational Study	Effective	Single health condition	Covid-19	Respiratory, communicable diseases	>18	108	55.6	Balanced
Barker, K. L., 2021	England	Intervention study	Not effective	Single health condition	Osteoarthritis	Musculoskeletal	Other	621	70.4	Balanced
Meisingset, I., 2021	Norway	Observational Study	Effective	Fragility or functional decline	–	–	> 65	603	84	Female
Al Chikhanie, Y., 2021	France	Observational Study	No assessed	Single health condition	COPD	Respiratory	–	190	66	Balanced
Suikkanen, S., 2021	Finland	Intervention study	Effective	Fragility or functional decline	–	–	> 65	300	82.2	Female

Brouwers, R. W. M., 2021	Netherlands	Intervention study	Effective	Single health condition	Coronary heart disease	Cardiovascular	–	300	60.7	Male
Patel, N., 2021	United States of America	Observational Study	Effective	Single health condition	Covid-19	Respiratory, communicable diseases	–	106	64	Male
Yi, D., 2021	Korea	Intervention study	Effective	Single health condition	Covid-19	Respiratory, communicable diseases	> 65	70	76.7	Female
Chi, Y. C., 2021	Taiwan	Intervention study	Effective	Fragility or functional decline	–	–	> 65	–	–	Female
Gutierrez-Espinoza, H., 2021	Chile	Observational Study	Effective	Single health condition	Complex regional pain syndrome type I, distal radius fracture	Musculoskeletal	> 60	72	52.8	Female
Su, S. F., 2021	Taiwan	Intervention study	Effective	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 60	104	77.7	Female
Hosteng, K. R., 2021	United States of America	Intervention study	Effective	Fragility or functional decline	–	–	> 65	68	81.2	Female
Chiu, E. C., 2021	Taiwan	Intervention study	Effective	Single health condition	Stroke	Neurological	Other	26	68	Male
Martinez-Velilla, N., 2021	Chile	Intervention study	Effective	Fragility or functional decline	–	–	–	297	87.3	Balanced
Gutierrez-Lopez, L., 2021	Mexico	Intervention study	Effective	Single health condition	Sarcopenia	Metabolic, musculoskeletal	< 70	60	68	Female
Sen, E. I., 2021	Turkey	Intervention study	Effective	Single health condition	Sarcopenia	Musculoskeletal	< 80	90	72.8	Female
Sok, S., 2021	Korea	Intervention study	Effective	Fragility or functional decline	–	–	> 65	65	73.7	Female
Jungreitmayr, S., 2021	Austria, Italy	Intervention study	Effective	Fragility or functional decline	–	–	< 85	72	75.5	Female
Liang, C. K., 2021	Taiwan	Intervention study	Effective	Fragility or functional decline	–	–	> 65	733	74	Female
Oh, S. L., 2021	South Korea	Intervention study	Effective	Single health condition	Osteoarthritis	Musculoskeletal	–	60	71.7	Female
Pakrad, F., 2021	Iran	Intervention study	Effective	Single health condition	Coronary heart disease	Cardiovascular	–	88	62.7	Female
Siercke, M., 2021	Denmark	Intervention study	Effective	Single health condition	Peripheral artery disease	Cardiovascular	>18	118	70.3	Balanced

Tou, N. X., 2021	Singapore	Intervention study	Effective	Fragility or functional decline	–	–	Other	57	71.7	Female
Monteblanco Cavalcante, M., 2021	Brazil	Intervention study	Effective	Fragility or functional decline	–	–	–	9	71.9	Balanced
Borges-Machado, F., 2021	Portugal	Intervention study	Effective	Single health condition	Cognitive impairment including dementia or aphasia	Neurological	> 60	43	78.2	Female
Murphy, S. L., 2021	United States of America	Intervention study	Not effective	Single health condition	Diffuse cutaneous systemic sclerosis	Autoimmune disease	>18	32	52	Female
Bruce, J., 2021	England	Intervention study	Effective	Single health condition	Breast cancer	Cancer	>18	392	58.1	Female
Rosado, H., 2021	Portugal	Intervention study	Effective	Fragility or functional decline	–	–	> 65	51	75.4	Male
Tian, R., 2021	China	Intervention study	Effective	Single health condition	Cognitive impairment including dementia or aphasia	Neurological	< 80	93	66.9	Female
Noh, E. Y., 2021	Korea	Observational Study	Effective	Fragility or functional decline	–	–	> 65	877	–	Female
Aguilera-Godoy, A., 2021	Chile	Observational Study	No assessed	Single health condition	Distal radius fracture	Musculoskeletal	> 60	36	68.5	Female
Mentz, R. J., 2021	United States of America	Observational Study	Effective	Single health condition	Heart failure	Cardiovascular	> 60	349	72.7	Balanced
Pepera, G., 2021	Greece	Intervention study	Effective	Fragility or functional decline	–	–	> 65	40	79.4	Female
Rince, G., 2021	France	Intervention study	Effective	Fragility or functional decline	–	–	> 70	483	83.1	Female
Arena, S. K., 2021	United States of America	Intervention study	Effective	Fragility or functional decline	–	–	> 65	110	76.9	Female
Scherrenberg, M., 2021	The Netherlands, Denmark, France, Spain, Switzerland	Intervention study	Effective	Single health condition	Cardiovascular disease not specified	Cardiovascular	–	162	72.8	Male
Mao, H. F., 2021	Taiwan	Intervention study	Effective	Fragility or functional decline	–	–	> 65	130	78.2	Female

Rafiq, M. T., 2021	Malaysia	Intervention study	Effective	Multimorbidity	–	–	Other	114	52.9	Balanced
Bagkur, M., 2021	Cyprus	Intervention study	Effective	Fragility or functional decline	–	–	< 90	23	72.4	Female
Backer, H. C., 2021	Germany	Intervention study	Effective	Single health condition	Osteoarthritis	Musculoskeletal	< 85	60	64.3	Balanced
Katri Maria, T., 2021	Finland	Intervention study	No assessed	Fragility or functional decline	–	–	> 60	117	79.8	Female
Ozen, S., 2021	Turkey	Intervention study	Effective	Single health condition	Stroke	Cardiovascular	< 85	38	65.9	Male
Soukkio, P. K., 2021	Finland	Intervention study	Not effective	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 60	121	81.5	Female
Woo, J., 2021	China (Hong Kong)	Descriptive study	No assessed	Fragility or functional decline	–	–	–	102	84	Female
Lim, J. H., 2021	Republic of Korea	Intervention study	Effective	Single health condition	Stroke	Neurological	–	17	70.11	Balanced
Song, C. Y., 2021	Taiwan	Intervention study	Effective	Fragility or functional decline	–	–	> 65	28	76	Female
Z. Wu, 2020	China	Intervention study	Effective	Single health condition	Coronary heart disease	Neurological	< 80	64	57.6	Male
J. Uddin, 2020	Bangladesh	Intervention study		Single health condition	Coronary heart disease	Cardiovascular	Other	142	54	Male
K. A. Spencer, 2020	United States of America	Intervention study	No assessed	Single health condition	Parkinson's disease	Neurological	> 50	3	62	Male
Y. Song, 2020	China	Intervention study	Effective	Single health condition	Coronary heart disease	Cardiovascular	Other	96	54.45	Male
H. N. Smith, 2020	Australia	Descriptive study	Effective	Fragility or functional decline	–	–	Other	110	80.4	Balanced
J. Sedlock, 2020	United States of America	Descriptive study	No assessed	Single health condition	Fracture not specified	Musculoskeletal	> 65	–	–	–
J. Room, 2020	United Kingdom	Descriptive study	No assessed	Single health condition	Osteoarthritis	Musculoskeletal	Other	635	–	–
V. Provencher, 2020	Australia	Intervention study	No assessed	Fragility or functional decline	–	–	> 70	400	80.5	Female
M. Parsons, 2020	New Zealand	Intervention study	Effective	Single health condition	Injuries	Musculoskeletal	> 65	403	80.8	Female

A. Nakayama, 2020	Japan	Observational Study	Effective	Single health condition	Heart failure	Cardiovascular	–	236	66	Balanced
I. Nabutovsky, 2020	Israel	Intervention study	Effective	Single health condition	Coronary heart disease	Cardiovascular	–	22	52.7	Male
J. S. Myers, 2020	United States of America	Intervention study	Effective	Single health condition	Breast cancer	Cancer	>18	61	55.6	Female
J. Miller, 2020	Canada	Intervention study	Effective	Multimorbidity	–	–	–	102	52.8	Female
M. Markle-Reid, 2020	Canada	Intervention study	Not effective	Single health condition	Stroke	Neurological	Other	30	71.6	Balanced
J. Mann, 2020	Australia	Descriptive study	No assessed	Fragility or functional decline	–	–	Other	–	–	–
W.-Y. Li, 2020	Taiwan	Intervention study	Effective	Single health condition	Chronic kidney disease	Urological	Other	49	51.2	Male
M. Kraepelien, 2020	Sweden	Intervention study	Effective	Single health condition	Parkinson's disease	Neurological	–	77	66	Female
E. H. Koolen, 2020	Netherlands	Intervention study	No assessed	Single health condition	COPD	Respiratory	–	402	63	Balanced
M. V. Knudsen, 2020	Denmark	Intervention study	Not effective	Single health condition	Coronary heart disease	Cardiovascular	–	77	58	Male
O. Kamoen, 2020	Belgium	Observational Study	Effective	Single health condition	Stroke	Neurological	>18	214	68.15	Male
H. Hansen, 2020	Denmark	Intervention study	Not effective	Single health condition	COPD	Respiratory	–	134	68.3	Balanced
A. M. Gustavson, 2020	United States of America	Intervention study	No assessed	Fragility or functional decline	–	–	–	103	77.65	Male
A. W. Deng, 2020	China	Intervention study	Effective	Single health condition	Stroke	Neurological	–	98	61.4	Male
J. de Batlle, 2020	Spain	Intervention study	Effective	Fragility or functional decline	–	–	Other	135	78	Balanced
S. S. Conroy, 2020	United States of America	Intervention study	Effective	Single health condition	Stroke	Neurological	>18	29	60.95	Balanced
D. Hevey, 2020	United Kingdom	Intervention study	Effective	Multimorbidity	–	–	–	273	–	Female
D. S. Lipardo, 2020	Philippines	Intervention study	Effective	Fragility or functional decline	–	–	> 60	92	69	Female

K. Laver, 2020	Australia	Intervention study	Effective	Single health condition	Cognitive impairment including dementia or aphasia	Neurological	–	63	79.9	Balanced
A. K. C. Wong, 2019	China (Hong Kong)	Intervention study	Effective	Fragility or functional decline	–	–	> 60	457	78	Female
K. von Storch, 2019	Germany	Intervention study	Effective	Single health condition	Diabetes	Metabolic	Other	115	58.9	Balanced
M. Ranner, 2019	Sweden	Descriptive study	Effective	Single health condition	Stroke	Neurological	–	10	68	Male
B. B. Nilsson, 2019	Norway	Observational Study	Effective	Single health condition	Cardiovascular disease not specified	Cardiovascular	–	273	56	Male
R. Maddison, 2019	New Zealand	Intervention study	Effective	Single health condition	Cardiovascular disease not specified	Cardiovascular	>18	162	61	Male
Y. Ko, 2019	South Korea	Intervention study	Effective	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 65	34	76.7	Female
W. Ji, 2019	South Korea	Intervention study	Effective	Single health condition	Lung cancer	Cancer	< 80	64	59.2	Male
J. Hou, 2019	China	Intervention study	Effective	Single health condition	Low back pain	Musculoskeletal	Other	168	50.2	Balanced
R. Hwang N. R. Morris A. , 2019	Australia	Intervention study	Effective	Single health condition	Heart failure	Cardiovascular	–	53	67	Male
W. Choi, 2019	South Korea	Intervention study	Effective	Fragility or functional decline	–	–	> 65	60	76.25	Female
S. C. Cramer, 2019	United States of America	Intervention study	Effective	Single health condition	Stroke	Neurological	>18	124	61	Male
D. K. Y. Chan, 2019	Australia	Observational Study	Effective	Fragility or functional decline	–	–	–	369	82.9	Female
T. Lindhardt, 2019	Denmark	Intervention study	Effective	Fragility or functional decline	–	–	> 65	330	75	Balanced
C. D. S. Langoni, 2019	Brazil	Intervention study	Effective	Fragility or functional decline	–	–	> 60	52	72.25	Female
P. Bernocchi, 2019	Italy	Intervention study	Effective	Fragility or functional decline	–	–	> 65	283	78.6	Balanced

H. R. Dial, 2019	United States of America	Observational Study	Effective	Single health condition	Cognitive impairment including dementia or aphasia	Neurological	–	31	66.3	Balanced
S. Isernia, 2019	Italy	Intervention study	Effective	Single health condition	Neurological disease not specified	Neurological	< 80	107	77.2	Balanced
T. H. Nøst, 2018	Norway	Intervention study	Not effective	Single health condition	Chronic pain	Pain	>18	121	52.7	Female
T. H. Nøst, 2018	Norway	Intervention study	Not effective	Single health condition	Chronic pain	Pain	>18	121	53	Female
S. Mohammadi-Kalaveh, 2018	Iran	Intervention study	Effective	Multimorbidity	–	–	–	30	55.8	Balanced
V. M. Mendoza-Núñez, 2018	Mexico	Intervention study	No assessed	Fragility or functional decline	–	–	–	64	66	Female
K. S. McGilton, 2018	Canada	Intervention study	Effective	Single health condition	Stroke	Neurological	–	35	70	Male
M. Markle-Reid, 2018	Canada	Intervention study	Effective	Multimorbidity	–	–	> 65	159	–	Balanced
E. Lycholip, 2018	Netherlands	Intervention study	Not effective	Single health condition	Heart failure	Cardiovascular	>18	118	68	Male
L. Lachance, 2018	United States of America	Observational Study	Effective	Single health condition	Diabetes	Metabolic	>18	161	60.35	–
J. T. Kamwesiga, 2018	Uganda	Intervention study	Effective	Single health condition	Stroke	Neurological	>18	28	59.85	Female
M. Inzitari, 2018	Spain	Intervention study	No assessed	Fragility or functional decline	–	–	Other	185	81.6	Female
S. A. Hicks, 2018	United States of America	Observational Study	Effective	Fragility or functional decline	–	–	–	285	79.45	Balanced
M. He, 2018	China	Intervention study	Effective	Single health condition	Stroke	Neurological	–	2935	57.8	Balanced
M. C. V. Gonzaga, 2018	United States of America	Intervention study	Effective	Single health condition	Heart failure	Cardiovascular	–	20	–	Female
N. Godtfredsen, 2018	Denmark	Observational Study	Effective	Single health condition	COPD	Respiratory	–	581	68.1	Balanced
C. B. Franse, 2018	United Kingdom, Greece,	Intervention study	Effective	Fragility or functional decline	–	–	> 75	1844	79.5	Balanced

	Croatia, the Netherlands and Spain.									
I. H. J. Everink, 2018	Netherlands	Observational Study	Effective	Fragility or functional decline	–	–	> 65	149	80.15	Female
D. M. Ehde, 2018	United States of America	Intervention study	Effective	Single health condition	Multiple sclerosis	Neurological	>18	163	52.2	–
C. Dye, 2018	United States of America	Intervention study	Effective	Multimorbidity	–	–	> 60	53	–	–
P. W. Duncan, 2018	United States of America	Descriptive study	No assessed	Single health condition	Stroke	Neurological	–	871	–	Balanced
A. Döbler, 2018	Germany	Intervention study	Effective	Single health condition	Diabetes	Metabolic	< 70	199	52	Male
S. G. Dean, 2018	United Kingdom	Intervention study	No assessed	Single health condition	Stroke	Neurological	>18	45	70.5	Male
C. K. Clevenger, 2018	United States of America	Descriptive study	Effective	Single health condition	Cognitive impairment including dementia or aphasia	Neurological	–	119	78.6	Female
L. Chen, 2018	China	Intervention study	Effective	Single health condition	Stroke	Neurological	>18	144	65.3	Male
A. Avila, 2018	Belgium	Intervention study	Not effective	Single health condition	Coronary heart disease	Cardiovascular	< 75	90	60.7	Male
O. Adogwa, 2018	United States of America	Descriptive study	Effective	Single health condition	Degenerative scoliosis	Musculoskeletal	> 65	125	73.3	Balanced
Y. Zhang, 2018	China	Intervention study	Effective	Single health condition	Coronary heart disease	Cardiovascular	–	130	70.1	Male
P. Zhang, 2018	China	Intervention study	Effective	Single health condition	Coronary heart disease	Cardiovascular	–	240	65.9	Balanced
P. J. Whitehead, 2018	United Kingdom	Intervention study	Effective	Fragility or functional decline	–	–	> 65	60	77	Balanced
S. Ward, 2018	United Kingdom	Observational Study	Effective	Single health condition	COPD	Respiratory	–	123	69.6	Balanced
J. Wang, 2018	China	Intervention study	Effective	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	–	389	55.6	Male
M. R. J. van Lieshout, 2018	Netherlands	Intervention study	Not effective	Fragility or functional decline	–	–	> 65	281	74	Balanced

B. Valdivieso, 2018	Spain	Intervention study	Effective	Multimorbidity	–	–	>18	472	73.08	Balanced
M. Tistad, 2018	Sweden	Intervention study	No assessed	Single health condition	Stroke	Neurological	–	68	72.6	Male
E. Taube, 2018	Sweden	Intervention study	Effective	Fragility or functional decline	–	–	> 65	153	81.5	Female
J. L. Roberts, 2018	United Kingdom	Intervention study	No assessed	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 65	61	–	–
R. L. Reed, 2018	Australia	Intervention study	Effective	Multimorbidity	–	–	> 60	254	–	Balanced
D. Martel, 2018	Canada	Intervention study	Effective	Fragility or functional decline	–	–	> 65	44	73.5	Female
A. I. I. King, 2018	New Zealand	Descriptive study	Effective	Fragility or functional decline	–	–	> 75	5	–	–
K. Finlayson, 2018	Australia	Intervention study	Effective	Fragility or functional decline	–	–	> 65	222	77.6	Female
M. Melin, 2018	Sweden	Intervention study	Effective	Single health condition	Heart failure	Cardiovascular	>18	82	75	Male
R. L. Burton, 2018	Canada	Intervention study	No assessed	Single health condition	Neurological disease not specified	Neurological	–	6	71.8	Female
J. Hong, 2018	Republic of Korea	Intervention study	Effective	Fragility or functional decline	–	–	> 65	23	79.8	Female
M. Renda, 2018	United States of America	Intervention study	Effective	Single health condition	Neurological disease not specified	Neurological	>18	4	59.7	Balanced
K. D. Allen, 2018	United States of America	Intervention study	Not effective	Single health condition	Osteoarthritis	Musculoskeletal	–	350	65.3	Female
A. O'Moore K, 2018	Australia	Intervention study	Effective	Single health condition	Osteoarthritis	Musculoskeletal	> 50	69	62	Balanced
C. Anderson-Hanley, 2018	United States of America	Intervention study	Effective	Fragility or functional decline	–	–	–	14	78.1	Female
P. Bernocchi, 2018	Italy	Intervention study	Effective	Single health condition	COPD, heart failure	Cardiovascular, respiratory	–	112	70	Male
L. Zhang, 2017	China	Intervention study	Effective	Single health condition	Coronary heart disease	Cardiovascular	< 75	126	63.1	Male
F. A. Vega-Ramírez, 2017	Spain	Observational Study	Effective	Fragility or functional decline	–	–	–	473	83	Balanced

R. Uittenbroek, 2017	Netherlands	Intervention study	Effective	Fragility or functional decline	–	–	> 75	1456	80.75	Balanced
S. Tanaka, 2017	Japan	Intervention study	Effective	Single health condition	Cognitive impairment including dementia or aphasia	Neurological	–	60	85.4	Female
X. Ru, 2017	China	Intervention study	Effective	Single health condition	Stroke	Neurological	–	964	68.95	Balanced
S. Palmcrantz, 2017	Sweden	Intervention study	No assessed	Single health condition	Stroke	Neurological	–	15	66	Balanced
A.-F. Leclerc, 2017	Belgium	Intervention study	Effective	Single health condition	Breast cancer	Cancer	–	209	53.35	Female
P. Kitzman, 2017	United States of America	Intervention study	Effective	Single health condition	Stroke	Neurological	–	30	65	Balanced
I. H. J. Everink, 2017	Netherlands	Intervention study	No assessed	Fragility or functional decline	–	–	> 65	189	81	Female
M. S. Holstege, 2017	Netherlands	Observational Study	Effective	Fragility or functional decline	–	–	–	743	80	Female
K. M. Hjelle, 2017	Norway	Descriptive study	No assessed	Fragility or functional decline	–	–	–	8	–	Balanced
A. de Vos, 2017	Netherlands	Descriptive study	No assessed	Fragility or functional decline	–	–	–	–	–	–
N. Cecins, 2017	Australia	Observational Study	Effective	Single health condition	COPD	Respiratory	–	251	72	Balanced
N. Bleijenberg, 2017	Netherlands Switzerland	Intervention study	Effective	Fragility or functional decline	–	–	Other	1791	85.05	Female
R. N. Barker, 2017	Australia	Observational Study	Effective	Fragility or functional decline	–	–	Other	206	61	Balanced
J. J. Kraal, 2017	Netherlands	Intervention study	Effective	Single health condition	Cardiovascular disease not specified	Cardiovascular	–	90	59.1	Male
K. Brueggen, 2017	Germany	Intervention study	Effective	Single health condition	Cognitive impairment including dementia or aphasia	Neurological	–	16	70	–
J. Chen, 2017	China	Intervention study	Effective	Single health condition	Stroke	Neurological	< 85	54	66.3	Male

M. A. Mas, 2017	Spain	Intervention study	Effective	Fragility or functional decline	–	–	–	849	83.4	Female
S. Santana, 2017	Portugal	Intervention study	Not effective	Single health condition	Stroke	Neurological	< 85	190	62	Balanced
T. Ueda, 2017	Japan	Intervention study	Effective	Fragility or functional decline	–	–	> 65	60	75.85	Female
J. Hong, 2017	Korea	Intervention study	Effective	Fragility or functional decline	–	–	> 65	23	81.85	Balanced
R. Hwang J. Bruning N. R. Morris A. , 2017	Australia	Intervention study	Effective	Single health condition	Heart failure	Cardiovascular	>18	53	67	Balanced
A.-B. Zakrisson, 2016	Sweden	Intervention study	Not effective	Single health condition	COPD	Respiratory	–	103	67.7	Balanced
K. Young-Mee, 2016	Korea	Intervention study	Effective	Fragility or functional decline	–	–	> 65	20	–	–
A. Wolf, 2016	Sweden	Intervention study	Effective	Single health condition	Cardiovascular disease not specified	Cardiovascular	Other	199	60	Male
S. N. W. Vorrink, 2016	Netherlands	Intervention study	Not effective	Single health condition	COPD	Respiratory	Other	157	62.5	Balanced
M. van den Berg, 2016	Australia	Intervention study	No assessed	Single health condition	Stroke	Neurological	–	63	67.3	Male
M. Y. Tseng, 2016	China	Intervention study	Effective	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 60	153	77.99	Female
M.-Y. Tseng, 2016	China	Intervention study	Effective	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 60	281	76.36	Female
F. J. Tarazona-Santabalbina, 2016	Spain	Intervention study	Effective	Fragility or functional decline	–	–	> 70	100	80	Balanced
M. Smaerup, 2016	Denmark	Intervention study	Not effective	Single health condition	Vestibular dysfunction	Sensory impairments	> 65	57	77.6	Balanced
S. Shinkai, 2016	Japan	Observational Study	Effective	Fragility or functional decline	–	–	> 65	–	–	–
F. G. H. Ruikes, 2016	Netherlands	Intervention study	Not effective	Fragility or functional decline	–	–	> 70	536	81.8	Female
D. Rosen, 2016	United States of America	Intervention study	Effective	Single health condition	Heart failure	Cardiovascular	Other	45	60	Female

F. C. Pannill, 2016	Netherlands	Intervention study	Not effective	Fragility or functional decline	–	–	> 65	674	80	Balanced
M. J. Meunier, 2016	United States of America	Descriptive study	Effective	Fragility or functional decline	–	–	Other	34	79	Balanced
R. J. McNamara, 2016	Australia	Intervention study	Effective	Single health condition	COPD, cardiovascular disease not specified	Cardiovascular, respiratory	–	32	72	Male
A. McCluskey, 2016	Australia	Intervention study	Not effective	Single health condition	Stroke	Neurological	>18	263	67	Balanced
M. À. Mas, 2016	Spain	Observational Study	Effective	Fragility or functional decline	–	–	> 65	270	83.5	Female
D. L. Marsden, 2016	Australia	Intervention study	Effective	Single health condition	Stroke	Neurological	>18	20	58.2	Female
R. López-Liria, 2016	Spain	Observational Study	Effective	Single health condition	Stroke	Neurological	–	145	69.25	Balanced
W. M. Looman, 2016	Netherlands	Intervention study	Not effective	Fragility or functional decline	–	–	–	184	82	Female
W. M. Looman, 2016	Netherlands	Intervention study	Effective	Fragility or functional decline	–	–	> 75	377	82.05	Female
C. Littlewood, 2016	United Kingdom	Intervention study	No assessed	Single health condition	Rotator cuff tendinopathy	Musculoskeletal	>18	86	54.7	Balanced
Y.-Y. Leung, 2016	China (Hong Kong)	Intervention study	Effective	Single health condition	Inflammatory arthritis	Musculoskeletal	>18	99	51.9	Female
G. Leung, 2016	Canada	Intervention study	Effective	Fragility or functional decline	–	–	> 60	104	81.6	Female
D. S. Kushner, 2016	United States of America	Intervention study	Effective	Single health condition	Stroke	Neurological	> 75	58	82.9	Balanced
A. Kono, 2016	Japan	Intervention study	Effective	Fragility or functional decline	–	–	> 65	360	79.2	Female
E. Kjerstad, 2016	Norway	Intervention study	Effective	Fragility or functional decline	–	–	>18	46	79	Female
A. Karlsson, 2016	Sweden	Intervention study	Effective	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 70	205	82.9	Female
F. Jones, 2016	United Kingdom	Intervention study	Effective	Single health condition	Stroke	Neurological	–	78	65.25	Balanced
K. Huson, 2016	Canada	Intervention study	Effective	Fragility or functional decline	–	–	> 70	100	82.7	Balanced

C. Graven, 2016	Australia	Intervention study	Effective	Single health condition	Stroke	Neurological	–	110	69.9	Balanced
K.-J. Franke, 2016	Germany	Intervention study	Effective	Single health condition	COPD	Respiratory	–	44	63.3	Balanced
H. L. Cameron-Tucker, 2016	Australia	Intervention study	Not effective	Single health condition	COPD	Respiratory	>18	65	69	Balanced
S. Calugi, 2016	Italy	Intervention study	Effective	Single health condition	Stroke	Respiratory	>18	229	70.95	Male
B. M. Buurman, 2016	Netherlands	Intervention study	Not effective	Fragility or functional decline	–	–	> 65	674	79.85	Balanced
J. Blom, 2016	Netherlands	Intervention study	Effective	Fragility or functional decline	–	–	> 75	358	80	Balanced
N. Bleijenberg, 2016	Netherlands	Intervention study	Effective	Fragility or functional decline	–	–	> 60	3092	74	Balanced
S. Knecht, 2016	Germany	Observational Study	Effective	Single health condition	Stroke	Neurological	–	2294	–	–
P. De Vriendt, 2016	Belgium	Intervention study	Effective	Fragility or functional decline	–	–	> 65	168	80.4	Female
R. S. Rasmussen, 2016	Denmark	Intervention study	Effective	Single health condition	Stroke	Neurological	>18	71	78.5	Balanced
G. Lewin, 2016	Australia	Descriptive study	Effective	Fragility or functional decline	–	–	–	58	76.8	Female
A. M. Meyer, 2016	United States of America	Intervention study	Effective	Single health condition	Cognitive impairment including dementia or aphasia	Neurological	Other	17	67.6	Balanced
A. Y. Zhang, 2015	United States of America	Intervention study	Effective	Single health condition	Prostate cancer	Cancer	–	244	65.3	Male
F. K. Y. Wong, 2015	China	Intervention study	Effective	Single health condition	Stroke	Neurological	–	108	69.5	Female
A. van Dijk-de Vries, 2015	Netherlands	Intervention study	Not effective	Single health condition	Diabetes	Metabolic	–	264	64.5	Balanced
S. van der Weegen, 2015	Netherlands	Intervention study	Effective	Single health condition	COPD	Respiratory	< 70	199	57.8	Balanced
H. P. A. van der Aa, 2015	Netherlands and Belgium	Intervention study	Effective	Single health condition	Vision impairment	Sensory impairments	> 50	265	73.6	Female
H. Umapathy, 2015	Australia	Intervention study	Not effective	Single health condition	Osteoarthritis	Musculoskeletal	–	195	60.7	Female

A. E. Scharlach, 2015	United States of America	Observational Study	Effective	Fragility or functional decline	–	–	> 60	96	76	Female
A. C. Pighills, 2015	Australia	Intervention study	Not effective	Fragility or functional decline	–	–	> 65	153	75.6	Balanced
J. D. Piette, 2015	United States of America	Intervention study	Effective	Single health condition	Heart failure	Cardiovascular	–	331	67.85	Male
R. Pérez-Cuevas, 2015	Mexico	Intervention study	Effective	Fragility or functional decline	–	–	> 65	239	77	Female
S. M. Mosleh, 2015	Scotland	Observational Study	Effective	Single health condition	Cardiovascular disease not specified	Cardiovascular	–	305	61.1	Male
R. J. Mays, 2015	United States of America	Intervention study	Not effective	Single health condition	Peripheral artery disease	Cardiovascular	Other	20	65.35	Female
R. Maddison, 2015	New Zealand	Intervention study	Not effective	Single health condition	Cardiovascular disease not specified	Cardiovascular	–	171	60.2	Male
P. Lou, 2015	China	Intervention study	Effective	Single health condition	COPD	Respiratory	–	8217	61.5	Balanced
S. A. Lear, 2015	Canada	Intervention study	Effective	Single health condition	Cardiovascular disease not specified	Cardiovascular	–	78	60.05	Female
D. S. Kushner, 2015	United States of America	Intervention study	Effective	Fragility or functional decline	–	–	> 75	524	83.15	Female
L. Kidd, 2015	United Kingdom	Intervention study	Effective	Single health condition	Stroke	Neurological	–	26	64	Balanced
J. Garvey, 2015	Ireland	Intervention study	Effective	Multimorbidity	–	–	>18	50	66.25	Female
A. Forster, 2015	United Kingdom	Intervention study	Not effective	Single health condition	Stroke	Neurological	–	800	71.7	Balanced
M. P. Foley, 2015	United States of America	Intervention study	Effective	Single health condition	Cancer not specified	Cancer	>18	59	59	Female
C. Ekelund, 2015	Sweden	Intervention study	Effective	Fragility or functional decline	–	–	> 65	158	–	Balanced
J. Edgren, 2015	Finland	Intervention study	Effective	Single health condition	Hip fracture or post hip arthroplasty	Musculoskeletal	> 60	81	80	Female
N. Cuperus, 2015	Netherlands	Intervention study	Not effective	Single health condition	Osteoarthritis	Musculoskeletal	–	147	58.5	Female

P. Coventry, 2015	United Kingdom	Intervention study	Effective	Multimorbidity	–	–	–	387	58.5	Male
R. A. Clark, 2015	Australia	Intervention study	Effective	Single health condition	Heart failure	Cardiovascular	>18	5	61.6	–
A. K. Chang, 2015	Korea	Intervention study	Effective	Single health condition	Stroke	Neurological	> 60	38	67.95	Balanced
D. B. Bekelman, 2015	United States of America	Intervention study	Not effective	Single health condition	Heart failure	Cardiovascular	–	384	67.6	Male
I. . Frederix D. Hansen K. Coninx P. , 2015	Belgium	Intervention study	Effective	Single health condition	Cardiovascular disease not specified	Cardiovascular	–	140	61	Balanced
S. McKenna, 2015	Australia	Intervention study	No assessed	Single health condition	Stroke	Neurological	–	24	64.7	Balanced
J. D. , 2015	India	Intervention study	Effective	Single health condition	Stroke	Neurological	>18	104	60	Balanced
E. Piotrowicz, 2015	Poland	Intervention study	Effective	Single health condition	Heart failure	Cardiovascular	–	131	56.4	Male
H. Tunt, 2015	Norway	Intervention study	Effective	Fragility or functional decline	–	–	>18	61	79	Female
N. S. Tielemans, 2015	Netherlands	Intervention study	Not effective	Single health condition	Stroke	Neurological	>18	113	57	Balanced
A. Winkel, 2015	Denmark	Intervention study	Effective	Fragility or functional decline	–	–	> 65	91	79.6	Female
T. Taule L. I. St, 2015	Norway	Intervention study	Not effective	Single health condition	Stroke	Neurological	–	154	73	Balanced
D. N. Kiosses, 2015	United States of America	Intervention study	Effective	Multimorbidity	–	–	–	74	67.6	Female
S. F. Metzelthin, 2015	Nethelerlands	Intervention study	Not effective	Fragility or functional decline	–	–	> 70	346	77.2	–