

Additional File 2.

Supplementary Table. Content summary of exercise component categories (N = 16) included with identified PSE and exercise interventions (N = 10).

Author (year)	Pilates sessions (group)	Blended group exercise sessions (aerobic/ resistance/ balance/ neuromuscular/ stretch)	Neuromuscular exercise sessions (group)	Breathing exercise sessions	Functional home exercise: progressive walking	Functional home exercise: Chair squat/sit- to- stand/wall squat	Functional home exercise: Step up/down/ stepping	Functional muscle retraining (tailored using EMG profile)	Functional home exercise: knee flexion/ extension	Functional home exercise: quadiceps isolation	Functional home exercise: lunges	Functional home exercise: pelvic lifts	Functional home exercises : abdominal (e.g. plank)	Functional home exercise: Heel raises	Hamstring stretches	Calf stretches
<i>Stanton et al. (2020)</i>																
<i>Stanton et al. (2021)</i>																
<i>Modarressi et al. (2023)</i>																
<i>Rabiei et al. (2023)</i>																
<i>Preece et al. (2021)</i>																
<i>Supe et al. (2023)</i>																
<i>Terradas-Monllor et al. (2023)</i>																
<i>Louw et al. (2019)</i>																
<i>Lluch et al. (2018)</i>																
<i>Gholami et al. (2023)</i>																
Count	1	1	1	4	3	5	4	1	4	2	2	2	2	1	1	1