

Supplementary material C: Components of studies in categories of exercise found to prevent falls⁸

First author, year and interventions	Type of exercise according to ProFaNE classification ^{15 a}							Duration of intervention (weeks)	Hours of intervention	Delivery mode ^b	Participants per instructor ^c	Tailored to the individual initially	Progressed based on individual assessment	Tailored in intensity or type
	Balance or functional training	Strength or resistance training	Flexibility training	3D exercise	General physical activity	Endurance exercise	Other exercise							
Gait/Balance/functional training														
Almeida 2013 Fully supervised group-based balance and strength training ¹⁸	P	S	S	-	-	-	-	16	40	1	NR	N	NR	N
Almeida 2013 Minimally supervised group-based balance and strength training ¹⁸	P	S	S	-	-	-	-	16	32	4	NR	N	NR	N
Arantes 2015 Group-based balance training ²⁰	P	-	-	-	-	-	-	12	12	1	NR	Y	Y	Y
Arkkukangas 2015 Individual Otago Exercise Program ²¹	P	S	-	-	S	-	-	12	42	3	None	Y	Y	Y
Barnett 2003 Group-based balance, strength and aerobic training ²⁴	P	S	-	-	-	S	-	52	65	4	NR	N	N	N
Boongird 2017 Individual Otago Exercise Program ²⁶	P	S	-	-	S	-	-	52	104	3	None	Y	Y	Y
Campbell 1997 Individual Otago Exercise Program ³⁰	P	S	-	-	S	-	-	52	160	3	None	Y	Y	Y
Clegg 2014 Individual balance and strength training ³³	P	S	-	-	-	-	-	12	54	3	None	Y	Y	Y
Clemson 2010 LiFE (Lifestyle approach to reducing Falls through Exercise) programme- balance and strength training embedded in daily life activities ³⁴	P	S	-	-	-	-	-	26	60	3	None	Y	Y	Y
Clemson 2012 LiFE (Lifestyle approach to reducing Falls through Exercise) programme- balance and strength training embedded in daily life activities ³⁵	P	S	-	-	-	-	-	52	87	3	None	Y	Y	Y

Cornillon 2002 Group-based balance and gait training ³⁶	P	-	-	-	-	-	-	52	10	1	NR	N	N	N	
Dadgari 2016 Individual Otago Exercise Program ³⁷	P	S	-	-	S	-	-	24	72	3	None	Y	Y	Y	
Dangour 2011 Group-based balance and strength ³⁸	P	S	-	-	S	-	-	104	104	1	NR	N	N	N	
Day 2002 Group-based balance and strength ³⁹	P	S	S	-	-	-	-	18	30	1	NR	N	N	N	
Duque 2013 Virtual reality balance training ⁴¹	P	-	-	-	-	-	-	6	6	2	1	N	Y	Y	
															S- visual-vestibular rehabilitation
El-Khoury 2015 Group-based balance and strength plus home practice ⁴³	P	S	S	-	-	-	-	104	104	4	NR	Y	Y	Y	
Gschwind 2015 Individual balance and strength training using exergames ⁴⁸	P	S	-	-	-	-	-	16	12	3	None	Y	Y	Y	
Halvarsson 2013 Group-based progressive balance training ⁵⁰	P	-	-	-	-	-	-	12	27	1	3-3.5	Y	Y	Y	
Halvarsson 2016 Group-based progressive balance training ⁵¹	P	-	-	-	-	-	-	12	27	1	6-10	Y	Y	Y	
Hamrick 2017 Home exercise group ⁵²	P	-	S	-	-	-	-	8	41	4	11-13	Y	Y	Y	
Hirase 2015 Group-based balance training on foam rubber ⁵⁵	P	-	-	-	-	-	-	16	16	4	10	N	N	N	
Hirase 2015 Group-based balance training on stable surface ⁵⁵	P	-	-	-	-	-	-	16	16	4	10	N	N	N	
Iliffe 2015 Group-based FaME plus home training based on Otago Exercise Program ⁵⁸	P	S	-	-	S	-	-	24	72	4	9-10	Y	Y	Y	
Iliffe 2015 Individual Otago Exercise Program ⁵⁸	P	S	-	-	S	-	-	24	60	3	None	Y	Y	Y	
Iwamoto 2009 Group-based balance and gait training ⁶⁰	P	-	-	-	-	-	-	20	30	4	NR	N	N	N	
Karinkanta 2007 Group-based balance and agility training ⁶²	P	-	-	-	-	-	-	52	104	1	NR	N	N	N	
Kerse 2010 Individual Otago Exercise Program ⁶⁴	P	S	-	-	S	-	-	26	67	3	None	Y	Y	Y	
Korpelainen 2006 Group-based balance and strength training plus home practice ⁶⁶	P	S	-	-	-	-	-	130	173	4	5-8	Y	N	Y	
Kovacs 2013 Group-based balance and strength based on Otago Exercise Program ⁶⁷	P	S	-	-	S	-	-	25	52	1	30-38	Y	Y	Y	

Lin 2007 Individual balance, strength and flexibility training ⁷⁴	P	S	S	-	-	-	-	16	27	2	1	Y	Y	Y
Liu-Ambrose 2004 Supervised agility training ⁷⁶	P	-	-	-	-	-	-	25	40	1	3	N	N	N
Liu-Ambrose 2008 Individual Otago Exercise Program ⁷⁷	P	S	-	-	S	-	-	26	65	3	None	Y	Y	Y
Lord 1995 Group-based balance, strength, gait training ⁷⁹	P	S	S	-	-	-	-	52	88	1	NR	N	N	N
Lord 2003 Group-based balance, strength, gait training ⁸⁰	P	S	S	-	-	-	-	52	96	1	NR	N	N	N
Luukinen 2007 Individual balance and gait training ⁸²	P	-	-	-	S	-	-	70	161	3	None	Y	N	Y
Madureira 2007 Group-based balance training and walking plus home practice ⁸³	P	-	-	-	S	-	-	40	100	4	NR	N	N	N
McMurdo 1997 Group-based balance training ⁸⁴	P	-	-	-	-	-	-	60	135	1	NR	N	N	N
Miko 2017 Individual, partially supervised balance training ⁸⁷	P	-	-	-	-	-	-	52	312	4	NR	N	Y	Y
Morgan 2004 Group-based strength, balance and gait training ⁸⁹	P	S	S	-	-	-	-	8	18	1	5	Y	Y	Y
Nitz 2004 Group-based balance ⁹³	P	-	-	-	-	-	-	10	10	1	6	N	Y	Y
Reinsch 1992 Group-based balance and strength training ⁹⁶	P	S	-	-	-	-	-	52	156	1	NR	N	N	N
Robertson 2001 Individual Otago Exercise Program ⁹⁸	P	S	-	-	S	-	-	52	96	3	None	Y	Y	Y
Sakamoto 2013 One leg stand balance training ¹⁰⁰	P	-	-	-	-	-	-	26	6	3	None	Y	Y	Y
Sales 2017 Group-based strength, balance, co-ordination, mobility and flexibility ¹⁰¹	P	S	-	-	-	-	-	18	45	1	6-8	Y	Y	Y
Siegrist 2016 Group-based balance, strength, power and gait training plus home practice ¹⁰⁴	P	S	-	-	-	-	-	16	16	4	4-12	Y	Y	Y
Skelton 2005 Group-based FaME balance and strength training plus home practice ¹⁰⁵	P	S	-	-	S	-	-	36	62	4	NR	Y	Y	Y
Smulders 2010 Group-based balance and gait training using an obstacle avoidance course ¹⁰⁶	P	-	-	-	S	-	S- training in fall techniques, lifting techniques	5.5	21	1	NR	N	N	N

Trombetti 2011 Group-based balance and gait training ¹¹⁰	P	-	-	-	-	-	-	26	26	1	NR	N	N	N
Weerdesteyn 2006 Group-based balance and gait training using an obstacle avoidance course ¹¹⁶	P	-	-	-	S	-	-	5	15	1	NR	N	N	N
Wolf 1996 Individual, computerised balance training on force platform. ¹¹⁷	P	-	-	-	-	-	-	15	11	2	1	Y	Y	Y
Yang 2012 Individual Otago Exercise Program ¹²⁴	P	S	-	-	S	-	-	26	87	3	None	Y	Y	Y
3D														
Day 2015 Group-based Tai Chi ⁴⁰	-	-	-	P	-	-	-	48	96	1	12-16	N	N	N
Huang 2010 Group-based Tai Chi ⁵⁶	-	-	-	P	-	-	-	22	40	1	NR	N	N	N
Li 2005 Group-based Tai Chi ⁷³	-	-	-	P	-	-	-	26	78	1	NR	N	N	N
Logghe 2009 Group-based Tai Chi ⁷⁸	-	-	-	P	-	-	-	13	33	4	7-14	N	N	N
Merom 2016 Group-based social dancing ⁸⁶	-	-	-	P	-	S	-	52	80	1	13-43	N	N	N
Taylor 2012 Group-based Tai Chi, 2x/ week ¹⁰⁹	-	-	-	P	-	-	-	20	40	1	15	N	N	N
Taylor 2012 Group-based Tai Chi, 1x/ week ¹⁰⁹	-	-	-	P	-	-	-	20	20	1	15	N	N	N
Voukelatos 2007 Group-based Tai Chi ¹¹⁴	-	-	-	P	-	-	-	16	16	1	NR	N	N	N
Wolf 1996 Group-based Tai Chi ¹¹⁷	-	-	-	P	-	-	-	15	60	4	NR	N	Y	Y
Wolf 2003 Group-based Tai Chi ¹¹⁸	-	-	-	P	-	-	-	48	120	1	NR	N	N	N
Woo 2007 Group-based Tai Chi ¹¹⁹	-	-	-	P	-	-	-	52	156	1	NR	N	N	N
Wu 2010 Individual, supervised Tai Chi delivered via video conferencing ¹²⁰	-	-	-	P	-	-	-	15	45	2	1	N	N	N
Wu 2010 Group-based Tai Chi ¹²⁰	-	-	-	P	-	-	-	15	45	1	NR	N	N	N
Wu 2010 Individual Tai Chi with DVD instruction ¹²⁰	-	-	-	P	-	-	-	15	45	3	None	N	N	N
Multiple primary exercise categories														
Ansai 2015 Group-based balance, strength and aerobic training ¹⁹	P	P	-	-	-	P	-	16	48	1	NR	Y	Y	Y
Beyer 2007 Group-based balance, strength and flexibility training ²⁵	P	P	P	-	-	-	-	26	52	1	5-7	Y	Y	Y
Brown 2002 Group-based balance, strength and aerobic training ²⁷	P	P	-	-	-	S	S - co-ordination activities	16	32	1	NR	Y	Y	Y

Buchner 1997 Group-based strength training ²⁸ (combined with endurance and combined groups in analysis)*	-	P	-	-	-	P	-	25	78	1	NR	Y	Y	Y
Bunout 2005 Group-based balance, strength and walking ²⁹	P	P	-	-	-	P	-	52	74	1	NR	Y	Y	Y
Cerny 1998 Group-based balance, strength, flexibility, aerobic training and brisk walking ³²	P	P	P	-	-	P	-	24	108	1	NR	NR	NR	NR
Clemson 2012 Individual balance and strength training ³⁵	P	P	-	-	-	-	-	52	78	3	None	Y	Y	Y
Gill 2016 Group and home-based balance, strength, flexibility and walking training ⁴⁶	P	P	S	-	P	-	-	96	180	4	NR	Y	Y	Y
Haines 2009 Home strength and balance program with DVD/workbook ⁴⁹	P	P	-	P	-	-	-	8	48	3	None	Y	N	Y
Halvarsson 2016 Group-based progressive balance training plus walking ⁵¹	P	-	-	-	P	-	-	12	45	4	6-10	Y	Y	Y
Hauer 2001 Group-based progressive strength and balance training ⁵³	P	P	-	-	P	-	-	12	87	1	4-6	Y	Y	Y
Irez 2011 Group-based pilates ⁵⁹	P	P	-	-	-	-	-	12	36	1	NR	Y	Y	Y
Kamide 2009 Individual balance and strength training ⁶¹	P	P	-	-	-	-	-	26	39	3	None	N	N	N
Karinkanta 2007 Combined group-based balance, agility and resistance training ⁶²	P	P	-	-	-	-	-	52	104	1	NR	Y	Y	Y
Kim 2014 Group-based balance and strength training ⁶⁵	P	P	-	-	-	-	-	52	54	1	NR	Y	Y	Y
Lehtola 2000 Group-based balance and flexibility training plus walking and home practice ⁷²	P	-	P	-	P	-	-	26	78	4	NR	N	N	N
Means 2005 Group-based balance, strength, flexibility, gait training and walking ⁸⁵	P	P	P	-	S	-	-	6	27	1	6-8	Y	Y	Y
Ng 2015 Group-based strength and balance training plus home practice ⁹²	P	P	-	-	-	-	-	12	24	4	8-10	Y	Y	Y
Park 2008 Strength and balance and endurance training ⁹⁵	P	S	S	-	-	P	-	48	144	1	NR	N	N	N
Rubenstein 2000 Group-based balance, strength and endurance ⁹⁹	S	P	-	-	-	P	-	12	54	1	8-10	N	N	N

Sherrington 2014 home-based strength and balance programme ¹⁰²	P	P	-	-	-	-	-	52	138	3	None	Y	Y	Y
Suzuki 2004 Group-based strength, balance and gait training plus home practice ¹⁰⁸	P	P	P	P	-	-	-	26	49	4	NR	N	N	N
Uusi-Rasi 2015 Group-based balance and strength training plus home practice ¹¹¹	P	P	-	-	-	-	-	104	260	4	NR	Y	Y	Y
Vogler 2009 home-based strength training with weightbearing, functional tasks ¹¹³	P	P	-	-	-	-	-	12	22	3	None	Y	Y	Y

^a Classification (P = Primary; S = Secondary); ^b Delivery mode (1 = Group; 2 = Individual supervised; 3 = Individual unsupervised; 4 = Group + Home exercise); ^c 1 if delivery mode was individual supervised, None if delivery mode was individual unsupervised; * An a priori decision was made to combine three intervention arms of Buchner 1997²⁸ as falls data were not available for individual intervention arm; N = No, Y = Yes, NR = Not reported