

Supplementary material D: Components of studies in categories of exercise not 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							
Strength/resistance (including power)														
Ansai 2015 Group-based progressive strength training ¹⁹	-	P	-	-	-	-	-	16	48	1	NR	Y	Y	Y
Carter 2002 Group-based Osteofit strength training ³¹	S	P	-	-	-	-	-	20	27	1	NR	N	N	N
Fiatarone 1997 Individual high-intensity progressive resistance training ⁴⁴	-	P	-	-	-	-	-	16	30	3	None	NR	Y	Y
Grahn Kronhed 2009 Group-based strength and balance training ⁴⁷	S	P	S	-	-	S	-	16	32	1	NR	Y	Y	Y
Karinkanta 2007 Group-based resistance training ⁶²	-	P	-	-	-	-	-	52	104	1	NR	N	Y	Y
Latham 2003 Resistance exercise ⁷¹	-	P	-	-	-	-	-	10	16	3	None	Y	Y	Y
Liu-Ambrose 2004 Supervised, high-intensity resistance training ⁷⁶	-	P	-	-	-	-	-	25	40	1	2	Y	Y	Y
Vogler 2009 home-based seated lower limb strength exercises ¹¹³	-	P	-	-	-	-	-	12	22	3	None	Y	Y	Y
Woo 2007 Group-based resistance training ¹¹⁹	S	P	-	-	-	-	-	52	156	1	NR	N	N	N
General Physical activity														
Ebrahim 1997 Brisk walking ⁴²	-	-	-	-	P	-	-	104	216	3	None	N	Y	Y
Resnick 2002 Individual or group-based walking ⁹⁷	-	-	-	-	P	-	-	26	39	4	NR	Y	Y	Y

Voukelatos 2015 Individual walking programme ¹¹⁵	-	-	-	-	P	-	-	48	120	3	None	N	N	N
Exercise vs exercise														
Ballard 2004 Group-based balance, strength and aerobic training for 15 weeks ²²	P	S	-	-	-	S	-	15	45	1	5	NR	NR	NR
Ballard 2004 Group-based balance, strength and aerobic training for 2 weeks ²²	P	S	-	-	-	S	-	2	6	1	5	NR	NR	NR
Barker 2016 Group-based Pilates focused on balance and strength plus home practice ²³	P	S	-	-	-	-	-	12	54	4	4-6	Y	Y	Y
Barker 2016 Individual strength and balance ²³	P	S	-	-	-	-	-	12	30	3	None	Y	Y	Y
Davis 2011 Group-based progressive high intensity resistance training once weekly ¹⁰	-	P	-	-	-	-	-	52	52	1	NR	Y	Y	Y
Davis 2011 Group-based progressive high intensity resistance training twice weekly ¹⁰	-	P	-	-	-	-	-	52	104	1	NR	Y	Y	Y
Davis 2011 Group-based balance and tone ¹⁰	P	-	S	-	-	-	-	52	104	1	NR	N	N	N
Freiberger 2007 Group-based psychomotor programme ⁴⁵	P	P	-	-	-	-	P- perceptual training	16	32	4	7.5	N	Y	Y
Freiberger 2007 Group-based balance, strength, flexibility, endurance ⁴⁵	P	P	P	-	-	P	-	16	32	4	7.5	N	Y	Y
Helbostad 2004 Combined group and home-based balance and strength training ⁵⁴	P	S	-	-	-	-	-	12	51	4	5-8	Y	Y	Y
Helbostad 2004 Individual home balance and strength training ⁵⁴	P	S	-	-	-	-	-	12	27	3	None	N	N	N
Hwang 2016 Individually supervised Tai Chi ⁵⁷	-	-	-	P	-	-	-	24	48	2	1	Y	Y	Y
Hwang 2016 Individually supervised balance and strength training ⁵⁷	P	S	S	-	-	-	-	24	24	2	1	Y	Y	Y
Kemmler 2010 Group-based balance, gait flexibility and strength training plus home practice ⁶³	P	P	P	-	-	S	-	78	1086	4	NR	Y	Y	Y
Kemmler 2010 Group-based low intensity, low frequency balance and endurance training ⁶³	P	-	P	-	-	S	-	78	10	1	NR	N	N	N
Kwok 2016 Group-based balance, strength and aerobic training plus home practice ⁶⁸	P	P	-	-	-	P	-	12	24	1	6-8	Y	Y	Y

Kwok 2016 Balance, strength and aerobic training using the Nintendo WiiActive ⁶⁸	P	P	-	-	-	P	-	12	24	1	6-8	Y	Y	Y
Kyrдалen 2014 Group-based Otago Exercise Program ⁶⁹	P	S	-	-	S	-	-	12	16	4	4-8	Y	Y	Y
Kyrдалen 2014 Individual Otago Exercise Program ⁶⁹	P	S	-	-	S	-	-	12	16	3	None	Y	Y	Y
LaStayo 2017 Resisted lower limb exercise in standing and leg press ⁷⁰	P	P	S	-	S	-	-	12	36	1	2-5	Y	Y	Y
LaStayo 2017 Resisted lower limb exercise using recumbent stepper-ergometer ⁷⁰	P	P	S	-	S	-	-	12	36	1	2-6	Y	Y	Y
Liston 2014 Group-based modified Otago Exercise Program plus individual, partially supervised multisensory balance training ⁷⁵	P	S	-	-	S	-	-	8	28	4	NR	Y	Y	Y
Liston 2014 Group-based modified Otago Exercise Program plus individual, partially supervised flexibility training ⁷⁵	P	S	S	-	S	-	-	8	28	4	NR	Y	N	Y
Lurie 2013 Standard Physical Therapy programme + surface perturbation treadmill training ⁸¹	P	S	S	-	-	-	S- slip and trip training	Variable	Variable	2	1	Y	Y	Y
Lurie 2013 Standard Physical Therapy programme ⁸¹	P	S	-	-	-	-	-	Variable	Variable	2	1	Y	Y	Y
Mirelman 2016 Individual, supervised treadmill training ⁸⁸	P	-	-	-	-	P	-	6	14	2	1	Y	Y	Y
Mirelman 2016 Individual, supervised treadmill training plus virtual reality ⁸⁸	P	-	-	-	-	S	-	6	14	2	1	Y	Y	Y
Morone 2016 Group-based balance training using Wii-Fit ⁹⁰	P	-	-	-	S	-	-	8	16	1	NR	N	N	N
Morone 2016 Group-based balance training ⁹⁰	S	-	P	-	-	-	-	8	16	1	NR	N	N	N
Morrison 2018 Group-based balance training ⁹¹	P	-	-	-	-	-	-	12	22	1	3-5	N	N	N
Morrison 2018 Home-based strength, balance and aerobic Wii Fit programme ⁹¹	P	-	-	-	-	S	-	12	22	2	1	Y	Y	Y
Okubo 2016 Group-based Tai Chi and Otago Exercise Program plus home practice ⁹⁴	S	S	-	P	S	-	-	64	88	1	NR	N	Y	Y
Okubo 2016 Group-based brisk walking ⁹⁴	-	-	-	-	P	-	-	64	120	1	NR	Y	Y	Y
Shigematsu 2008 Group-based stepping training on felt mat ¹⁰³	P	-	-	-	-	-	-	12	56	1	NR	N	Y	Y

Shigematsu 2008 Group-based walking ¹⁰³	P	-	-	-	P	-	-	12	16	1	NR	N	Y	Y
Steadman 2003 Standard, individualised physiotherapy focused on functional training plus balance training ¹⁰⁷	P	-	-	-	-	-	-	6	9	2	1	Y	Y	Y
Steadman 2003 Standard, individualised physiotherapy focused on functional training ¹⁰⁷	P	-	-	-	-	-	-	4	6	2	1	Y	N	Y
Verrusio 2017 Individual, supervised balance and gait training using exoskeleton human body posturizer ¹¹²	P	-	-	-	-	-	-	52	156	2	1	Y	NR	Y
Verrusio 2017 Individual, supervised balance and gait training ¹¹²	P	-	-	-	-	-	-	52	157	2	1	Y	NR	Y
Yamada 2010 Group-based indoor walking ¹²³	S	S	S	-	P	-	-	16	24	1	NR	Y	Y	Y
Yamada 2010 Group-based trail walking ¹²³	P	S	S	-	S	-	-	16	24	1	NR	Y	Y	Y
Yamada 2012 Group-based balance, strength, flexibility and gait training involving complex obstacle course ¹²¹	P	S	S	-	S	-	-	24	24	1	NR	N	N	N
Yamada 2012 Group-based balance, strength, flexibility and gait training involving simple obstacle course ¹²¹	P	S	S	-	S	-	-	24	24	1	NR	N	N	N
Yamada 2013 Group-based balance, strength, flexibility and gait training including stepping mat ¹²²	P	S	S	-	S	-	-	24	18	1	NR	N	N	N
Yamada 2013 Group-based balance, strength, flexibility and gait training plus indoor walking ¹²²	P	S	S	-	S	-	-	24	18	1	NR	N	N	N

^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