

Supplement 6: Pre-Post differences within groups reported for iTUG total duration and segments including “trends” (non-significant changes)

	Groups	Pre-post conditions/timepoints	iTUG total	Sit to stand	Walk 1	Turn 1	Walk 2	Turn 2	Stand to sit	Notes	
Patients with idiopathic normal pressure hydrocephalus (PwINPH) – surgical and invasive procedures											
Ferrari (2022)	IG	before tap-test vs. 6 months after ventriculoperitoneal shunt surgery (VPS)	+++	+++	total walk: +++	N/A			+++		
Ishikawa (2019)	IG	baseline vs. day after tap-test	N/A	+	+	+	+	o	+	<i>CG: post-intervention data N/A</i>	
		baseline vs. 1w after VPS		+	+	+	+	+			
		tap-test vs. VPS		o	+	+	+	+			
Patients with Parkinson’s disease (PwPD) - pharmacological intervention											
Dibilio (2017)	IG	off vs. on medication	+	+	+	+++	+	+++	+		
Miller Koop (2018)	IG	off vs. on medication	+	+	total walk: +	+	N/A	turn to sit: -			
Orthopedic conditions – elective surgery											
Bloomfield (2019)	moderate function	baseline vs. 2w after TKR	-**	(-)	(-)	(-)	(-)	N/A	(-)	<i>data was extracted from bar chart, no values or significances reported</i>	
		baseline vs. 6w after TKR	-	(o)	(+)	(+)	(-)		(o)		
		baseline vs. 12w after TKR	+	(-)	(+)	(+)	(+)		(o)		
	low function	baseline vs. 2w after TKR	-	(o)	(-)	(-)	(-)		(-)		
		baseline vs. 6w after TKR	+	(+)	(+)	(+)	(+)		(+)		(o)
		baseline vs. 12w after TKR	+++	(+)	(+)	(+)	(+)		(+)		(+)
Exercise and rehabilitation interventions in different settings and populations											
Patients with Parkinson’s disease (PwPD)											
Mollinedo Cardalda (2018)	IG (mat pilates)	baseline vs. end of intervention	+++	+	+	+	+	+	N/A		
		end of intervention vs. 4w after	+	-*	-	+	-*	+			
	CG (calisthenics)	baseline vs. end of intervention	-	-	-	+	-	-			
		end of intervention vs. 4w after	-	-	-	+	-	-*			

	Groups	Pre-post conditions/timepoints	iTUG total	Sit to stand	Walk 1	Turn 1	Walk 2	Turn 2	Stand to sit	Notes
Participants recruited in outpatient settings										
Smith (2021)	IG („Better Bones“)	baseline vs. after intervention	+**	+**	+	+*	N/A		+	
					total walk: +*					
Celletti (2020)	IG	baseline vs. after back school treatment	+**	+*	N/A				+	measurement timepoint not specified
Doheny (2013)	IG (step exercise)	baseline (T1) vs. 4w after T1 (T2)	+	+	N/A			+*	o	two baseline measures: T1 = first baseline, T2 = 4w after baseline before start of intervention
					walk to sit: +					
		baseline (T1) vs. 4w after end of interv. (T3)	+	+	N/A			+*	-	
					walk to sit: +					
Williams (2021)	IG (Tai Chi)	baseline vs. 6 months after baseline	N/A	+	+	-	+	N/A	N/A	
	CG (usual care)			+	-	-	-			
Participants recruited in inpatient and institutionalized settings										
Caronni (2019)	IG	baseline vs. end of physiotherapy/occupational therapy rehabilitation program	+**	+**	+**	+**	+**	turn and sit: +*		
Cancela Carral (2017)	IG _A (aerobic)	baseline vs. 1w after end of intervention		+	+	+*	+	+*	N/A	+
	IG _B (resistance)			+	+*	+*	+	+*		+
	IG _C (mobility)			-	-*	-	-*	+		-*
Cancela Carral (2019)	IG (strength training)	baseline vs. last week of intervention		+	-	+	-*	+	N/A	-
	CG			-*	-*	-	-	+		-*
Assistive devices										

	Groups	Pre-post conditions/timepoints	iTUG total	Sit to stand	Walk 1	Turn 1	Walk 2	Turn 2	Stand to sit	Notes
Toosizadeh (2020)	moderate function	no calf vibration vs. 30Hz	(-)	(-)	(+)	-	(+)	-		
		no calf vibration vs. 40Hz	(-)	(-)	(+)	-	(+)	-		
	low function	no calf vibration vs. 30Hz	(+)	(-)	(-)	+	(-)	+*		
		no calf vibration vs. 40Hz	(+)	(-)	(-)	+*	(-)	+		

Notes: articles that do not provide data on iTUG segments are not displayed in this table, + = improvement, - = worsening, o = no difference, *p < .05, ** p < .01 compared to baseline, CG = control group, IG = intervention group, N/A = not available, () = significance not reported, TKR = total knee replacement, VPS = ventriculoperitoneal shunt surgery