

Supplemental Table 1: Reviews and meta-analysis of exercise studies assessing musculoskeletal

parameters in pwMS

Type of Exercise (RT or AT)	Duration (weeks)	Improved Functional Parameter(s)	Number of Studies with Improvements/Total Number of Studies	Reference
AE	3-26	VO ₂ peak, walking capacity (6MWT)	7/14	(Taul-Madsen et al., 2021)
RT	8-24	Muscle strength	7/7	(Taul-Madsen et al., 2021)
RT	5-24	Muscle strength Gait	5/6 4/8	(Cano-Sánchez et al., 2024)
RT	> 6	Strength in lower limb Gait speed Walking distance TUG Fatigue resistance	n/a (meta-analysis)	(Andreu-Caravaca et al., 2023)

AE: Aerobic Exercise, RT: Resistance Exercise, TUG: Timed Up and Go