Figure Captions

Figure 1: Histograms of (A) percent change in knee extensor strength and (B) change in minimum knee flexion angle during gait after completing a strength training program. Subjects from each of the three studies are shown separately – Damiano (white), Eek (gray), and Unger (black). A negative change in minimum knee flexion angle indicates a more upright posture, or a positive outcome, after strength training. Note that in all three studies the outcomes were variable between subjects.

Figure 2: Average hip, knee, and ankle flexion angles for (A) all subjects, (B) the three subjects with the largest increase in knee extension (best outcomes), and (C) the three subjects with the largest increase in knee flexion (worst outcomes) before and after completing strength training program. Note that although there was no significant change in knee flexion for the group as a whole, there were subsets of subjects with significant positive and negative changes.

Figure 3: Hamstring spasticity (A) and walking speed (B) were associated with change in minimum knee flexion angle (KFA) during stance with a p-value < 0.05.

Supplementary Figure 1: Summary of literature review and study selection.

Supplementary Figure 1