

SUPPLEMENTARY MATERIAL

Appendix 1. Search Strategy

MEDLINE (until December 20, 2017)

1. (randomized controlled trial) OR (controlled trial) OR (clinical trial) OR (randomized clinical trial) OR (randomised controlled trial) OR (randomised clinical trial)
2. (elastic-band) OR (elastic-tubing) OR (elastic band resistance exercises) OR (elastic band exercises) OR (elastic tubing) OR (elastic bands) OR (elastic band) OR (elastic tubing training) OR (elastic tubing exercises) OR (elastic resistance) OR (Thera-Band tubing) OR (Thera-Band) OR (Theraband) OR (Theraband tubing)
3. (conventional resistance training) OR (training machine) OR (dumbbells) OR (weight machines)
4. (short-term resistance) OR (training) OR (strength training) OR (resistance training) OR (muscle training) OR (dynamic maximum strength) OR (strength training program) OR (strength-training program) OR (strength adaptations) OR (isometric maximum strength) OR (muscle force) OR (force) OR (muscular power) OR (muscle strength training) OR (performance) OR (torque) OR (peak torque) OR (muscle strength) OR (maximal contraction)
5. (animal) OR (animals)
6. 1 AND 2 AND 3 AND 4 NOT 5

EMBASE (until December 20, 2017)

1. (randomized controlled trial) OR (controlled trial) OR (clinical trial) OR (randomized clinical trial) OR (randomised controlled trial) OR (randomised clinical trial)
2. (elastic-band) OR (elastic-tubing) OR (elastic band resistance exercises) OR (elastic band exercises) OR (elastic tubing) OR (elastic bands) OR (elastic band) OR (elastic tubing training) OR (elastic tubing exercises) OR (elastic resistance) OR (Thera-Band tubing) OR (Thera-Band) OR (Theraband) OR (Theraband tubing)
3. (conventional resistance training) OR (training machine) OR (dumbbells) OR (weight machines)
4. (short-term resistance) OR (training) OR (strength training) OR (resistance training) OR (muscle training) OR (dynamic maximum strength) OR (strength training program) OR (strength-training program) OR (strength adaptations) OR (isometric maximum strength) OR (muscle force) OR (force) OR (muscular power) OR (muscle strength training) OR (performance) OR (torque) OR (peak torque) OR (muscle strength) OR (maximal contraction)
5. 1 AND 2 AND 3 AND 4

CENTRAL (until December 20, 2017)

1. (randomized controlled trial) OR (controlled trial) OR (clinical trial) OR (randomized clinical trial) OR (randomised controlled trial) OR (randomised clinical trial)
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2. (elastic-band) OR (elastic-tubing) OR (elastic band resistance exercises) OR (elastic band exercises) OR (elastic tubing) OR (elastic bands) OR (elastic band) OR (elastic tubing training) OR (elastic tubing exercises) OR (elastic resistance) OR (Thera-Band tubing) OR (Thera-Band) OR (Theraband) OR (Theraband tubing)
 3. (conventional resistance training) OR (training machine) OR (dumbbells) OR (weight machines)
 4. (short-term resistance) OR (training) OR (strength training) OR (resistance training) OR (muscle training) OR (dynamic maximum strength) OR (strength training program) OR (strength-training program) OR (strength adaptations) OR (isometric maximum strength) OR (muscle force) OR (force) OR (muscular power) OR (muscle strength training) OR (performance) OR (torque) OR (peak torque) OR (muscle strength) OR (maximal contraction)
 5. (animal) OR (animals)
 6. 1 AND 2 AND 3 AND 4 NOT 5

PEDro database (until December 20, 2017)

Abstract and title:

1. Elastic-band
2. Elastic-tubing
3. Elastic band resistance exercises
4. Elastic band exercises
5. Elastic tubing
6. Elastic bands
7. Elastic band
8. Elastic tubing training
9. Elastic tubing exercises
10. Elastic resistance
11. Thera-band tubing
12. Thera-band
13. Theraband
14. Theraband tubing

Therapy: Strength training

Method: clinical trial

Appendix 2. PEDro scores of included studies.

| Study | Eligibility criteria specified | Random allocation | Concealed allocation | Groups similar at baseline | Participant blinding | Therapist blinding | Assessor blinding | Adequate follow-up | Intention to treat analysis | Between group comparisons | Point estimates and variability | Total (0-10) |
|-------------------|--------------------------------|-------------------|----------------------|----------------------------|----------------------|--------------------|-------------------|--------------------|-----------------------------|---------------------------|---------------------------------|--------------|
| Vanbiervliet 2003 | Yes | Yes | Yes | Yes | No | No | No | Yes | Yes | Yes | Yes | 7 |
| Ghigiarelli 2009 | Yes | Yes | No | Yes | No | No | No | Yes | No | Yes | Yes | 5 |
| Colado 2010 | Yes | Yes | No | Yes | No | No | No | Yes | Yes | Yes | Yes | 6 |
| Webber 2010 | Yes | Yes | Yes | Yes | No | No | Yes | No | Yes | Yes | Yes | 7 |
| Lubans 2010 | Yes | Yes | Yes | Yes | No | No | No | Yes | Yes | Yes | Yes | 7 |
| Ramos 2010 | Yes | Yes | Yes | Yes | Yes | No | Yes | No | Yes | Yes | Yes | 8 |
| Silva 2016 | Yes | Yes | No | Yes | No | No | Yes | No | Yes | Yes | Yes | 7 |
| Calatayud 2015 | No | Yes | No | Yes | No | No | No | Yes | No | Yes | Yes | 5 |