Table 2: Summary of measurements, variables and exercise or training protocols.

Outcome measures / Exercise or training protocols		Clinical measurements																										Physiological variables																			
		Patient-reported outcome measures	Homemade	Validated	**Functional tests**	6-minute walk test (6mwt)	10 m walk test (10mwt)	Berg balance scale (BBS)	Computer assisted movement analysis	Perdue pegboard test	SVANTE articulation test	Homemade functional tests	Step test	Time up and go (TUG)	Time stands test (TST)	**Muscle endurance**	Time at 50 % max strength	Time at 80 % max strength	**Aerobic capacity**	Submaximal cycling and walking	VO_2 max (cycling), heart rate and gas exchanges	**Muscle strength**	1 RM	Isokinetic/isometric computer assisted device	MMT	Force gauge (handheld or fixed)	**Other**	Body mass index	MIRS	Respiratory function	**Myography**	Muscle mechanical activation (MMG)	Muscle electric activation (SMEG)	**MRI**	Bioenergetics	Fat infiltration	Muscle volume	pH	**Muscle biopsy**	Bioenergetics	Capillary density	Centrally nucleated fibers (CNF)	Fiber CSA	Fiber type	**Blood tests**	Lactate	Myoglobin
Single session exercise	Barnes 1997[28]																																													
	Esposito 2017[31]																x								x					x	x														
	Nitz 1999[33]																								x						x													
	Rehunen 1985[34]																																				x				x					
	Siciliano 2001[35]																																												x	
	Taylor 1993[36]																																													
	Torres 1983[38]																x									x						x													
Training programs	**NMES**																																													
	Chisari 2013[29]					x	x							x											x							x													
	Cudia 2016[30]					x	x																		x				x						x	x								
	Strength training																																													
	Aldehag 2005[39]		x	x						x																x																			
	Aldehag 2013[25]		x	x						x																x			x															
	Lindeman 1995[27]		x			x						x						x						x																			x
	Lindeman 1999[2]																	x						x							x												
	Sjögreen 2010[40]		x						x		x						x								x																		
	Tollbäck 1999[37]																						x	x		x																		
	Aerobic training																																													
	Orngreen 2005[3]		x																		x																		x					
	Trenell 2006[42]																																													
	Balance training																																													
	Hammarén 2015[32]		x	x			x						x	x												x																		
	Multiple rehabilitation interventions																																													
	Conraads 2002[43]											x								x			x	x																				
	Kierkegaard 2011[26]		x	x		x								x	x													x																	
	Missaoui 2010[41]		x					x	x					x											x																				
	Total		8	4		4	3	1	2	2	1	2	1	4	1		3	2		1	1		2	5	2	7		1	2	1		1	5		3	1	3	3		1	1	1	2	2		1	1