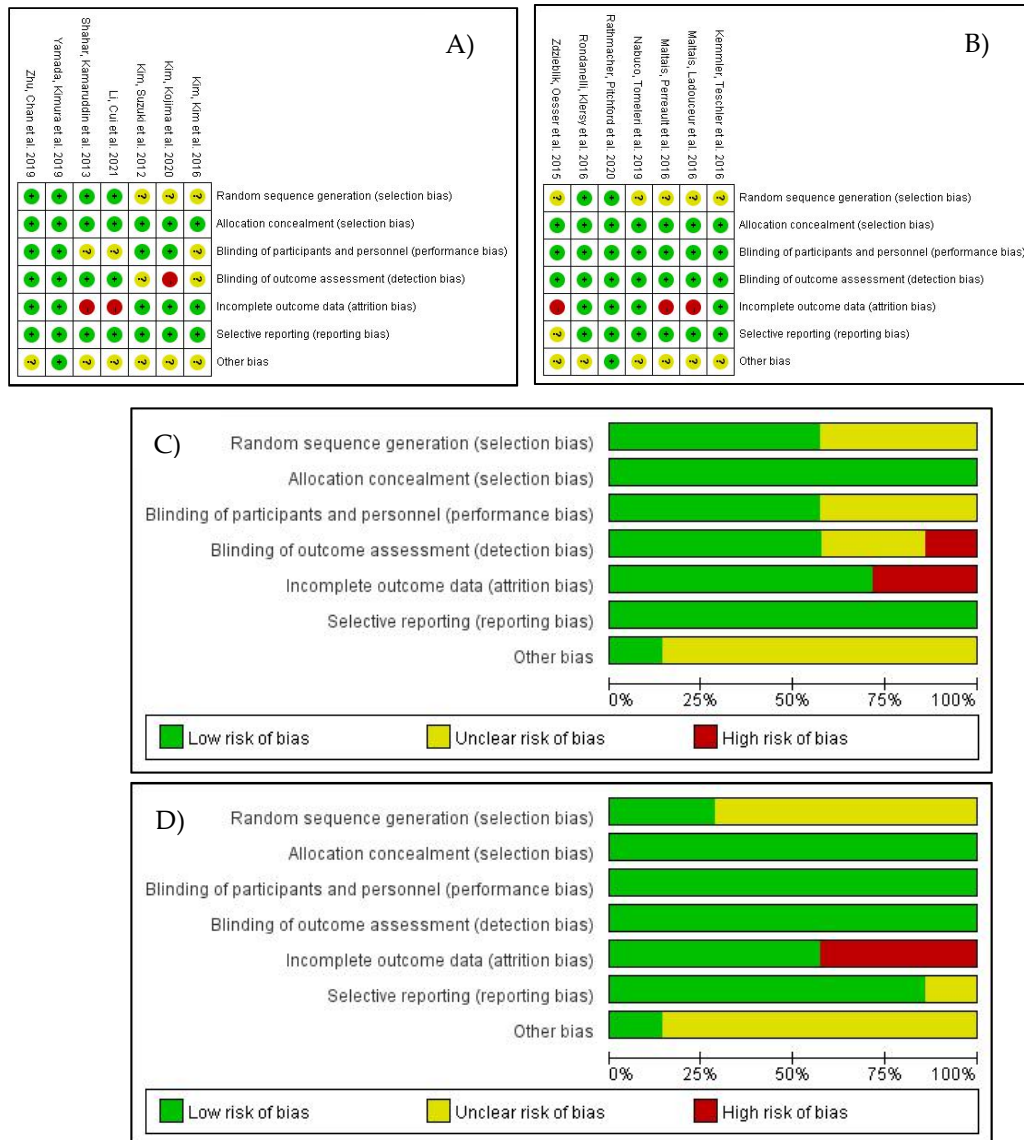


## Appendix A1



**Figure A1.** Risk of bias summary: A) Asian countries; B) Non-Asian countries. Risk of bias graph: C) Asian countries; D) Non-Asian countries.

## Appendix A2

### 2.1 Upper-extremity strength



Figure A2.1.1. Sensitivity analysis of upper-extremity strength (Asian and Non-Asian countries)

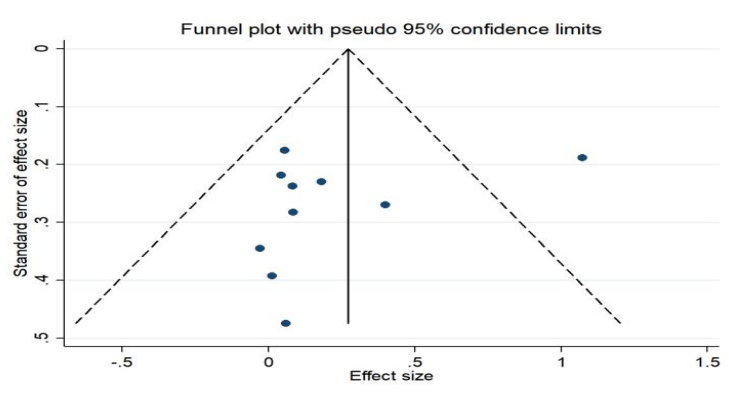


Figure A2.1.2. Funnel plot of upper-extremity strength (Asian and Non-Asian countries)

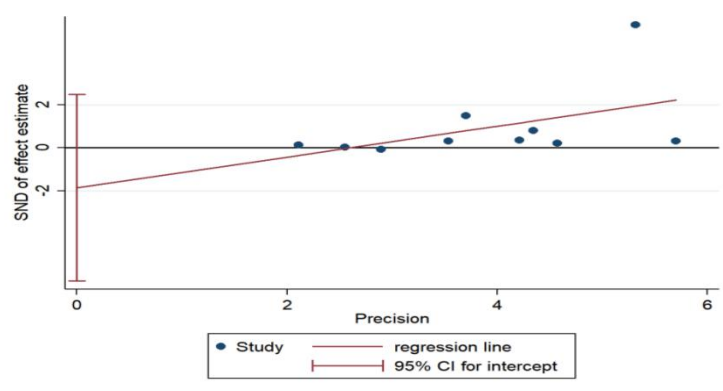


Figure A2.1.3. Egger's regression plots of upper-extremity strength (Asian and Non-Asian countries)

```

. metabias _ES _seES, egger graph
Note: data input format theta se_theta assumed

Egger's test for small-study effects:
Regress standard normal deviate of intervention
effect estimate against its standard error

.
Number of studies = 10                                Root MSE = 1.621

```

Std_Eff	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]	
slope	.7136522	.4640081	1.54	0.163	-.3563523	1.783657
bias	-1.856176	1.877728	-0.99	0.352	-6.186224	2.473873

```

Test of H0: no small-study effects                    P = 0.352

```

**Figure A2.1.4.** Egger's test of upper-extremity strength (Asian and Non-Asian countries)

## 2.2 Upper-extremity strength

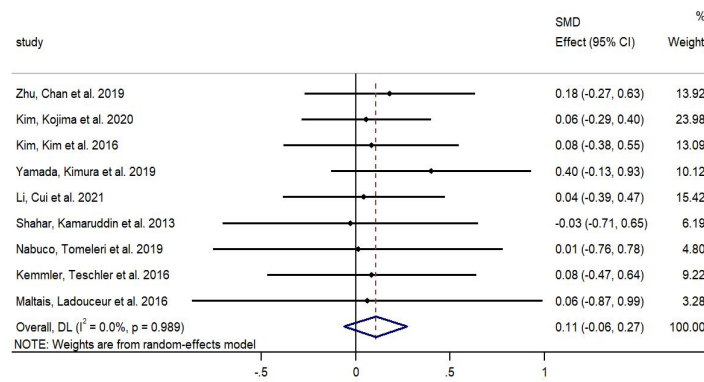


Figure A2.2.1. Forest plots of upper-extremity strength without Rondanelli et al. study (Asian and Non-Asian countries)



Figure A2.2.2. Sensitivity analysis of upper-extremity strength without Rondanelli et al. study (Asian and Non-Asian countries)

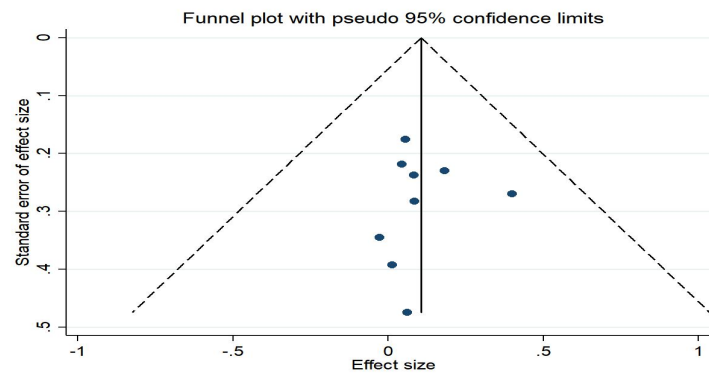


Figure A2.2.3. Funnel plot of upper-extremity strength without Rondanelli et al. Study (Asian and Non-Asian countries)

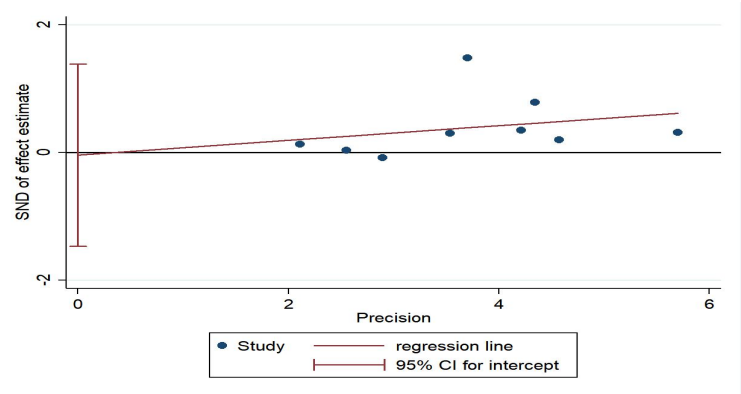


Figure A2.2.4. Egger's regression plots of upper-extremity strength without Rondanelli et al. study (Asian and Non-Asian countries)

```
. metabias _ES_seES, egger graph
Note: data input format theta se_theta assumed

Egger's test for small-study effects:
Regress standard normal deviate of intervention
effect estimate against its standard error

.
Number of studies = 9                                Root MSE = .4911
```

Std_Eff	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]	
slope	.1153167	.1556442	0.74	0.483	-.2527235	.4833568
bias	-.0400565	.6039274	-0.07	0.949	-1.468118	1.388005

```
Test of H0: no small-study effects                    P = 0.949
```

Figure A2.2.5. Egger's test of upper-extremity strength without Rondanelli et al. study (Asian and Non-Asian countries)

### 2.3 Lower-extremity strength

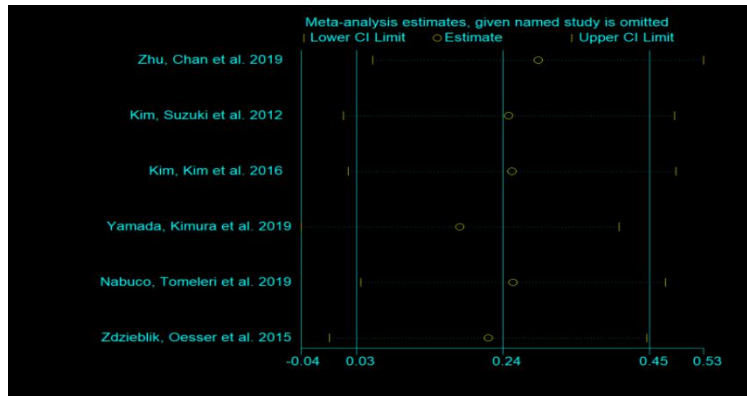


Figure A2.3.1. Sensitivity analysis of lower-extremity strength (Asian and Non-Asian countries)

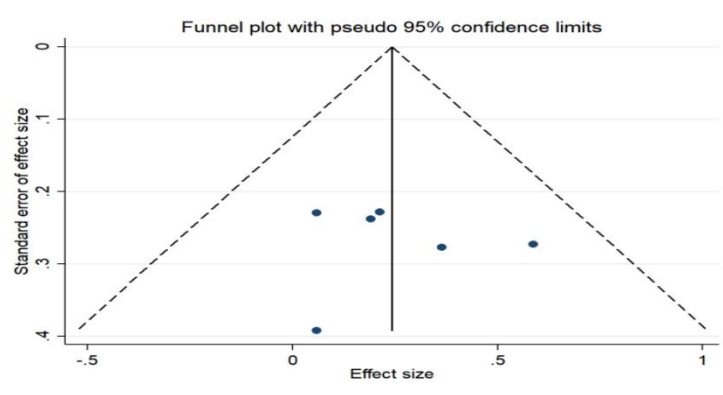


Figure A2.3.2. Funnel plot of lower-extremity strength (Asian and Non-Asian countries)

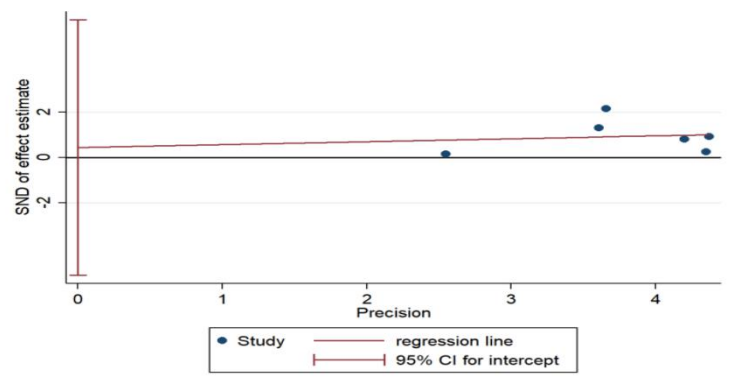


Figure A2.3.3. Egger's regression plots of lower-extremity strength (Asian and Non-Asian countries)

```

. metabias _ES _seES, egger graph
Note: data input format theta se_theta assumed

Egger's test for small-study effects:
Regress standard normal deviate of intervention
effect estimate against its standard error

.
Number of studies = 6                                Root MSE = .818

```

Std_Eff	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]	
slope	.1288897	.5261226	0.24	0.819	-1.331861	1.58964
bias	.4447049	2.02241	0.22	0.837	-5.170405	6.059815

```

Test of H0: no small-study effects                    P = 0.837

```

**Figure A2.3.4.** Egger's test of lower-extremity strength (Asian and Non-Asian countries)





## 2.5 Gait speed



Figure A2.5.1. Sensitivity analysis of gait speed (Asian and Non-Asian countries)

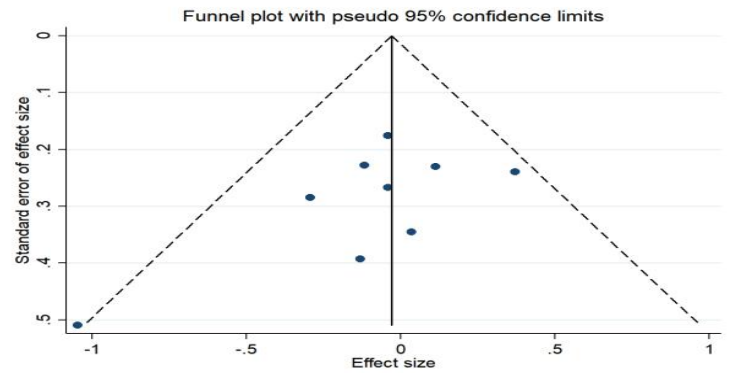


Figure A2.5.2. Funnel plot of gait speed (Asian and Non-Asian countries)

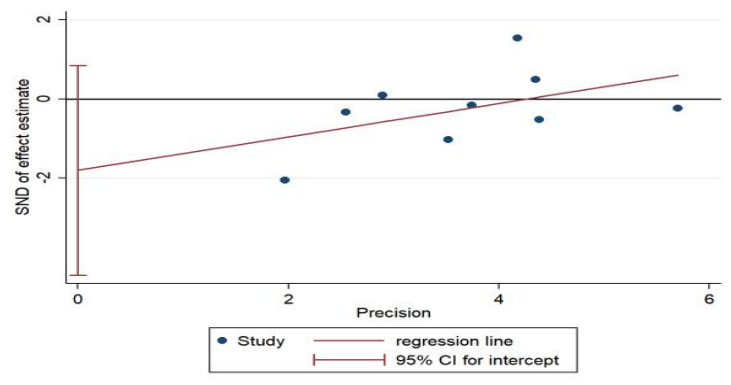


Figure A2.5.3. Egger's regression plots of gait speed (Asian and Non-Asian countries)

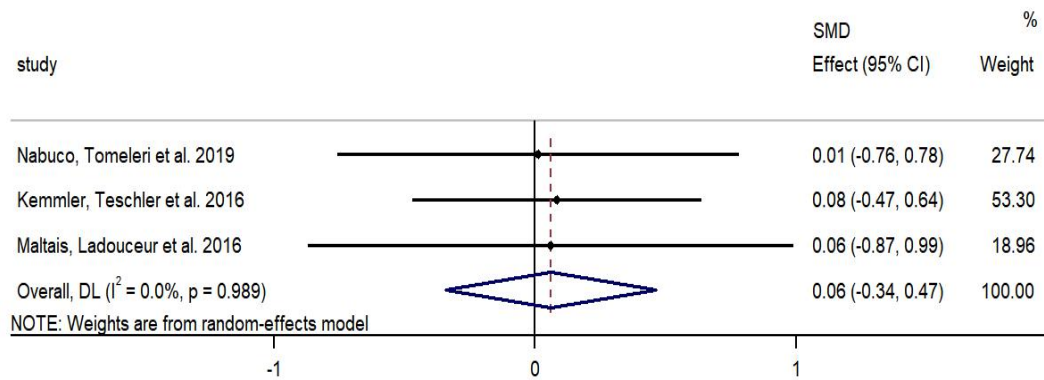
```
. metabias _ES _seES, egger graph
Note: data input format theta se_theta assumed
Egger's test for small-study effects:
Regress standard normal deviate of intervention
effect estimate against its standard error
.
Number of studies = 9                                Root MSE = .9291
```

	Std_Eff	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]
slope		.4224439	.2917403	1.45	0.191	-.2674123 1.1123
bias		-1.805281	1.122108	-1.61	0.152	-4.458644 .8480829

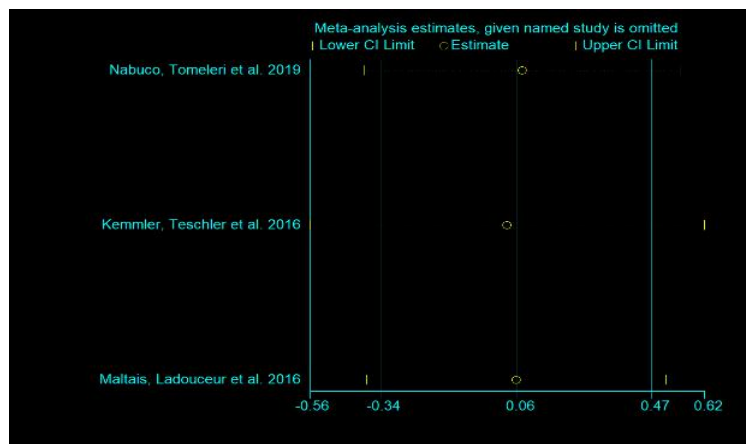
```
Test of H0: no small-study effects                    P = 0.152
```

Figure A2.5.4. Egger's test of gait speed (Asian and Non-Asian countries)

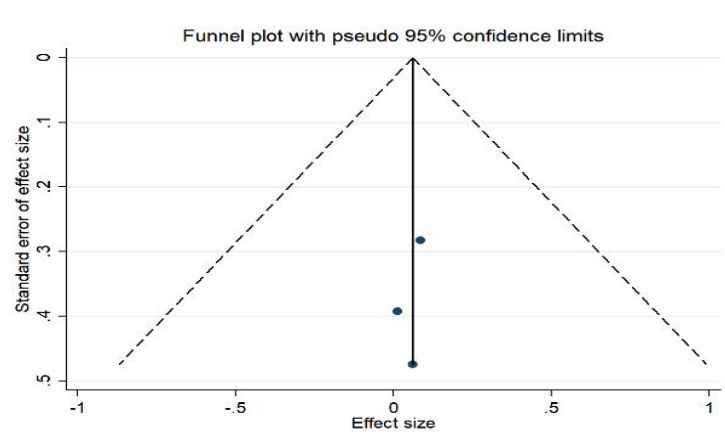
## Appendix A3



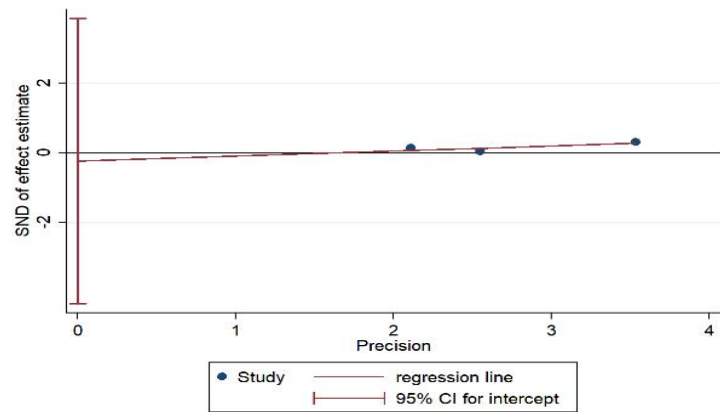
**Figure A3.1.** Forest plots of upper-extremity strength without Rondanelli et al. study: Non-Asian countries.



**Figure A3.2.** Sensitivity analysis of upper-extremity strength without Rondanelli et al. study: Non-Asian countries.



**Figure A3.3.** Funnel plot of upper-extremity strength without Rondanelli et al. study: Non-Asian countries.



**Figure A3.4.** Egger's regression plots of upper-extremity strength without Rondanelli et al. study: Non-Asian countries.

```
. metabias _ES _seES, egger graph

Note: data input format theta se_theta assumed

Egger's test for small-study effects:
Regress standard normal deviate of intervention
effect estimate against its standard error

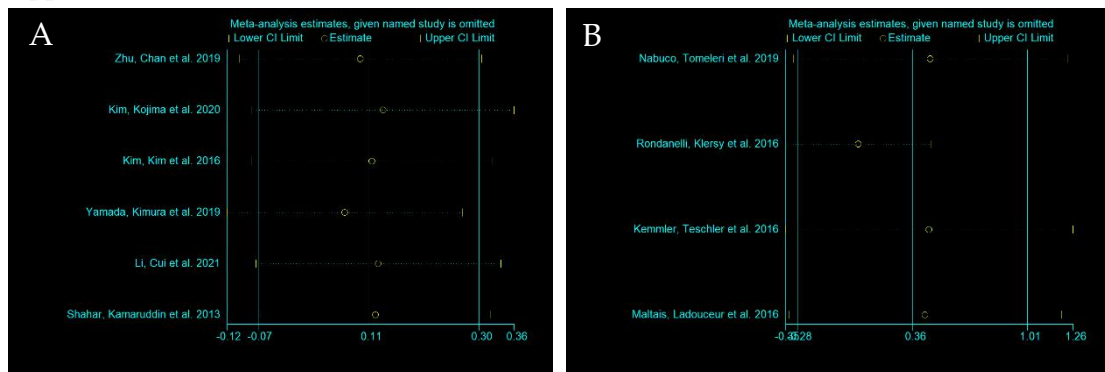
.
Number of studies = 3                               Root MSE = .1189
```

Std_Eff	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]	
slope	.1453098	.1151323	1.26	0.427	-1.317584	1.608204
bias	-.2430976	.321755	-0.76	0.588	-4.331383	3.845188

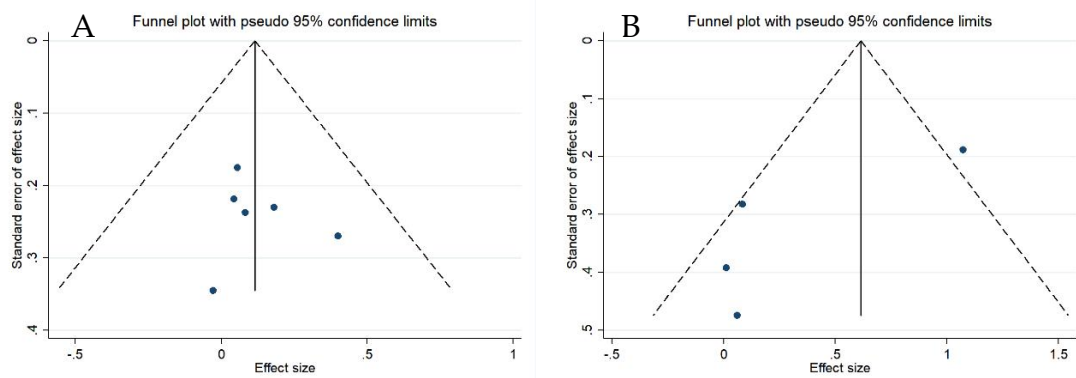
```
Test of H0: no small-study effects                P = 0.588
```

**Figure A3.5.** Egger's test of upper-extremity strength without Rondanelli et al. study: Non-Asian countries.

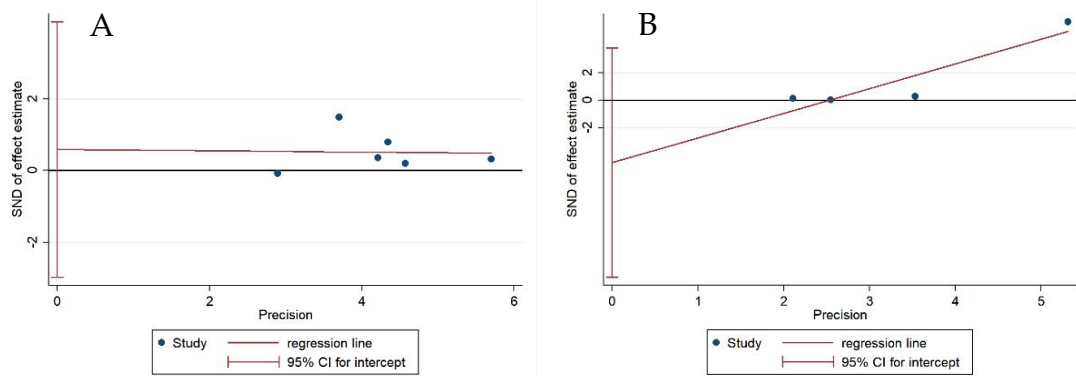
## Appendix A4



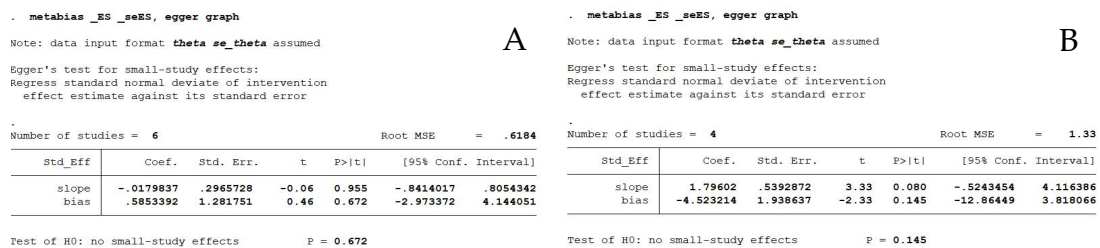
**Figure A4.1.** Sensitivity analysis of upper-extremity strength: A) Asian countries; B) Non-Asian countries.



**Figure A4.2.** Funnel plot of upper-extremity strength: A) Asian countries; B) Non-Asian countries.



**Figure A4.3.** Egger's regression plots of upper-extremity strength A) Asian countries; B) Non-Asian countries.



**Figure A4.4.** Egger's test of upper-extremity strength: A) Asian countries; B) Non-Asian countries.

Appendix A5

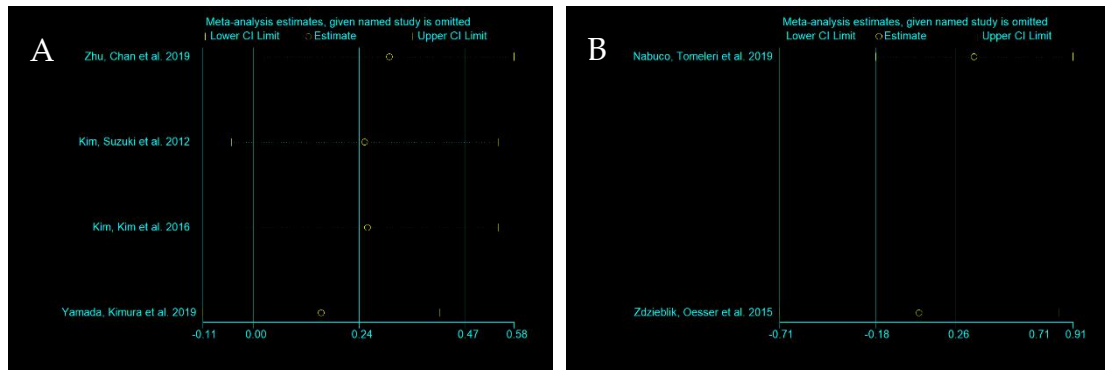


Figure A5.1. Sensitivity analysis of lower-extremity strength: A) Asian countries; B) Non-Asian countries.

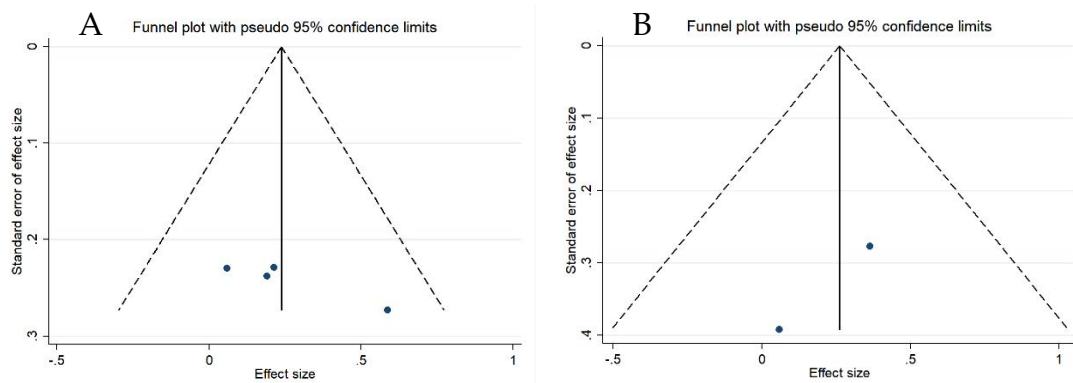


Figure A5.2. Funnel plot of lower-extremity strength: A) Asian countries; B) Non-Asian countries.

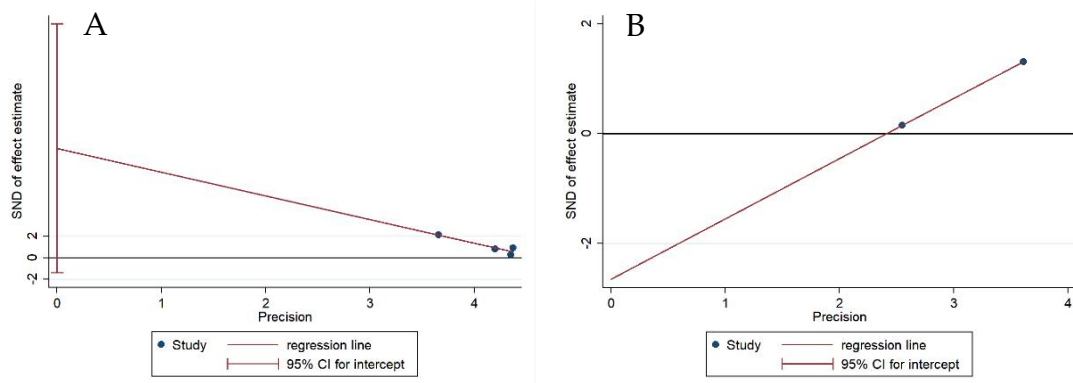


Figure A5.3. Egger's regression plots of lower-extremity strength: A) Asian countries; B) Non-Asian countries.

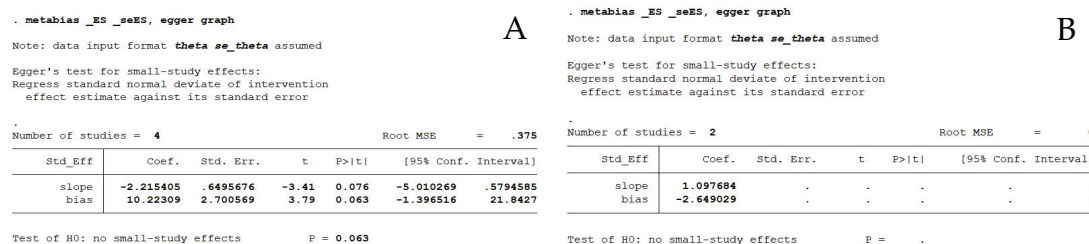


Figure A5.4. Egger's test of lower-extremity strength: A) Asian countries; B) Non-Asian countries.

## Appendix A6

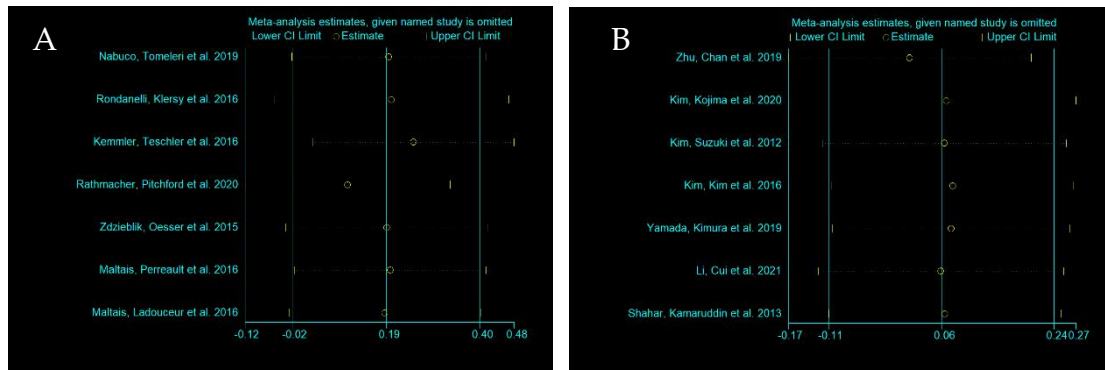


Figure A6.1. Sensitivity analysis of muscle mass: A) Asian countries; B) Non-Asian countries.

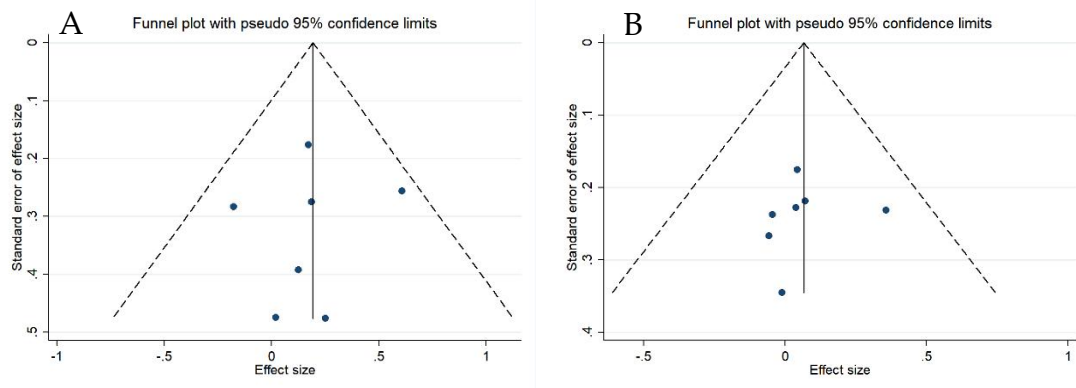


Figure A6.2. Funnel plot of muscle mass: A) Asian countries; B) Non-Asian countries.

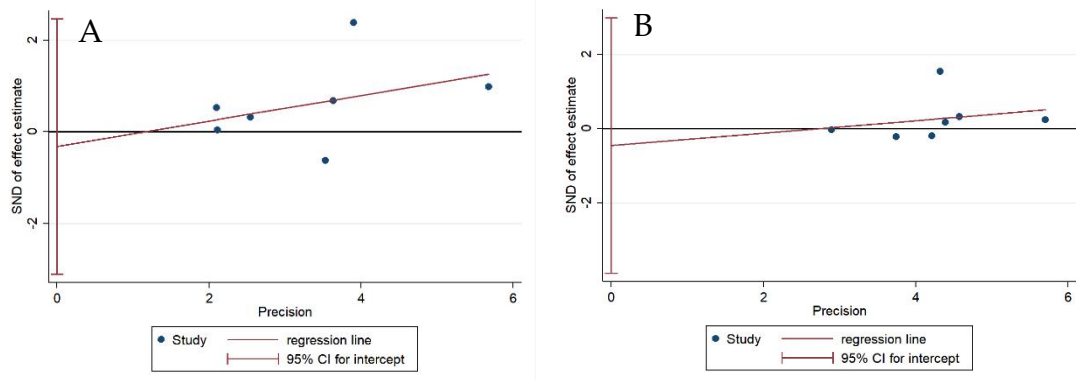


Figure A6.3. Egger's regression plots of muscle mass: A) Asian countries; B) Non-Asian countries.

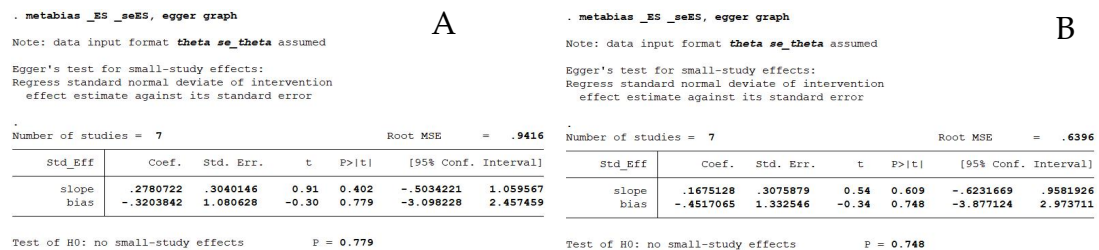


Figure A6.4. Egger's test of muscle mass: A) Asian countries; B) Non-Asian countries.

## Appendix A7

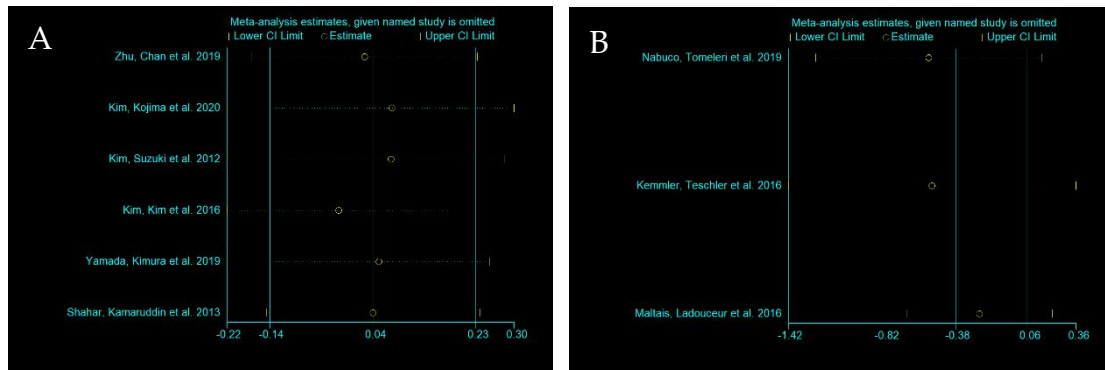


Figure A7.1. Sensitivity analysis of gait speed: A) Asian countries; B) Non-Asian countries.

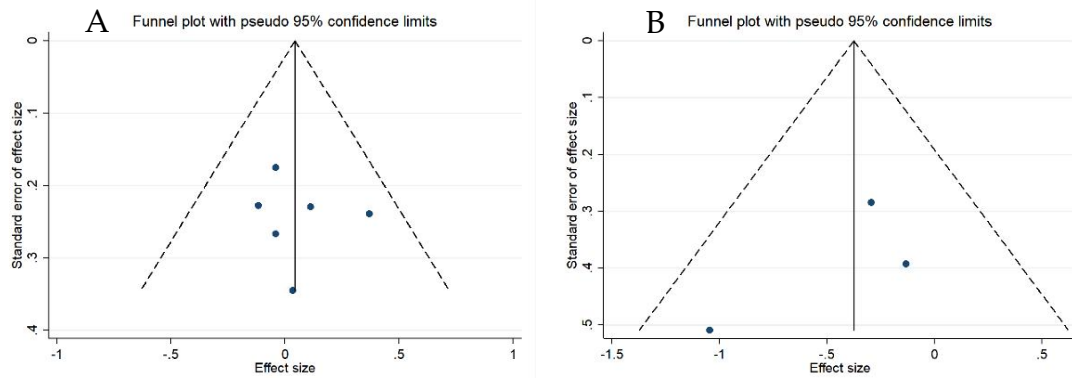


Figure A7.2. Funnel plot of gait speed: A) Asian countries; B) Non-Asian countries.

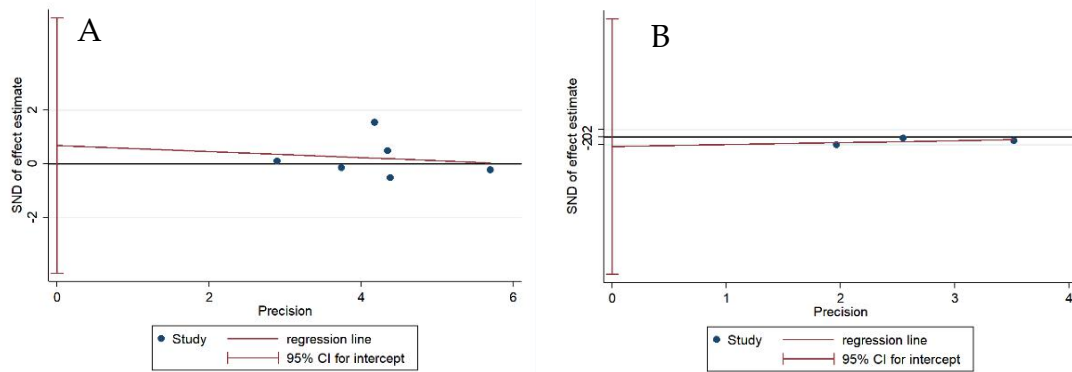


Figure A7.3. Egger's regression plots of gait speed: A) Asian countries; B) Non-Asian countries.

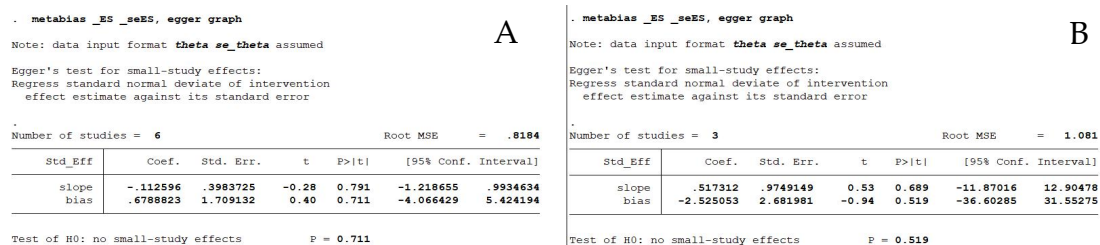


Figure A7.4. Egger's test of gait speed: A) Asian countries; B) Non-Asian countries.