Supplementary Materials: Impact of Resistance Therapy on Motor Function in Children with Cerebral Palsy: A Systematic Review and Meta-Analysis

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Table S1. Global heterogeneity in the intervened group with resisted therapy, according to the complete duration of the therapy. All measurements and follow-ups.

Intervention group Duration of the therapy	N determinations	Heterogeneity					
		Q	df	p (Chi²)	I² (%)	τ^2	τ
All measurements and follow-ups	33	79.636	32	0.000	59.817	0.214	0.462
<6 weeks	21	60.868	20	0.000	67.142	0.373	0.611
7–12 weeks	12	5.753	11	0.889	0.000	0.000	0.000

Table S2. Global heterogeneity in the intervened group with resisted therapy, according to the number of sessions. All measurements and follow-ups.

Intervention group Number of sessions	N determinations	Heterogeneity					
		Q	df	p (Chi²)	I² (%)	τ^2	τ
All measurements and follow-ups	32	79.636	31	0.000	59.817	0.214	0.462
<3 sessionss	8	32.783	7	0.000	78.648	1.343	1.159
3 sessions	25	24.912	24	0.411	3.660	0.005	0.068

Table S3. Global heterogeneity in the group intervened with resisted therapy, according to the duration of the session. All measurements and follow-ups.

Intervention group Duration of session	N determinations	Heterogeneity					
		Q	df	p (Chi²)	I² (%)	τ^2	τ
All measurements and follow-ups	29	78.966	28	0.000	64.542	0.244	0.494

	N determinations	Q	df	p (Chi²)	I² (%)	τ^2	τ
< 30 minutes	11	48.016	10	0.000	79.174	0.651	0.807
30- 60 minutes	14	7.474	13	0.876	0.000	0.000	0.000
60 -90 minutes	4	8.251	3	0.041	63.642	0.319	0.565

Table S4. Global heterogeneity in the intervened group with resisted therapy, according to the intervention protocol. All measurements and follow-ups.

Intervention group Intervention protocol	N determinations	Heterogeneity					
		Q	df	p (Chi²)	I² (%)	τ^2	τ
All measurements and follow-ups	33	79.636	32	0.000	59.817	0.214	0.462
Progressive Strength Training	16	22.118	15	0.105	32.183	0.048	0.220
Table of Resisted Exercises	6	1.854	5	0.869	0.000	0.000	0.000
Functional training	10	43.652	9	0.000	79.382	1.255	1.120
Static bicycle	1	0.000	0	1.000	0.000	0.000	0.000

Table S5. Global heterogeneity in the group intervened with resisted therapy. Analysis of subgroups, according to the methodological quality All measurements and follow-ups.

Intervention group Methodological quality	N determinations	Heterogeneity					
		Q	df	p (Chi²)	I² (%)	τ^2	τ
All measurements and follow-ups	33	79.636	32	0.000	59.817	0.214	0.462
Excelent	4	0.131	3	0.988	0.000	0.000	0.000
Godd	21	66.109	20	0.000	69.747	0.333	0.577
Fair	5	10.443	4	0.034	61.697	0.302	0.550
Po	3	0.265	2	0.876	0.000	0.000	0.000

Table S6. Global heterogeneity in the control group. Analysis of subgroups, according to the therapy used. All measurements and follow-ups.

Control group	N determinations	Heterogeneity					
		Q	df	p (Chi²)	I² (%)	τ^2	τ
All studies	26	9.23	25	0.998	0.00	0.00	0.00
Conventional therapy used in the control group	21	2.07	20	1.000	0.00	0.00	0.00
No therapy used in the control group	5	4.07	4	0.396	1.77	0.00	0.06

Meta Analysis

Model	Group by duration	Study name	Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value	Std diff in means and 95% CI
	<6 weeks	Lee 2015_6weeks	0.221	0.393	0.155	-0.550	0.992	0.561	0.575	
	<6 weeks	Dodd 2003_6weeks_GMFM	0.193	0.427	0.183	-0.644	1.031	0.453	0.651	
	<6 weeks	Dodd 2003_18weeks_GMFM	0.218	0.428	0.183	-0.621	1.056	0.509	0.611	
	<6 weeks	Jung 2013_6weeksD_GMFM	0.142	0.578	0.334	-0.991	1.275	0.246	0.805	
	<6 weeks	Jung 2013_6weeksE_GMFM	0.103	0.578	0.334	-1.030	1.235	0.178	0.859	
	<6 weeks	Lee 2008_5weeksD_GMFM	0.030	0.471	0.222	-0.894	0.954	0.064	0.949	
	<6 weeks	Lee 2008_11week_GMFMs	0.037	0.471	0.222	-0.887	0.961	0.079	0.937	
	<6 weeks	Liao 2007_6weeks_GMFM	0.238	0.449	0.201	-0.642	1.118	0.530	0.596	
	<6 weeks	Tedla 2014_6weeks_GMFM	1.363	0.287	0.082	0.802	1.925	4.757	0.000	
	<6 weeks	Salem 2009_5weeksD_GMFM weeks5D	0.449	0.640	0.410	-0.806	1.704	0.701	0.484	
	<6 weeks	Salem 2009_5weeksE_GMFM	0.285	0.636	0.404	-0.961	1.531	0.448	0.654	
	<6 weeks	Ayo 2016_D	0.432	0.226	0.051	-0.011	0.876	1.912	0.056	
	<6 weeks	Ayo 2016_E	0.596	0.229	0.052	0.148	1.044	2.610	0.009	
	<6 weeks	Lee 2015_6weeks_MovQue	0.395	0.396	0.157	-0.381	1.171	0.998	0.318	
	<6 weeks	Lee 2008_5weeks_LSU	0.650	0.484	0.234	-0.298	1.598	1.343	0.179	
	<6 weeks	Lee 2008_11weeks_LSU	0.654	0.484	0.234	-0.294	1.603	1.352	0.176	
	<6 weeks	Pandey 2011_4weeks_left	2.371	0.615	0.378	1.166	3.577	3.855	0.000	
	<6 weeks	Pandey 2011_follow_left	2.407	0.619	0.383	1.193	3.620	3.888	0.000	
	<6 weeks	Pandey 2011_4weeks_right	3.185	0.710	0.504	1.794	4.577	4.486	0.000	
	<6 weeks	Pandey 2011_follow_right	3.556	0.757	0.574	2.072	5.041	4.696	0.000	
	<6 weeks	Salem 2009_5weeks_TUG	0.361	0.638	0.407	-0.889	1.611	0.566	0.571	
Fixed	<6 weeks		0.654	0.091	0.008	0.475	0.834	7.154	0.000	
Random	<6 weeks		0.745	0.171	0.029	0.410	1.080	4.354	0.000	
	7-12 weeks	Scholtes 2010_12weeks	0.000	0.289	0.083	-0.566	0.566	0.000	1.000	
	7-12 weeks	Scholtes 2010_18weeks	0.039	0.289	0.083	-0.527	0.605	0.134	0.893	
	7-12 weeks	Engsberg 2006_12weeks_GMFM	0.111	0.409	0.167	-0.689	0.912	0.273	0.785	
	7-12 weeks	Fowler 2010_12weeks_GMFM	0.576	0.278	0.077	0.031	1.120	2.072	0.038	
	7-12 weeks	Unnithan 2007_12weeks_GMFM	0.201	0.536	0.287	-0.849	1.251	0.375	0.708	
	7-12 weeks	Scholtes 2010_12weeks_MobQue	-0.040	0.298	0.089	-0.624	0.545	-0.133	0.894	
	7-12 weeks	Scholtes 2010_18weeks_MobQue	0.072	0.305	0.093	-0.526	0.671	0.237	0.812	
	7-12 weeks	Scholtes 2010_6weeks_LSU	-0.101	0.292	0.085	-0.674	0.471	-0.347	0.729	
	7-12 weeks	Scholtes 2010_12weeks_LSU	0.305	0.293	0.086	-0.271	0.880	1.038	0.299	
	7-12 weeks	Scholtes 2010_18weeks_LSU	0.429	0.295	0.087	-0.149	1.008	1.454	0.146	
	7-12 weeks	Lee 2014_8weeks_TUG	0.483	0.398	0.158	-0.297	1.263	1.213	0.225	
	7-12 weeks	Peungsuwan 2017	0.170	0.501	0.251	-0.811	1.152	0.340	0.734	
Fixed	7-12 weeks		0.182	0.094	0.009	-0.002	0.366	1.936	0.053	
Random	7-12 weeks		0.182	0.094	0.009	-0.002	0.366	1.936	0.053	
Fixed	Overall		0.424	0.066	0.004	0.296	0.553	6.474	0.000	
Random	Overall		0.312	0.082	0.007	0.151	0.473	3.792	0.000	

Meta Analysis

Figure S1. Pre-post intra-group difference in the intervened group with resistance therapy. Analysis of subgroups according to the complete duration of the therapy. All measurements and follow-ups.

Meta Analysis

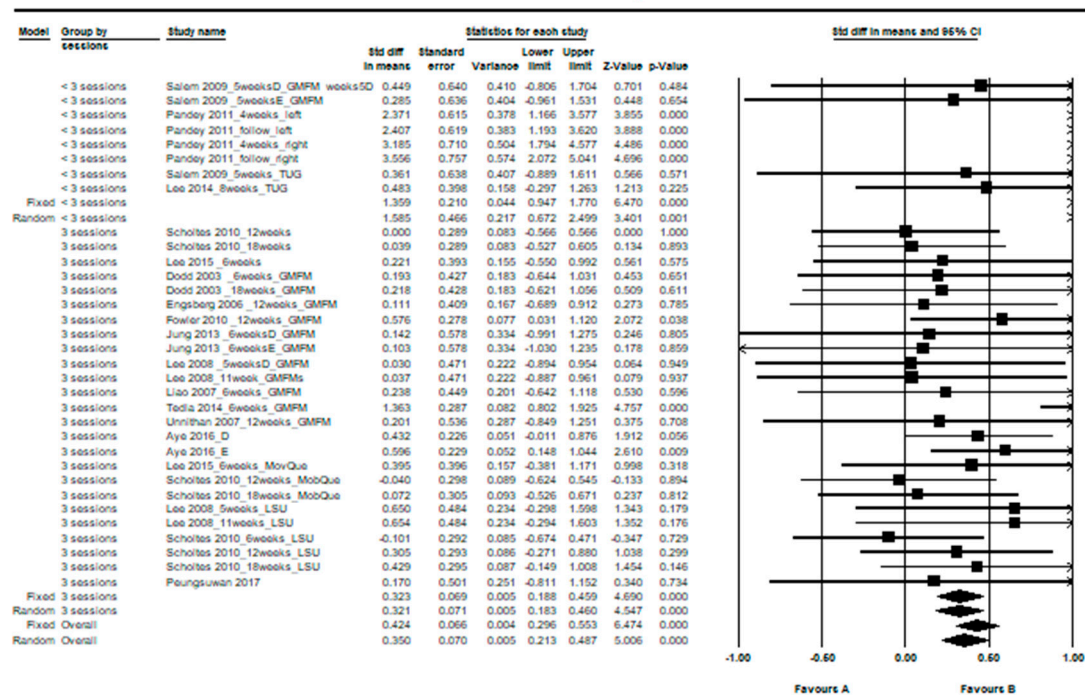| Model	Group by sessions	Study name	Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value	Std diff in means and 95% CI
	< 3 sessions	Salem 2009_5weeksD_GMFM_weeks5D	0.449	0.640	0.410	-0.806	1.704	0.701	0.484	
	< 3 sessions	Salem 2009_5weeksE_GMFM	0.285	0.636	0.404	-0.961	1.531	0.448	0.654	
	< 3 sessions	Pandey 2011_4weeks_left	2.371	0.615	0.378	1.166	3.577	3.855	0.000	
	< 3 sessions	Pandey 2011_follow_left	2.407	0.619	0.383	1.193	3.620	3.888	0.000	
	< 3 sessions	Pandey 2011_4weeks_right	3.185	0.710	0.504	1.794	4.577	4.486	0.000	
	< 3 sessions	Pandey 2011_follow_right	3.556	0.757	0.574	2.072	5.041	4.696	0.000	
	< 3 sessions	Salem 2009_5weeks_TUG	0.361	0.638	0.407	-0.889	1.611	0.566	0.571	
	< 3 sessions	Lee 2014_8weeks_TUG	0.483	0.398	0.158	-0.297	1.263	1.213	0.225	
Fixed	< 3 sessions		1.359	0.210	0.044	0.947	1.770	6.470	0.000	
Random	< 3 sessions		1.585	0.466	0.217	0.672	2.499	3.401	0.001	
	3 sessions	Scholtes 2010_12weeks	0.000	0.289	0.083	-0.566	0.566	0.000	1.000	
	3 sessions	Scholtes 2010_18weeks	0.039	0.289	0.083	-0.527	0.605	0.134	0.893	
	3 sessions	Lee 2015_6weeks	0.221	0.393	0.155	-0.550	0.992	0.561	0.575	
	3 sessions	Dodd 2003_6weeks_GMFM	0.193	0.427	0.183	-0.644	1.031	0.453	0.651	
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	3 sessions	Scholtes 2010_18weeks_LSU	0.429	0.295	0.087	-0.149	1.008	1.454	0.146	
	3 sessions	Peungsuwan 2017	0.170	0.501	0.251	-0.811	1.152	0.340	0.734	
Fixed	3 sessions		0.323	0.069	0.005	0.188	0.459	4.690	0.000	
Random	3 sessions		0.321	0.071	0.005	0.183	0.460	4.547	0.000	
Fixed	Overall		0.424	0.066	0.004	0.296	0.553	6.474	0.000	
Random	Overall		0.350	0.070	0.005	0.213	0.487	5.006	0.000	

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Favours A　　　　　　Favours B

Meta Analysis

Figure S2. Pre-post intra-group difference in the intervened group with resistance therapy. Analysis of subgroups according to the number of sessions. All measurements and follow-ups.

Meta Analysis

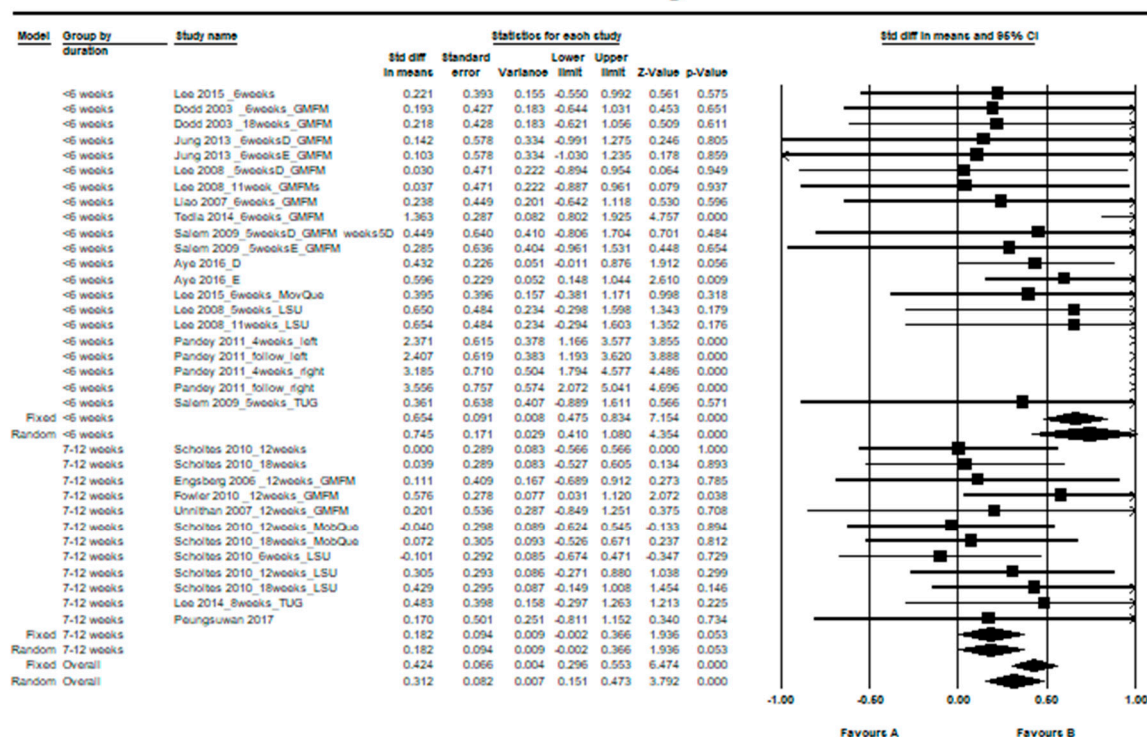| Model	Group by duration	Study name	Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value	Std diff in means and 95% CI
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	<6 weeks	Pandey 2011_4weeks_left	2.371	0.615	0.378	1.166	3.577	3.855	0.000	
	<6 weeks	Pandey 2011_follow_left	2.407	0.619	0.383	1.193	3.620	3.888	0.000	
	<6 weeks	Pandey 2011_4weeks_right	3.185	0.710	0.504	1.794	4.577	4.486	0.000	
	<6 weeks	Pandey 2011_follow_right	3.556	0.757	0.574	2.072	5.041	4.696	0.000	
	<6 weeks	Salem 2009_5weeks_TUG	0.361	0.638	0.407	-0.889	1.611	0.566	0.571	
Fixed	<6 weeks		0.654	0.091	0.008	0.475	0.834	7.154	0.000	
Random	<6 weeks		0.745	0.171	0.029	0.410	1.080	4.354	0.000	
	7-12 weeks	Scholtes 2010_12weeks	0.000	0.289	0.083	-0.566	0.566	0.000	1.000	
	7-12 weeks	Scholtes 2010_18weeks	0.039	0.289	0.083	-0.527	0.605	0.134	0.893	
	7-12 weeks	Engsberg 2006 _12weeks_GMFM	0.111	0.409	0.167	-0.689	0.912	0.273	0.785	
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	7-12 weeks	Scholtes 2010_6weeks_LSU	-0.101	0.292	0.085	-0.674	0.471	-0.347	0.729	
	7-12 weeks	Scholtes 2010_12weeks_LSU	0.305	0.293	0.086	-0.271	0.880	1.038	0.299	
	7-12 weeks	Scholtes 2010_18weeks_LSU	0.429	0.295	0.087	-0.149	1.008	1.454	0.146	
	7-12 weeks	Lee 2014_8weeks_TUG	0.483	0.398	0.158	-0.297	1.263	1.213	0.225	
	7-12 weeks	Peungsuwan 2017	0.170	0.501	0.251	-0.811	1.152	0.340	0.734	
Fixed	7-12 weeks		0.182	0.094	0.009	-0.002	0.366	1.936	0.053	
Random	7-12 weeks		0.182	0.094	0.009	-0.002	0.366	1.936	0.053	
Fixed	Overall		0.424	0.066	0.004	0.296	0.553	6.474	0.000	
Random	Overall		0.312	0.082	0.007	0.151	0.473	3.792	0.000	

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Favours A   Favours B
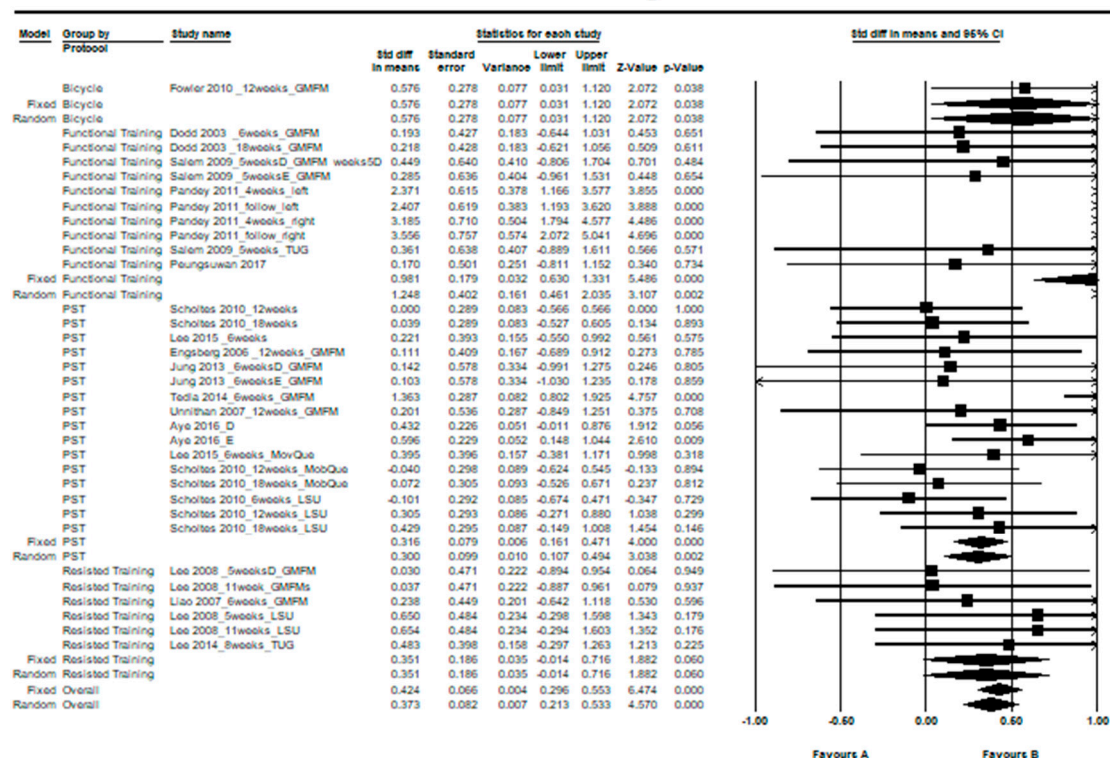
Meta Analysis

Figure S3. Pre-post intra-group difference in the intervened group with resistance therapy. Analysis of subgroups according to the duration of the session. All measurements and follow-ups.
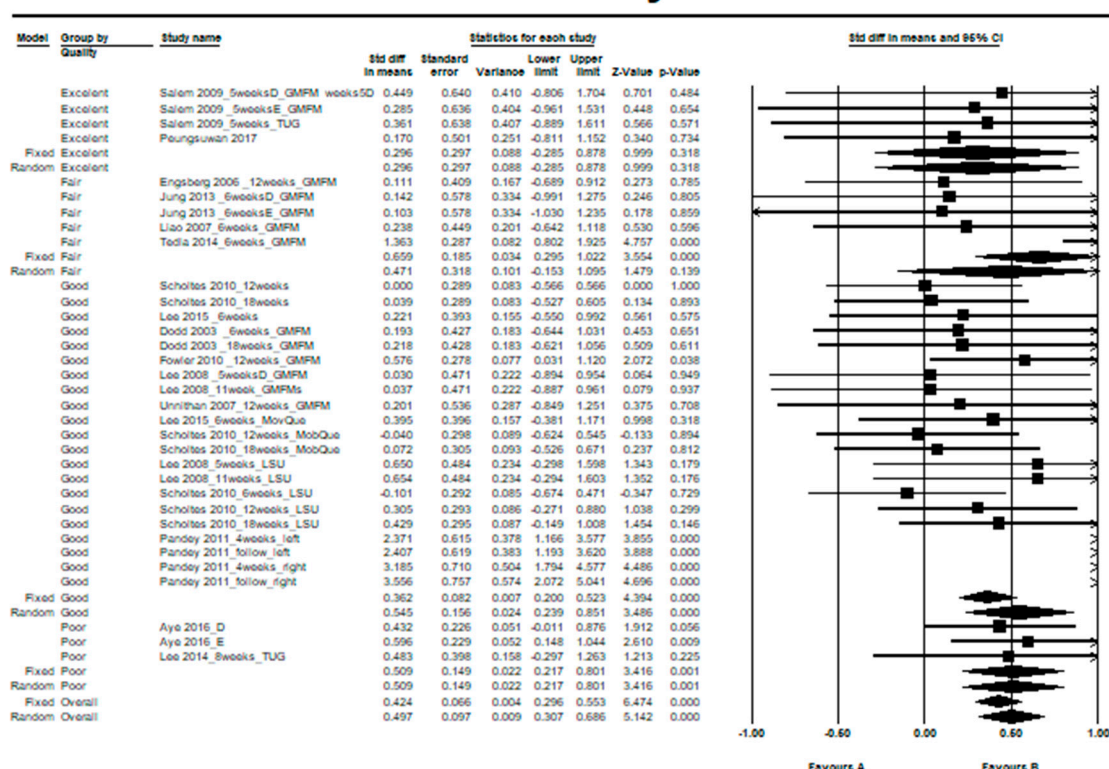
Meta Analysis

Model	Group by Protocol	Study name	Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
	Bicycle	Fowler 2010_12weeks_GMFM	0.576	0.278	0.077	0.031	1.120	2.072	0.038
Fixed	Bicycle		0.576	0.278	0.077	0.031	1.120	2.072	0.038
Random	Bicycle		0.576	0.278	0.077	0.031	1.120	2.072	0.038
	Functional Training	Dodd 2003_6weeks_GMFM	0.193	0.427	0.183	-0.644	1.031	0.453	0.651
	Functional Training	Dodd 2003_18weeks_GMFM	0.218	0.428	0.183	-0.621	1.056	0.509	0.611
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	Functional Training	Salem 2009_5weeks_TUG	0.361	0.638	0.407	-0.889	1.611	0.566	0.571
	Functional Training	Peungsuwan 2017	0.170	0.501	0.251	-0.811	1.152	0.340	0.734
Fixed	Functional Training		0.981	0.179	0.032	0.630	1.331	5.486	0.000
Random	Functional Training		1.248	0.402	0.161	0.461	2.035	3.107	0.002
	PST	Scholtes 2010_12weeks	0.000	0.289	0.083	-0.566	0.566	0.000	1.000
	PST	Scholtes 2010_18weeks	0.039	0.289	0.083	-0.527	0.605	0.134	0.893
	PST	Lee 2015_6weeks	0.221	0.393	0.155	-0.550	0.992	0.561	0.575
	PST	Engsberg 2006_12weeks_GMFM	0.111	0.409	0.167	-0.689	0.912	0.273	0.785
	PST	Jung 2013_6weeksD_GMFM	0.142	0.578	0.334	-0.991	1.275	0.246	0.805
	PST	Jung 2013_6weeksE_GMFM	0.103	0.578	0.334	-1.030	1.235	0.178	0.859
	PST	Tedla 2014_6weeks_GMFM	1.363	0.287	0.082	0.802	1.925	4.757	0.000
	PST	Unnithan 2007_12weeks_GMFM	0.201	0.536	0.287	-0.849	1.251	0.375	0.708
	PST	Aye 2016_D	0.432	0.226	0.051	-0.011	0.876	1.912	0.056
	PST	Aye 2016_E	0.596	0.229	0.052	0.148	1.044	2.610	0.009
	PST	Lee 2015_6weeks_MovQue	0.395	0.396	0.157	-0.381	1.171	0.998	0.318
	PST	Scholtes 2010_12weeks_MobQue	-0.040	0.298	0.089	-0.624	0.545	-0.133	0.894
	PST	Scholtes 2010_18weeks_MobQue	0.072	0.305	0.093	-0.526	0.671	0.237	0.812
	PST	Scholtes 2010_6weeks_LSU	-0.101	0.292	0.085	-0.674	0.471	-0.347	0.729
	PST	Scholtes 2010_12weeks_LSU	0.305	0.293	0.086	-0.271	0.880	1.038	0.299
	PST	Scholtes 2010_18weeks_LSU	0.429	0.295	0.087	-0.149	1.008	1.454	0.146
Fixed	PST		0.316	0.079	0.006	0.161	0.471	4.000	0.000
Random	PST		0.300	0.099	0.010	0.107	0.494	3.038	0.002
	Resisted Training	Lee 2008_5weeksD_GMFM	0.030	0.471	0.222	-0.894	0.954	0.064	0.949
	Resisted Training	Lee 2008_11week_GMFMs	0.037	0.471	0.222	-0.887	0.961	0.079	0.937
	Resisted Training	Liao 2007_6weeks_GMFM	0.238	0.449	0.201	-0.642	1.118	0.530	0.596
	Resisted Training	Lee 2008_5weeks_LSU	0.650	0.484	0.234	-0.298	1.598	1.343	0.179
	Resisted Training	Lee 2008_11weeks_LSU	0.654	0.484	0.234	-0.294	1.603	1.352	0.176
	Resisted Training	Lee 2014_8weeks_TUG	0.483	0.398	0.158	-0.297	1.263	1.213	0.225
Fixed	Resisted Training		0.351	0.186	0.035	-0.014	0.716	1.882	0.060
Random	Resisted Training		0.351	0.186	0.035	-0.014	0.716	1.882	0.060
Fixed	Overall		0.424	0.066	0.004	0.296	0.553	6.474	0.000
Random	Overall		0.373	0.082	0.007	0.213	0.533	4.570	0.000

Meta Analysis

Figure S4. Pre-post intra-group difference in the intervened group with resistance therapy. Analysis of subgroups according to the the intervention protocol. All measurements and follow-ups.
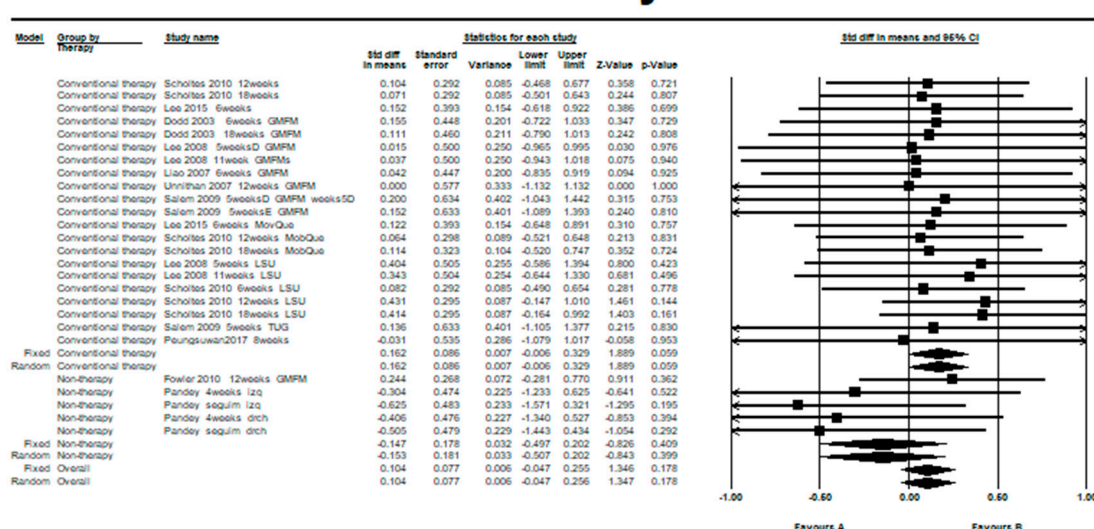
Meta Analysis

Meta Analysis

Figure S5. Pre-post intra-group difference in the intervened group with resistance therapy. Analysis of subgroups according to the methodological quality. All measurements and follow-ups.

Meta Analysis

Meta Analysis

Figure S6. Pre-post intra-group difference in the control group. Analysis of subgroups according to the therapy used. All measurements and follow-ups.