

## Online Supplementary Material 1. Search Strategy

*Databases:* PubMed, CINAHL, EMBASE, PEDro, ScienceDirect, Cochrane Library

1. blood flow restriction
2. ischemic training
3. kaatsu
4. occlusion training
5. vascular occlusion
6. vascular restriction
7. 1 or 2 or 3 or 4 or 5 or 6
8. pain threshold
9. 7 and 8

*MeSH Terms*

1. BFR Therapy
2. BFR Therapies
3. Therapy, BFR
4. Blood Flow Restriction Training
5. Blood Flow Restriction Exercise
6. 1 or 2 or 3 or 4 or 5
7. Sensory threshold
8. 6 and 7