

**Supplementary Table S1.** Characteristics of excluded studies assessed in full-text.

| <i><b>Study</b></i>          | <i><b>Reason for exclusion</b></i>   |
|------------------------------|--------------------------------------|
| Bloom et al., 2013           | Abstract                             |
| Dieli-Conwright et al., 2018 | Not relevant bone biomarkers         |
| Dobek et al.,                | Not RCT                              |
| Foulkers et al., 2020        | Study protocol                       |
| Knobf et al., 2016           | No homogeneous sample of BC patients |
| Liu et al., 2022             | Not RCT                              |
| Love et al., 1994            | No rehabilitation intervention       |
| NCT03712813                  | Study protocol                       |
| Nikander et al., 2007        | Not relevant bone biomarkers         |
| Nikander et al., 2012        | Not relevant bone biomarkers         |
| Rogers et al., 2009          | Not relevant bone biomarkers         |
| Saarto et al., 2011          | Not relevant bone biomarkers         |
| Swenson et al., 2009         | Abstract                             |
| Tabatabai et al., 2016       | Not RCT                              |
| Thomas et al., 2016          | Not relevant bone biomarkers         |
| Toriola et al., 2015         | Not RCT                              |
| Uth et al., 2021             | Not relevant bone biomarkers         |
| Vehmanen et al., 2021        | Not relevant bone biomarkers         |
| Winters-stone et al., 2012   | Not RCT                              |