Additional file 3: Table S2 Rating of risk of bias in individual studies

a: Aerobic exercise only (n=18)

	Study ID	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
sub-acute stroke survivors	Barbeau (2003) [29]	?	?	?	+	-	+
	Kosak (2000) [30]	?	?	?	?	-	+
	Visintin (1998) [31]	?	?	?	+	-	+
both	Mayo (2013) [45]	+	+	-	+	-	+
	Dean (2012) [42]	+	+	-	+	+	+
chronic stroke survivors	Bang (2013) [40]	+	+	+	+	+	+
	Carda (2013) [41]	+	+	-	-	+	+
	Jin (2013) [43]	?	+	?	?	?	+
	Tang (2013) [46]	+	+	?	+	+	+
	Globas (2012) [32]	+	+	?	+	+	+
	Jin (2012) [44]	?	+	?	?	?	+
	Moore (2010) [33]	+	+	?	?	-	+
	Quaney (2009) [34]	?	?	?	+	+	+
	Lennon (2008) [35]	+	+	?	+	+	+
	Luft (2008) [36]	+	?	?	+	-	+
	Macko (2005) [37]	+	?	?	-	-	+
	Peurala (2005) [38]	+	+	?	?	-	+
	Potempa (1995) [39]	?	?	?	?	?	+

Additional file 3: Table S2 Rating of risk of bias in individual studies

b: Resistance exercise only (n=8)

	Study ID	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
chronic stroke survivors	Clark (2013) [52]	?	?	?	+	+	+
	Lee (2013) [53]	-	?	?	?	?	+
	Waldman (2013) [54]	-	?	?	?	+	+
	Flansbjer (2008) [47]	?	?	-	-	+	+
	Yang (2006) [48]	+	+	?	+	+	+
	Ouellette (2004) [49]	?	?	?	+	+	+
	Kim (2001) [50]	?	+	?	+	+	+
	Dean (2000) [51]	+	+	?	?	-	+

Additional file 3: Table S2 Rating of risk of bias in individual studies

c: Aerobic and resistance exercises (n=11)

	Study ID	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
sub-acute stroke survivors	Duncan (2003) [55]	+	?	?	+	+	+
	Duncan (1998) [56]	+	+	?	?	+	+
both	Salbach (2004) [57]	+	+	?	+	+	+
chronic stroke survivors	Lee (2010) [58]	+	?	?	-	-	+
	Lee (2008) [59]	+	?	?	-	+	+
	Pang (2008) [60]	+	?	?	+	-	+
	Mead (2007) [61]	+	+	-	+	+	+
	Olney (2006) [62]	+	+	?	-	+	+
	Pang (2005) [63]	+	+	-	+	+	+
	Carr (2003) [64]	?	?	?	?	-	+
	Teixeira-Salmela (1999) [65]	?	?	?	?	+	+

Legend:

+	Low risk
-	High risk
?	Unclear risk

Additional file 3: Table S2 Rating of risk of bias in individual studies