

Four databases searched

(PubMed, N=245; Sport Discus, N=752; Physical Education Index, N=219; Embase, N=36)

Potential abstracts identified and screened (n=1252)

Non-RCTs excluded (n=1224)

All full article exercise RCTs reviewed to prevent bone loss (n=28)

Full article RCTs excluded according to criteria (n=17)

Full article exercise RCTs to improve or maintain bone strength included for the meta-analysis (n=11)

RCTs excluded from the quantitative meta-analysis as a duplicate data (n=1)

RCTs analysed for the meta-analysis (n=10)

RCTs excluded from the quantitative meta-analysis because follow-up values were not reported (n=1)

RCTs quantitatively analysed for the meta-analysis (n=9)