

Article title: The effect of acute physical exercise on NK-cell cytolytic activity: A systematic review and meta-analysis

Journal: Sports Medicine

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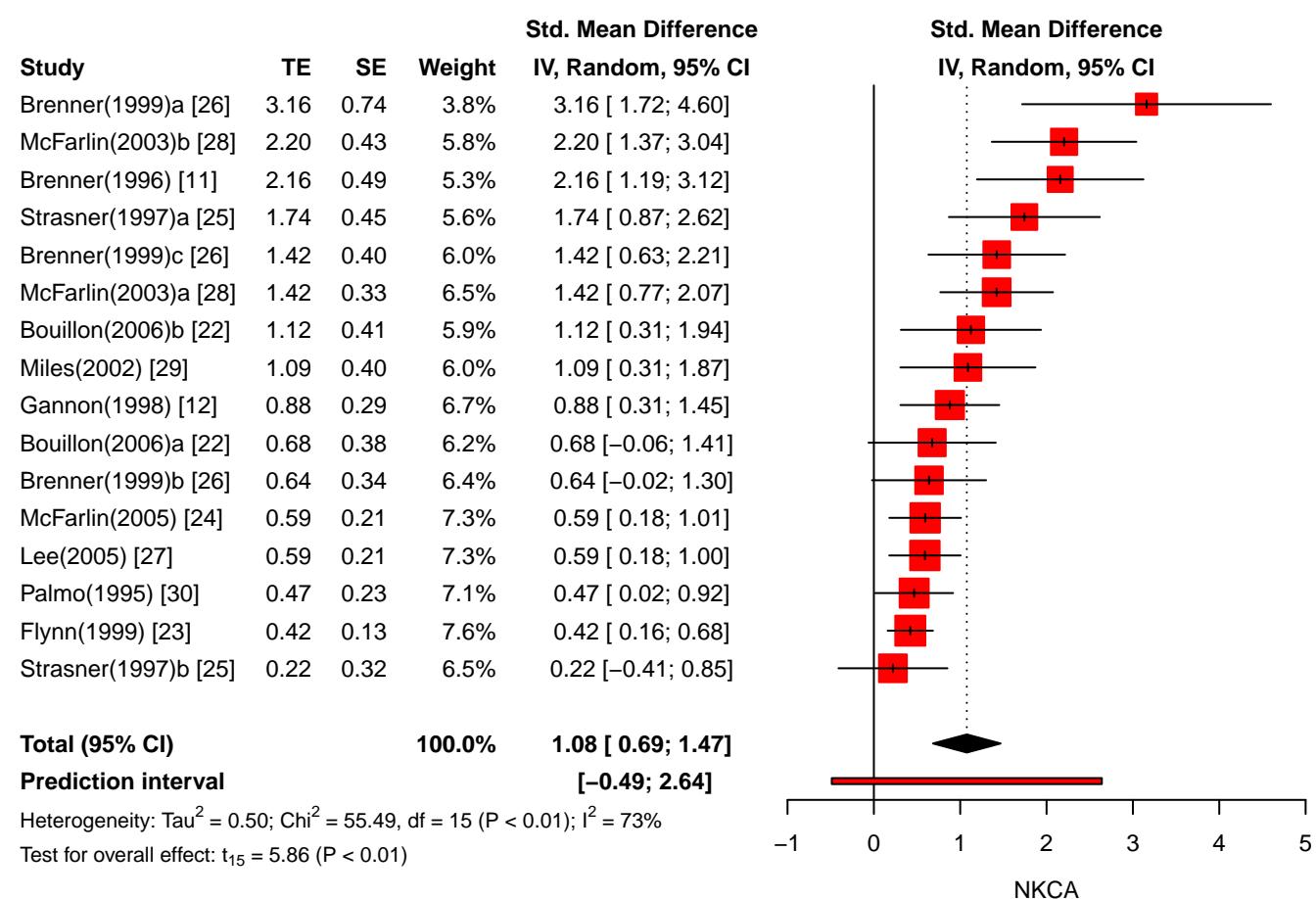
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Electronic Supplementary Material (ESM)

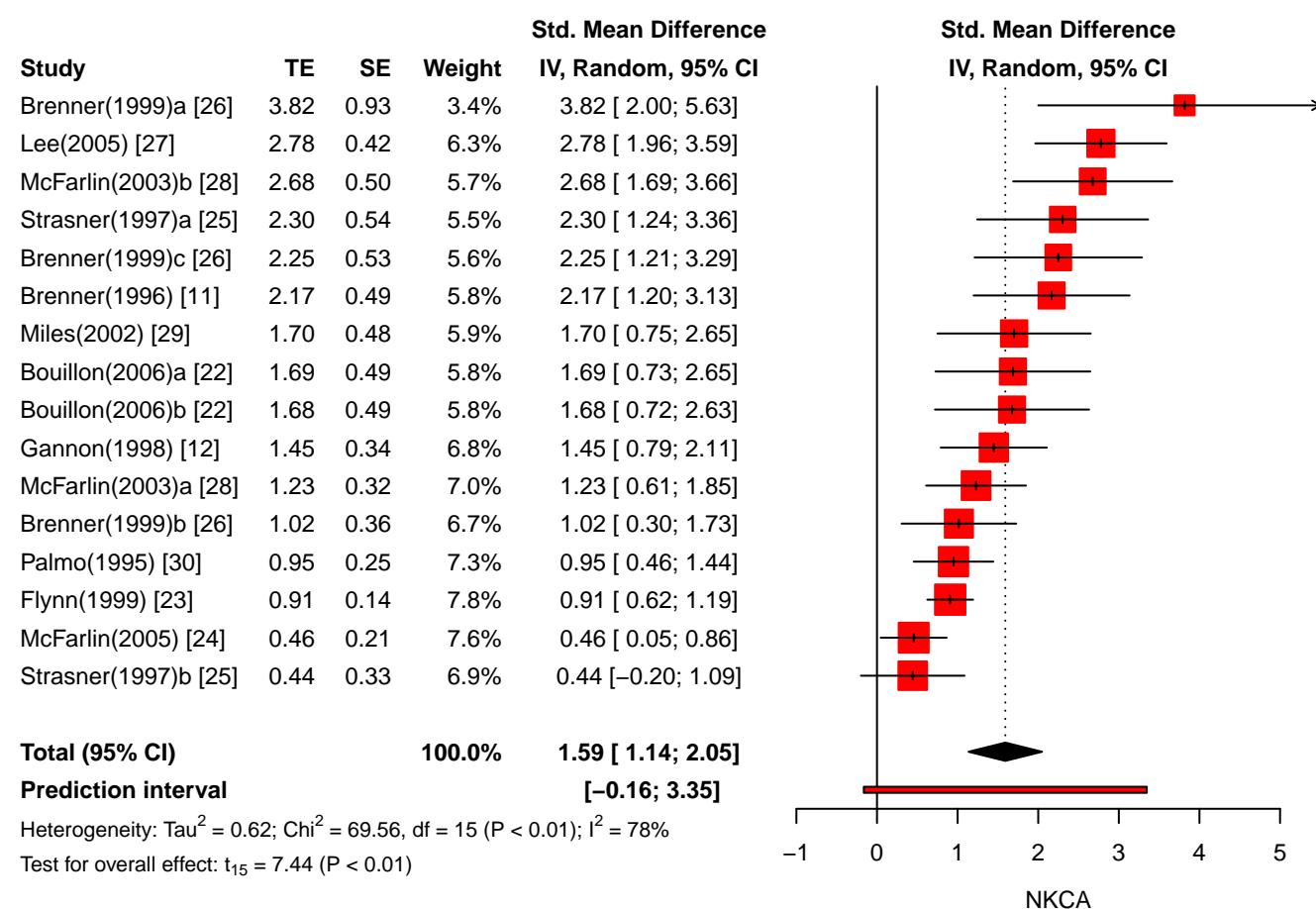
ESM Table A. PEDro scale

Study	Eligibility criteria	Random allocation	Concealed allocation	Similar at baseline	Subjects blinded	Therapists blinded	Assessors blinded	>85% follow-up	intention-to-treat analysis	Between-group comparisons	Point and variability measures	Total PEDro score
Bouillon (2006) [22]	1	1	0	1	n/a	n/a	0	1	1	1	1	6
Flynn (1999) [23]	1	1	0	1	n/a	n/a	0	1	1	1	1	6
Gannon (1998) [12]	1	1	0	1	n/a	n/a	0	1	1	1	1	6
Lee (2005) [27]	1	1	0	1	n/a	n/a	0	1	1	1	1	6
Moyna (1996) [31]	1	1	0	1	n/a	n/a	0	1	1	1	1	6
Strasner (1997) [25]	1	1	0	1	n/a	n/a	0	1	1	1	1	6
McFarlin (2003) [28]	1	0	0	1	n/a	n/a	0	1	1	1	1	5
Palmo (1995) [30]	1	0	0	1	n/a	n/a	0	1	1	1	1	5
Brenner (1999) [26]	1	1	0	1	n/a	n/a	0	1	1	1	1	6
Brenner (1996) [11]	1	1	0	1	n/a	n/a	0	1	1	1	1	6
McFarlin (2003) [28]	1	1	0	1	n/a	n/a	0	1	1	1	1	6
Miles (2002) [29]	1	1	1	1	n/a	n/a	0	1	1	1	1	7

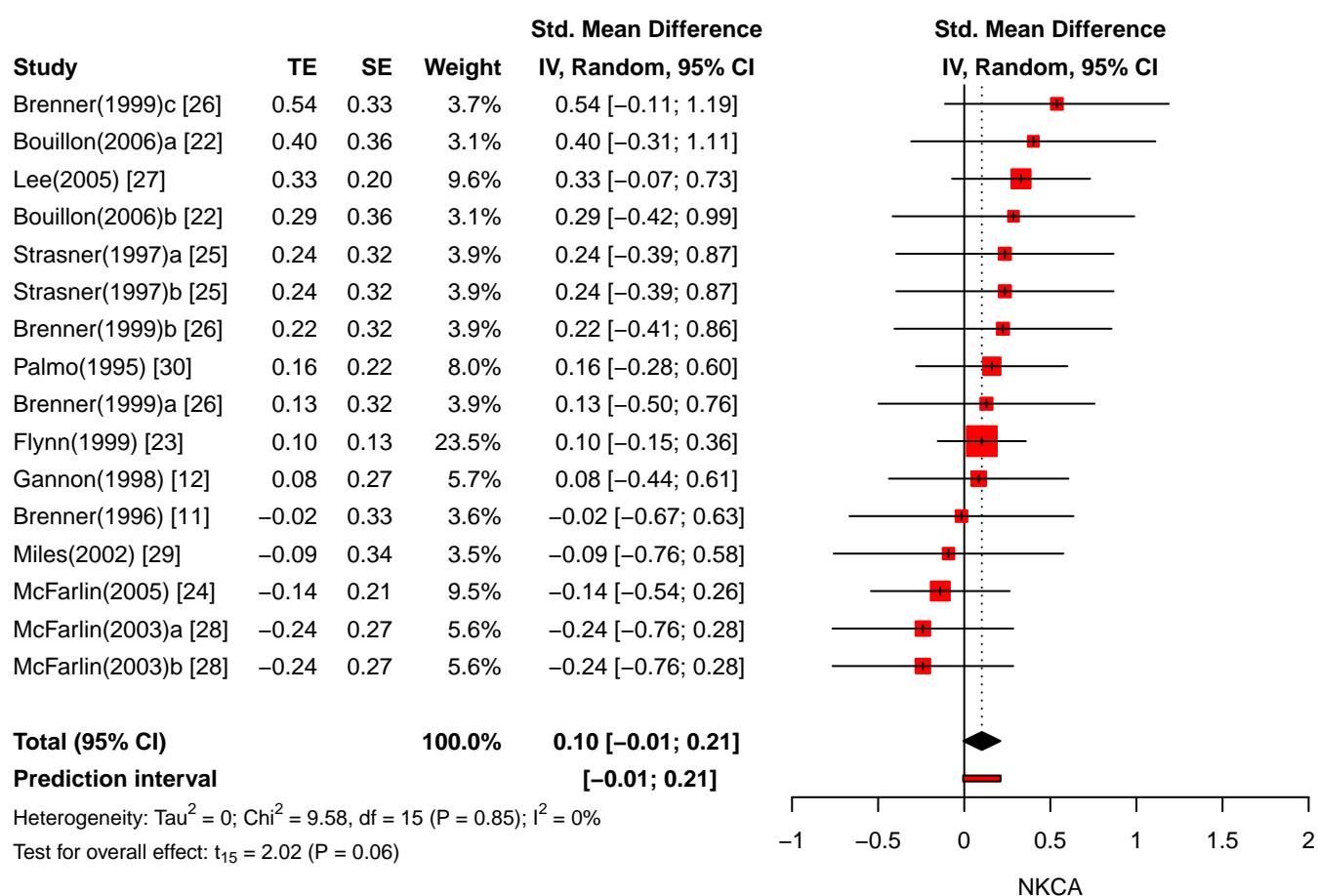
Criteria (2-11) were used to calculate the total PEDro score. Each criterion was scored as either 1 or 0 according to whether the criteria was met or not. n/a = not applicable



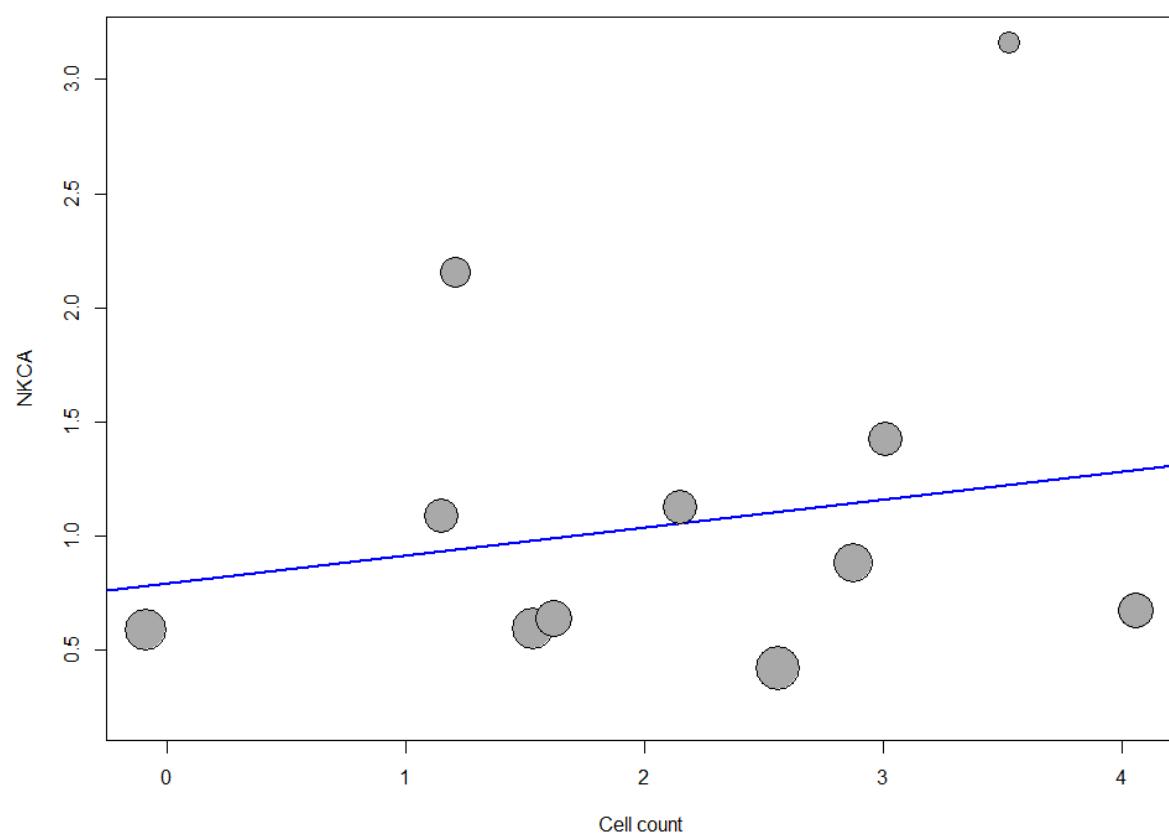
ESM Figure A. Forest plot of NKCA results (exercise versus control group) immediately after physical exercise (pre versus post) without outliers



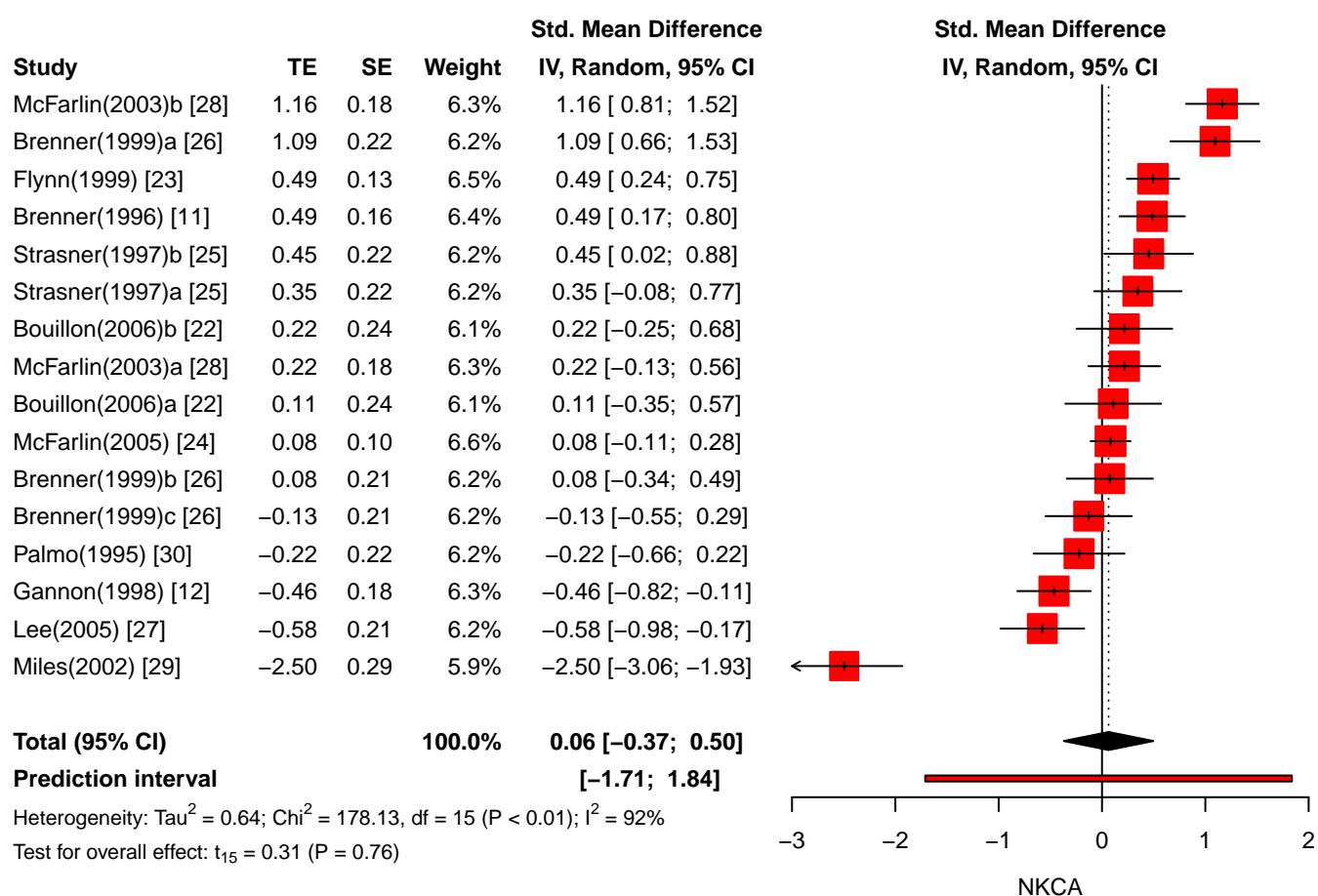
ESM Figure B. Forest plot of NKCA results in the exercise groups immediately after physical exercise (pre versus post)



ESM Figure C. Forest plot of NKCA results in the control groups immediately after physical exercise (pre versus post)



ESM Figure D. Bubble plot of meta-regression results immediately after physical exercise (pre versus post)



ESM Figure E. Forest plot of NKCA results in the exercise groups after the recovery period (pre versus recovery)