

GRADE Table

Outcome: Symptomes scale (PCSS 0 – 132 (0=no symptoms))

Treatment: Aerobic exercise vs control

Quality assessment (outcome: symptoms scale)							Summary of findings				
No of studies	Design	Limitations	Inconsistency	Indirectness (generalizability) (PICO)	Imprecision (sparce data; group size)	Other considerations	No of patients		Effect		Quality
							intervention	control	Relative (SMD95% CI) Absolute (MD95%CI)	Absolute benefit	
mTBI - Cardiovascular vs rest											
Bailey 2019	rct	Low RB (A)	$I^2=0%$, $P=0.77$ (A)	Mix of acute and subacute/chronic mTBI and mixed type of intervention (-2)	A	A	7	9	Pooled SMD: -0.44 [-0.68, -0.19]	I: 23.3 C: 19.7	Low
Chan 2018							10	9		I: 26,5 C: 16,6	
Kurowski 2017							12	14		I: 33.2 C: 24.4	
Leddy 2019							52	51		I: 29.8 C: 27.3	
Micay 2018							8	7		I: 27.7 C: 10.4	
Thomas 2015							43	45		I: 20 C: 16.5	
Acute mTBI – Cardiovascular vs rest											
Leddy 2019	rct	Low RB (A)	$I^2=0%$, $P=0.65$ (A)	mixed type of intervention (-1)	A	A	52	52	Pooled SMD: -0.43 [-0.71, -0.15]	I: 29.8 C: 27.3	Moderate
Micay 2018							8	7		I: 27.7 C: 10.4	

Thomas 2015							43	45		I: 29.8 C: 27.3	
Chronic mTBI - Cardiovascular vs rest											
Bailey 2019	rct	high RB (-1)	I ² =0%, P=0.43 (A)	A	N too small and large CI (-2)	A	7	9	Pooled SMD: -0.46 [-0.98, 0.05]	I: 23.3 C: 19.7	Very low
Chan 2018							10	9		I: 26,5 C: 16,6	
Kurowski 2017							12	14		I: 33.2 C: 24.4	

PCSS=Post Concussion Symptoms Scale, mTBI=mild traumatic brain injury, Level of evidence: High – moderate – low – very low, PICO:
Population – Intervention – Comparaison – Outcome, N=number of subjects, rct=randomized controlled trial, SMD=Standardized mean
difference, CI=Confident Interval, I=Intervention, C=Comparison, MD=Mean difference.