Table H-10. Strength of evidence for Key Question 2: muscle strength exercise for spinal cord injury

| **Intervention**  **Category,**  **Intervention** | **Comparator** | **Outcome** | **Number of Studies (Participants)**  **Author Year**  **(See Appendix B for Full Citation)** | **Study Limitations** | **Consistency** | **Precision** | **Reporting Bias** | **Strength of Evidence** | **Findings, Direction and Magnitude of Effect** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Strength Interventions**  Muscle Strength Exercise | *Usual care* | Quality of Life  *Immediately Post-treatment* | **SF-36**  1 (N=98)  Chen, 2016 | Moderate | Unknown | Imprecise | Undetected | Insufficient | **SF-36 subscales**  **Physical function (0-100)**  difference 26.7, 95% CI 24.61 to 28.79  **Social function (0-100)**  difference 28.9, 95% CI 26.06 to 31.74  **Role emotional (0-100)**  difference 22.0, 95% CI 20.11 to 23.89  **Mental health (0-100)**  difference 21.0, 95% CI 19.10 to 22.90  **Body pain (0-100)**  difference 0.0, 95% CI –2.74 to 2.74 |

Abbreviations: CI = confidence interval;NA = not applicable; RCT = randomized controlled trial; SCI = spinal cord injury; SF-36 = Short-Form 36 questionnaire