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