Additional file 2.

Overview characteristics included articles

Author	N	Age (range, mean, SD)[1]	Gender	Exclusion	Inclusion	Follow up in months	Included instrument[2]
Alexandre et al., 2012 [30]	60	≥60 (60-82)	29 men/ 31 women	PD, history of transitory ischemic attack, stroke, cognitive impairment, wheelchair, fall in the previous 6 months	n.a.	12 months	TUG test
Bizovska et al., 2018 [49]	131	≥60 (mean 70.8, SD 6.7)	23 men/ 108 women	Any injury or surgery on the musculoskeletal system during the last two years before the baseline measurement	Aged ≥60; ii) no known neurological or musculoskeletal problem that may affect gait or balance abilities; iii) ability to stand and walk without any assistance and assisting device	12 months	POMA-B POMA-G
Bongers et al., 2015 [44]	352	≥70 (mean 76.2 (SD 4.3)	all women	too ill to be screened by GP, currently receiving treatment from geriatrician or received comprehensive geriatric assessment in past 3 months	n.a.	12 months	Gait speed test (4m)
Bongue et al., 2011 [31]	1759	≥65 (65-95, 70.7 (SD 4.6))	862 men/ 897 women	neurological disease, cognitive impairment, unable to understand French or follow simple commands	n.a.	12 months	TUG test
Chow et al., 2019 [43]	192	≥65 (mean: 74.4)	81 men/ 111 women	n.a.	aged ≥65, being discharged from the ED, English speaking, had capacity to give consent, and personally identified a risk factor for falling (if a patient reported that they had either fallen in the last year, worried about falling, or admitted that they felt unsteady when standing or walking)	6 months	TUG test
Coll-Planas et al., 2006 [52]	192 (268 with 76 drop-outs)	≥65 (89 >83 years, 103 ≤83 years)	34 men/ 158 women	living in nursing home	Community dwelling elderly aged ≥65	12 months	Fall history
Ersoy et al., 2009 [48]	125	≥50 (50-79, 61.4 (SD 7.9)	all women	unable to walk without assistance or aids	postmenopausal community dwelling women aged 50+	6 months	BBS

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Faber et al., 2006 [50]	72 (total 245)	84.9 (SD 6.0) (of total 245)	14 men/ 58 women	in ability to walk 6m with(out) aids, capacity to understand instructions, medical contraindications to participate, cognitive impairment	n.a.	10 months	POMA-B POMA-G
Gerdhem et al., 2005 [53]	984	75 (75.01-75.99)	all women	n.a.	community dwelling women aged 75 in Malmö	12 months	Fall history
Hofheinz et al., 2016 [32]	120	≥60 (60-87, 72.2 (SD 6.8)	26 men/ 94 women	cognitive limitations, neurological or musculoskeletal diagnose	able to walk 10m with(out) aid, able to understand instructions, able to carry glass in one hand	12 months	TUG test
Kang et al., 2017 [34]	541	≥60 (67.4 (SD 5.6))	234 men/ 307 women	Inability to perform the basic activities of daily living and thus could not complete performance-based assessments; visual impairments; current use of drugs (psychotropic drugs, cardiovascular drugs, hypoglycemic agents, non-steroidal anti-infammatory drugs, analgesics, dopaminergic drugs, PD's drugs or more than four kinds of complex drugs).	Aged ≥60 years and joined the China's national free physical examination programs	12 months	TUG test Gait speed test (4m)
Kang et al., 2018 [33]	619	≥60 (60-86, 67.4 (SD 5.6))	262 men/ 357 women	Severe functional impairment, current use of sedative drugs, antiepileptic drugs ans so on, refusal to participate in the follow-up of this study	Aged ≥60, who joined the free physical examination program	12 months	TUG test
Kojima et al., 2015 [35]	259	≥65 (72.6 (SD 5.9)	95 men/ 164 women	≥3 falls in past year, unstable medical conditions, already exercising 150min/week	aged ≥65 able to walk independently and participate in group exercise	6 months (24 weeks)	TUG test
Lin et al., 2004 [36]	1200	≥65 (73.4 (SD=NR)	709 men/ 491 women	NR	NR	12 months	TUG test FR test
Lindeman et al., 2008 [54]	65	≥65 (67.7 (SD 6.0))	33 men/ 32 women	use of walking aid, self-reported neurological disorders, or spinal or lower extremity joint pain interacting with stepping performance, inability to come to the research department without help, cognitive impairment	community dwelling elderly aged ≥65	12 months	Fall history

Study	N	Age	Sex	Exclusion criteria	Population	Follow-up	Outcome
Melzer et al., 2010 [37]	98	≥65 (65-91, 78.4 (SD 5.7))	26 men/ 72 women	serious visual impairment; inability to ambulate independently; cognitive impairment; severe focal muscle weakness or paralysis; severe peripheral or compression/entrapment neuropathies; symptomatic orthostatic hypotension, respiratory, cardiovascular, musculoskeletal or neurological disorders that might have interfered with participation in the exercise program; cancer, metastatic or under active treatment; and use of medication known to impair balance or strength.	n.a.	12 months	TUG test BBS
Muir et al., 2008 [47]	187	≥47 (47-90, 79.4 (SD 5.83))	122 men/ 65 women	n.a.	community dwelling veterans of WWII and the Korean War residing in 3 regions of southwestern Ontario	12 months	BBS
Murphy et al., 2003 [51]	50	≥60 (72.3 (SD 8.6))	13 men/ 37 women	no exclusion based on disease	community dwelling elderly aged ≥60	14 months	FR test
Nitz et al., 2013 [55]	449	≥40 (40-80, 59.3 (SD 10.6))	all women	n.a.	independently mobile and cognitively competent women from the electoral rool in North Brisbane Health district	108 months (9 year)	Fall history
Olsen Möller et al., 2012 [38]	153	≥65 (66-94, 81.5 (SD 6.3))	51 men/ 102 women	n.a.	Age ≥65, living in the municipality where the study was conducted; needing help with at least two activities of daily living (ADL); admitted to hospital at least twice or with at least four contracts with outpatient or primary healthcare during the previous 12 months; being able to communicate verbally and have not cognitive impairments (i.e. ≥25 MMSE)	12 months	TUG test

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Pai et al., 2010 [39]	13	≥65 (65-85, 72 (SD 5))	9 men/ 4 women	musculoskeletal, neurological, cognitive or other systemic disorders, osteopenic or osteoprotic, cognitive impairment, symptomatic postural hypotension	ambulatory community dwelling elderly	29-32 months	TUG test
Russell et al., 2008 [40]	344	≥60 (75.9 (SD 8.5)	106 men/ 238 women	n.a.	community dwelling elderly aged ≥60 presented to an ED as a result of a fall being directly discharged home following emergency care and able to walk independently	12 months	TUG test FR test
Tiedemann et al., 2010 [56]	362	≥74 (74-98, 80.25 (SD=4.5))	128 men/ 234 women	blindness, minimal English language skills, and cognitive impairment	community dwelling elderly aged 63-95 resided in Sydney, Australia	12 months	Fall history
Trueblood et al., 2001 [41]	180	≥60 (60-96, 77.9 (SD 7.26))	37 men/ 143 women	cognitive deficits, underlying neurological problems	aged ≥60, able to stand for 5 min. without aid, able to walk 40 feet at one time without aid.	6 months	TUG test POMA-B POMA-G
Tsutsumimoto et al., 2013 [45]	59	≥65 (Non-fallers 84.0 (SD 1.1) 85.5 (SD 1.4))	11 men/ 48 women	very severe cardiac, pulmonary, musculoskeletal, or neuropathological disorders associated with inability to step safely, cognitive impairment	community-dwelling older people receiving long-term care services aged ≥65, able to walk independently, and having adequate hearing and vision	12 months	Gait speed test (4m)
Verghese et al., 2002 [46]	59	≥65 (Nonfallers 79.7 (SD 6.6) Fallers 79.4 (SD 5.7))	25 men/ 34 women	severe visual loss interfering with completion of neuropsychological tests, non-English or non-Spanish speaking, institutionalization, healthy enough to make a clinic visit	community dwelling elderly aged ≥65	12 months	Gait speed test (4m) POMA-B

| Wrisley et al., 2010 [42] | 35 | 60-90 (72..9 (SD 7.8)) | 17 men/ 18 women | cognitive impairment, history of osteoporosis, recent fractures, or lower-extremity surgery; history of progressive neuromuscular disorder; history of whiplash, neck injury, or current complaints of neck pain; history of unstable agina or uncontrolled cardiorespiratory problems; taking any medications that might affect balance; history of any fall in past 6 months and more than one fall in the last year; pain in any segment greater than 2/10 on a 10-point verbal analog scale; not returning the monthly fall calendar | community dwelling elderly aged 60-90 able to stand independently longer than 1 min. | 6 months | TUG test |

1 range, mean, SD: only described when reported in included article

2 TUG test: Timed Get Up and Go test

POMA- B: Performance Oriented Mobility Assessment –Balance

POMA-G: Performance Oriented Mobility Assessment –Gait

BBS: Berg Balance Scale

FR test: Functional Reach test