

## Supplementary material

### Search strategies for all databases

Ovid search strategy used for MEDLINE and Embase

No filters will be used, and no limits will be placed on publication date nor on language.

1. amyotrophic lateral sclerosis
2. als
3. motor neuron disease
4. motor neurone disease
5. motoneuron disease
6. motoneurone disease
7. motor neuron disorders
8. lou gehrig
9. lou gehrig disease
10. lou gehrig syndrome
11. charcot disease
12. (#1 or #2 or #3 or #4 or #5 or #6 or #7 or #8 or #9 or #10 or #11)
13. fatigue
14. muscle fatigue
15. muscular fatigue
16. fatigability
17. exhaustion
18. tiredness
19. lethargy
20. sleepiness
21. lack of vigor
22. functionality
23. muscle function
24. limb function
25. loss of function
26. activities of daily living
27. adl
28. daily activities
29. quality of life
30. well-being
31. health-related quality of life
32. hrqol
33. life satisfaction
34. qol
35. motor function
36. movement
37. motor recovery
38. motor functioning
39. exercise
40. muscle exercixe
41. rehabilitation

42. physiotherapy
43. physical therapy
44. (#13 or #14 or #15 or #16 or #17 or #18 or #19 or #20 or #21 or #22 or #23 or #24 or #25 or #26 or #27 or #28 or #29 or #30 or #31 or #32 or #33 or #34 or #35 or #36 or #37 or #38 or #39 or #40 or #41 or #42 or #43)
45. (#12 and #44)

#### Cochrane Library (CENTRAL) search strategy

This database will be searched individually using this search strategy with no limits or filters.

1. amyotrophic lateral sclerosis
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45. (#12 and #44)

#### Physiotherapy Evidence Database (PEDro) strategy

This database will be searched individually using this search strategy with no limits and with the following filters.

Abstract & title: amyotrophic lateral sclerosis motor neuron disease lou gehrig charcot. Subdiscipline: neurology. Method: clinical trial. When searching: Match any search term (OR).

#### List of excluded studies with reasons for exclusion

##### Not randomized

1. Sivaramakrishnan A & Madhavan S. Recumbent stepping aerobic exercise in amyotrophic lateral sclerosis: a pilot study. *Neurol Sci*. 2019 May;40(5):971-978. doi: 10.1007/s10072-019-03736-3.
2. Kitano K, Asakawa T, Kamide N et al. Effectiveness of Home-Based Exercises Without Supervision by Physical Therapists for Patients With Early-Stage Amyotrophic Lateral Sclerosis: A Pilot Study. *Arch Phys Med Rehabil*. 2018 Oct;99(10):2114-2117. doi: 10.1016/j.apmr.2018.02.015.

##### Comparators did not match

1. van Groenestijn AC, Schröder CD, van Eijk RP, Veldink JH, Kruitwagen-van Reenen ET, Groothuis JT, Grupstra HF, Tepper M, van Vliet RO, Visser-Meily JM, van den Berg LH. Aerobic exercise therapy in ambulatory patients with ALS: a randomized controlled trial. *Neurorehabilitation and neural repair*. 2019 Feb;33(2):153-64.
2. Kalron A, Mahameed I, Weiss I, Rosengarten D, Balmor GR, Heching M, Kramer MR. Effects of a 12-week combined aerobic and strength training program in ambulatory patients with amyotrophic lateral sclerosis: a randomized controlled trial. *Journal of Neurology*. 2021 May;268:1857-66
3. Lunetta C, Lizio A, Sansone VA, Cellootto NM, Maestri E, Bettinelli M, et al. Strictly monitored exercise programs reduce motor deterioration in ALS: preliminary results of a randomized controlled trial. *J Neurol* 2016;263(1):52–60.

4. Braga ACM, Pinto A, Pinto S, de Carvalho M. The role of moderate aerobic exercise as determined by cardiopulmonary exercise testing in ALS. *Neurol Res Int* 2018;2018:8218697.
5. Merico A, Cavinato M, Gregorio C, Lacatena A, Gioia E, Piccione F, et al. Effects of combined endurance and resistance training in Amyotrophic Lateral Sclerosis: a pilot, randomized, controlled study. *Eur J Transl Myol* 2018;28(1).
6. Clawson LL, Cudkowicz M, Krivickas L, Brooks BR, Sanjak M, Allred P, et al. A randomized controlled trial of resistance and endurance exercise in amyotrophic lateral sclerosis. *Amyotroph Lateral Scler Frontotemporal Degener* 2018;19(3–4):250–8.
7. Dal Bello-Haas V, Florence J, Kloos A, Scheirbecker J, Lopate G, Hayes S, et al. A randomized controlled trial of resistance exercise in individuals with ALS. *Neurology* 2007;68(23):2003–7.

#### Study protocol

1. van Groenestijn AC, van de Port IGL, Schröder CD et al. Effects of aerobic exercise therapy and cognitive behavioural therapy on functioning and quality of life in amyotrophic lateral sclerosis: protocol of the FACTS-2-ALS trial. *BMC Neurol*. 2011; 11: 70. doi: 10.1186/1471-2377-11-70.

#### Clinical Trial register (Ongoing study)

1. Effects of a home-based motor care program with remote and presential monitoring in individuals with Amyotrophic Lateral Sclerosis: randomized clinical trial - RBR-10z9pgfv (Brazilian Registry of Clinical Trials)