

## Supplementary material

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**Table S1.** Characteristics of the included studies

Article, year	Country	Participants	Mean age (SD)	Intervention/control groups	Duration of trial period
Palau (2019)	Spain	G1: n = 15, 40% males G2: n = 13, 31% males	G1: 72 (9) G2: 75 (9)	G1: FES G2: Usual care	Twice per week for 12 weeks
Palau (2019)	Spain	G1: n = 15, 47% males G2: n = 13, 31% males	G1: 75 (10) G2: 75 (9)	G1: IMT G2: Usual care	Twice per week for 12 weeks
Palau (2019)	Spain	G1: n = 15, 40% males G2: n = 13, 31% males	G1: 72 (9) G2: 75 (9)	G1: FES G2: Usual care	Twice per week for 24 weeks
Palau (2019)	Spain	G1: n = 15, 47% males G2: n = 13, 31% males	G1: 75 (10) G2: 75 (9)	G1: IMT G2: Usual care	Twice per week for 24 weeks
Maldonado-Martín	Spain	Total patients: 13% males	G1: 67.5 (5.9)	G1: Endurance training	Three times per week for 16

(2017)		G1: n = 23 G2: n = 24	G2: 65.6 (4.8)	G2: Control group	weeks
Kitzman (2016)	USA	G1: n = 51, 20% males G2: n = 49, 18% males	G1: 66.9 (5.5) G2: 66.0 (4.8)	G1: Endurance training G2: No intervention	Three times per week for 20 weeks
Fu (2016)	China	G1: n = 30, 67% males G2: n = 29, 62% males	G1: 60.5 (14.8) G2: 62.4 (12.9)	G1: Endurance training G2: General health care	Three sessions per week for 12 weeks
Nolte (2015)	Germany	G1: n = 44, 45% males G2: n = 20, 40% males	G1: 64 (8) G2: 65 (6)	G1: A combination of endurance and resistance training G2: Usual care	Weeks 1-4: endurance training two times per week From week 5 onward: endurance training three times per week Resistance training two times per week
Karavidas (2013)	Greece	G1: n = 15, 40% males G2: n = 15, 40% males	G1: 69.4 (8.6) G2: 68.5 (7.9)	G1: FES G2: A placebo training	Five times per week for 6 weeks
Kitzman (2013)	USA	G1: n = 32, 72% females G2: n = 31, 80%	G1: 70 (7) G2: 70 (7)	G1: Endurance training G2: Attention	Three times per week for 16 weeks

		females		control	
Palau (2013)	Spain	G1: n = 14, 50% males G2: n = 12, 50% males	G1: 68 (13) G2: 74 (3)	G1: IMT G2: No intervention	Two sessions per week for 12 weeks
Smart (2012)	Australia	G1: n = 12, 58% males G2: n = 13, 46% males	G1: 68 (11) G2: 65 (6)	G1: Endurance training G2: Sedentary control group	Three times per week for 16 weeks
Haykowsky (2012)	USA	G1: n = 22, 18% males G2: n = 18, 5% males	G1: 70 (6) G2: 68 (5)	G1: Endurance training G2: Control group	Three times per week for 16 weeks
Alves (2012)	Portugal	Total patients: 71% males G1: n = 20 G2: n = 11	Total: 62.9 (10.2)	G1: Endurance training G2: No intervention	Three times per week for 24 weeks
Edelmann (2011)	Germany	G1: n = 44, 45% males G2: n = 20, 40% males	G1: 64 (8) G2: 65 (6)	G1: A combination of endurance and resistance training G2: Usual care	Endurance training: two times per week (weeks 1-4); three times per week (from week 5 onward) Resistance training two times per week
Kitzman (2010)	USA	G1: n = 26, 23% males	G1: 70 (6) G2: 69 (5)	G1 : Endurance training	Three times per week for 16

		G2: n = 27, 26% males		G2: Control group	weeks
Gary (2004)	USA	G1: n = 15, 0% males G2: n = 13, 0% males	G1: 67 (11) G2: 69 (11)	G1: Endurance training G2: Control group	Three sessions per week for 12 weeks

Abbreviations: FES, functional electrical stimulation; IMT, inspiratory muscle training; NYHA, New York Heart Association; SD, standard deviation

**Table S2.** Risks of bias among the included studies

Article, year	Eligibility criteria	Random allocation	Concealed allocation	Baseline comparability	Blind subjects	Blind therapists	Blind assessors	Adequate follow-up	Intention to treat analysis	Between-group comparisons	Point estimates and variability
Palau (2019)	YES	YES	NO	YES	NO	YES	YES	YES	NO	YES	YES
Maldonado-Martín (2017)	YES	YES	NO	YES	NO	YES	NO	YES	NO	YES	YES
Kitzman (2016)	YES	YES	NO	YES	NO	YES	NO	YES	YES	YES	YES
Fu (2016)	YES	NO	NO	YES	NO	NO	NO	YES	NO	YES	YES
Nolte (2015)	YES	YES	NO	YES	NO	NO	NO	YES	NO	YES	YES
Karavidas (2013)	YES	YES	NO	YES	NO	NO	YES	YES	NO	YES	YES

Kitzman (2013)	YES	YES	NO	YES	NO	NO	YES	YES	YES	YES	YES
Palau (2013)	YES	YES	NO	YES	NO	NO	NO	YES	YES	YES	YES
Haykowsky (2012)	YES	YES	NO	YES	NO	YES	NO	YES	YES	YES	YES
Alves (2012)	YES	YES	NO	YES	NO	YES	NO	YES	YES	YES	YES
Smart (2012)	YES	YES	NO	YES	NO	NO	NO	YES	YES	YES	YES
Edelmann (2011)	YES	YES	NO	YES	NO	NO	NO	YES	NO	YES	YES
Kitzman (2010)	YES	YES	NO	YES	NO	NO	YES	YES	YES	YES	YES
Gary (2004)	YES	YES	NO	YES	NO	NO	NO	YES	NO	YES	YES