|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| First author Year | Adverse events | | | Number (%) of people who had adverse events | Adherence to sessions\* | Dropout rate\*\* |
|  | Yes | No | NR |  |  |  |
| Ramis 2020 |  |  | √ | – | NR | 6.77% |
| Credeur 2019 |  |  | √ | – | 100% | 0 |
| Kambic 2019 |  | √ |  | – | 100% | 0 |
| Lopes 2019 |  | √ |  | – | 100% | 0 |
| Mouser 2019 |  |  | √ | – | NR | 5% |
| Barili 2018\*\*\* | √ |  |  | 2 (12.5%) | NR | 40% |
| Boeno 2018 |  |  | √ | – | NR | 0 |
| Karabulut 2018 |  |  | √ | – | NR | 0 |
| Natsume 2018 |  | √ |  | – | 100% | 0 |
| Sardeli 2017 |  |  | √ | – | 100% | 12.5% |
| Paiva 2016 |  | √ |  | – | 100% | 0 |
| Shimizu 2016 |  |  | √ | – | NR | 0 |
| Yasuda 2016 |  |  | √ | – | NR | 0 |
| Yasuda 2015a |  |  | √ | – | NR | 0 |
| Yasuda 2015b |  |  | √ | – | NR | 28% |
| Fahs 2014 |  | √ |  | – | NR | 0 |
| Ozaki 2013 |  |  | √ | – | NR | 12% |
| Fahs 2012 |  |  | √ | – | 100% | 0 |
| Hunt 2012 |  |  | √ | – | 100% | 0 |
| Larkin 2012 |  |  | √ | – | NR | 0 |
| Clark 2011 |  |  | √ | – | NR | 0 |
| Figueroa 2011 |  | √ |  | – | 100% | 0 |
| Patterson 2011 |  |  | √ | – | 100% | 0 |
| Credeur 2010 |  | √ |  | – | 100% | 0 |
| Patterson 2010 |  |  | √ | – | NR | 0 |
| Renzi 2010 |  |  | √ | – | NR | 0 |

–, Not applicable NR, Not reported; \*, Percentage of exercise sessions attended by the subjects; \*\*, Percentage of subjects who gave consent and were randomized, but did not have their data included in the analysis; \*\*\*, Reported adverse event was sensation of leg numbness in the first moments of exercise with BFR, which did not persist beyond the first minute of exercise.