# **Supplementary Table 4: Extracted data for studies with shoulder scaption data.**

Isometric (ISO) and isokinetic (IKO) data of concentric (Con) and Eccentric (Ecc) movement types. Age ranges (AR) included. Outcomes are relative to the described measurement unit; where available, effect sizes were extracted or calculated (Cohen's d).

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| --- | --- | --- | --- | --- |
| **Title**  | **Movement Type**  | **Measurement Unit**  | **Outcomes**  | **Effect Size (Cohen’s d)** |
| Alizadehkhaiyat, et al., 2014  | Isometric  | N  | Males: 99.7±27.0Females: 60.4±11.8 | 1.46 |
| Eren, et al., 2019  | Isometric  | N  | Males: Empty Can = 88.92±23.96 Palm Down = 98.89±25.99Females: Empty Can = 54.95±14.18 Palm Down = 54.26±10.8 | Empty Can = 1.42 Palm Down = 1.72  |