# **Supplementary Table 8: Extracted data for studies with shoulder horizontal extension 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)** |
| VanHarlinger, et al., 2015 | Isometric | kg | Males: AR: 20-24 = 11.2±4.1 AR: 25-29 = 12.4±3.9 AR: 30-34 = 12.3±4 AR: 35-39 = 11.2±2.4 AR: 40-44 = 13.7±3 AR: 45-49 = 8.7±3.2 AR: 50-54 = 11.4±5.4 AR: 55-59 = 11.2±2.1 AR: 60-64 = 9.4±2.3Females: AR: 20-24 = 5.8±3.3 AR: 25-29 = 4.9±2.8 AR: 30-34 = 4.7±2.4 AR: 35-39 = 5.4±2.7 AR: 40-44 = 4.9±3.2 AR: 45-49 = 6.1±2.9 AR: 50-54 = 4.8±1.9 AR: 55-59 = 5±2 AR: 60-64 = 4.4±1.2 | AR: 20-24 = 1.32AR: 25-29 = 1.92AR: 30-34 = 1.90AR: 35-39 = 2.42AR: 40-44 = 2.93AR: 45-49 = 0.81AR: 50-54 = 1.22AR: 55-59 = 2.95AR: 60-64 = 2.17 |
| Huberman, et al., 2020 | Isometric | Ibs | Males: 27.60±8.25Females: 26.88±8.27 | 0.12 |