**Supplementary Table S1.** Search strategy

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| Database: Cochrane Library  Search strategy:  #1  MeSH descriptor: [Blood Flow Restriction Therapy] explode all trees  #2  (Blood Flow Restriction Therapy) OR (Blood Flow Restriction Therapy) OR (BFR Therapy) OR (BFR Therapies) OR (Therapy, BFR) OR (Blood Flow Restriction Training) OR (Blood Flow Restriction Exercise) OR (BFR training) OR (Blood flow restriction) OR (Vascular Occlusion) OR (Kaatsu training) in trials  #3  #1 OR #2  #4  MeSH descriptor: [Ultrasonography] explode all trees  #5  Ultrasonography in trials  #6  MeSH descriptor: [Magnetic Resonance Imaging] explode all trees  #7  Magnetic Resonance Imaging in trials  #8  #4 OR #5 OR #6 OR #7  #9  #3 AND #8  Number of results: 569 studies |
| Database: EMBASE  Search strategy:  #1  ('blood flow restriction training'/exp OR 'bfr exercise':ti,ab OR 'bfr therapy':ti,ab OR 'bfr training':ti,ab OR 'blood flow restriction (bfr) exercise':ti,ab OR 'blood flow restriction (bfr) therapy':ti,ab OR 'blood flow restriction (bfr) training':ti,ab OR 'blood flow restriction exercise':ti,ab OR 'blood flow restriction therapy':ti,ab OR 'blood flow restriction training':ti,ab OR 'kaatsu training')  #2  ('muscle hypertrophy'/exp OR 'skeletal muscle hypertrophy':ti,ab OR 'muscle thickness'/exp OR 'muscle thickness' OR 'cross-sectional area' OR csa OR 'nuclear magnetic resonance imaging'/exp OR 'mri' OR 'magnetic resonance imaging' OR 'mr imaging' OR 'nuclear magnetic resonance imaging' OR ultrasonography)  #3  #1 AND #2  Number of results: 159 studies |
| Database: MEDLINE  Search strategy:  #1  (“Blood Flow Restriction Therapy”[MeSH Terms] OR “Blood Flow Restriction Therapy”[tiab] OR “BFR Therapy”[tiab] OR “BFR Therapies”[tiab] OR “Therapy, BFR”[tiab] OR “Blood Flow Restriction Training”[tiab] OR “Blood Flow Restriction Exercise”[tiab] OR “BFR training”[tiab] OR “Blood flow restriction”[tiab] OR “Vascular Occlusion”[tiab] OR “Kaatsu training”[tiab])  #2  (“Muscle Thickness” [All Fields] OR “Cross-sectional Area”[All Fields] OR “CSA”[All Fields] OR “Ultrasonography”[MeSH Terms] OR “Ultrasonography”[All Fields] OR “Magnetic Resonance Imaging”[MeSH Terms] OR “Magnetic Resonance Imaging”[All Fields])  #3  #1 AND #2  Number of results: 601 studies |
| Database: Web of Science  Search strategy:  #1  (ALL=(“Blood Flow Restriction Therapy” OR “BFR Therapy” OR “BFR Therapies” OR “Therapy, BFR” OR “Blood Flow Restriction Training” OR “Blood Flow Restriction Exercise” OR “Blood Flow Restriction” OR “Vascular occlusion” OR “Kaatsu training” ))  #2  (ALL=(“Muscle Hypertrophy” OR "Muscle Thickness" OR “Cross-sectional Area” OR CSA OR Ultrasonography OR "Magnetic Resonance Imaging”))  #3  #1 AND #2  Number of results: 580 studies |