**Appendix 1: search strategy for MEDLINE**

Searching strategy for Ovid MEDLINE

|  |  |
| --- | --- |
| **#** | **Searches** |
| 1 | Varicose ulcer/ or leg ulcer/ |
| 2 | ((varicose or leg or venous or stasis or lower or extremit\* or crural or ulcus) adj2 ulcer\*).mp. |
| 3 | Ulcus cruris |
| 4 | 1 or 2 or 3 |
| 5 | Rehabilitation/or Cardiac Rehabilitation/ |
| 6 | "Activities of Daily Living"/ |
| 7 | Early Ambulation/ |
| 8 | Recreation therapy/ or telerehabilitation/ or physical therapy modalities/ |
| 9 | exp walking/ |
| 10 | exp exercise/ |
| 11 | exp exercise movement techniques/ |
| 12 | (exerci\* or rehabilitat\* or physiotherap\* or walk\* or physical activit\* or calf raise\* or heel raise\* or calf muscle pump\*).mp. |
| 13 | ((strength\* or endurance\*) adj2 train\*).mp. |
| 14 | 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 |
| 15 | 4 and 14 |
| 16 | Limit 15 to English language |

**Appendix 2**

Records after duplicates removed  
(n = )

Additional records identified through other sources  
(n = )

Records identified through database searching  
(n = )

Records excluded  
(n = )

Records screened  
(n = )

Full-text articles assessed for eligibility  
(n = )

Full-text articles excluded, with reasons  
(n = )

Studies included in quantitative synthesis  
(n = )

Figure 1. PRISMA flow diagram, adapted from Moher et al. (2009)

**Appendix 3**

*Description of included studies*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Author (s),**  **Year,**  **Country** | **Study**  **design** | **Study settings** | **Study size** | **PA interventions**  **characteristics** | **Outcome measures** | **Main findings** | **Funding source** |
|  |  |  |  |  |  |  |  |
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