

LOW-LOAD BFR versus LOW LOAD

A. Leave-one-out sensitivity analysis

Omitting Study

Omitting Yasuda 2015b A

Omitting Yasuda 2015a A

Omitting Yasuda 2015a B

Omitting Yasuda 2015b B

Omitting Shimizu 2016

Omitting Lopes 2022

Random effects model

Standardised Mean Difference

Favours Low-Load Favours Low-Load BFR

Omitting Study	SMD	[95% CI]	I ²
Omitting Yasuda 2015b A	-0.11	[-0.48; 0.25]	0%
Omitting Yasuda 2015a A	-0.06	[-0.53; 0.41]	0%
Omitting Yasuda 2015a B	-0.05	[-0.53; 0.43]	0%
Omitting Yasuda 2015b B	-0.03	[-0.53; 0.47]	0%
Omitting Shimizu 2016	0.05	[-0.49; 0.59]	0%
Omitting Lopes 2022	0.09	[-0.27; 0.44]	0%
Random effects model			0%

B. Publication bias

|Z|-score

LFK index 0.83

Standardised Mean Difference

Standard Error

Standardised Mean Difference

Omitting Study	Standardised Mean Difference	SMD	[95% CI]	I^2
Omitting Yasuda 2014 B		0.10	[-0.89; 1.09]	0%
Omitting Yasuda 2016 A		0.11	[-0.92; 1.13]	0%
Omitting Yasuda 2016 B		0.38	[-0.05; 0.81]	0%
Omitting Yasuda 2014 A		0.20	[-0.95; 1.35]	3%
Random effects model				0%

-1 -0.5 0 0.5 1
 Favours Passive Control Favours Low-Load BFR

Figure 1 consists of two plots. The left plot shows the |Z-score| (Y-axis, ranging from 0.0 to 1.2) versus Standardised Mean Difference (X-axis, ranging from -0.2 to 0.4). The plot displays a line with open circles representing the LFK index (0.21). The right plot shows the Standard Error (Y-axis, ranging from 0.0 to 0.4) versus Standardised Mean Difference (X-axis, ranging from -2 to 2). The plot displays three shaded regions representing different significance levels: $p < 0.1$ (darkest gray), $p < 0.05$ (medium gray), and $p < 0.01$ (lightest gray). The regions are centered around a Standardised Mean Difference of 0.21, which is marked by a vertical dashed line.