

Supplementary Table S1. Medline Search Strategy

1. "Aged, 80 and over"/
2. Frail Elderly/
3. ("oldest old" or "very old").ti,ab.
4. octogenarian*.ti,ab.
5. nonagenarian*.ti,ab.
6. centenarian*.ti,ab.
7. ((male* or female* or men or man or woman or women or patient* or elder* or older person* or person* or people) adj5 ("aged 80 or older" or "aged 80 years or older" or "aged 80 yrs or older" or "aged 80 and older" or "aged 80 years and older" or "aged 80 yrs and older" or "more than 80 years" or "more than 80 yrs" or "over 80 years" or "over 80 yrs" or "aged 90 or older" or "aged 90 years or older" or "aged 90 yrs or older" or "aged 90 and older" or "aged 90 years and older" or "aged 90 yrs and older" or "more than 90 years" or "more than 90 yrs" or "over 90 years" or "over 90 yrs")).ti,ab.
8. ("80 years and above" or "80 yrs and above" or "80 years or above" or "80 yrs or above" or "90 years and above" or "90 yrs and above" or "90 years or above" or "90 yrs or above").ti,ab.
9. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8
10. Exercise/ or Exercise Therapy/
11. (exerci* adj4 (physical or aerobic* or resistance or weight*) adj5 (progr* or intervent* or activ* or session* or train*)).ti,ab.
12. Resistance training/
13. (resistance adj3 (exerci* or train*)).ti,ab.
14. Circuit based exercise/
15. aerobic.ti,ab.
16. (circuit adj5 (exerci* or train*)).ti,ab.
17. Weight lifting/ or walking/ or sports/ or dance/
18. 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17
19. Postural balance/
20. (postur* or balance).ti,ab.
21. Activities of daily living/
22. "activities of daily living".ti,ab.
23. Fall* prevent*.ti,ab.
24. Gait/
25. gait.ti,ab.
26. Muscle strength/
27. (musc* adj5 strength*).ti,ab.
28. Quality of life/
29. (quality of life or QOL or HRQOL).ti,ab.
30. 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29

31. 9 and 18 and 30
32. randomized controlled trial.pt.
33. controlled clinical trial.pt.
34. randomized.ab.
35. placebo.ab.
36. randomly.ab.
37. trial.ab.
38. groups.ab.
39. 32 or 33 or 34 or 35 or 36 or 37 or 38
40. 31 and 39