KNGF-richtlijnmodules (Koninklijk Nederlands Genootschap Fysiotherapie) 'Samen beslissen voor de KNGF-richtlijn symptomatisch Perifeer Arterieel Vaatlijden (sPAV)

Bijlagen

Bijlage 1. Zoekverantwoording

Onderzoeksvraag	Wat zijn aanbevelingen ten aanzien van de verschillende beweeginterventies en de dosering daarvan met als doel het verbeteren van het fysiek functioneren, de kwaliteit van leven, de levensverwachting en de arbeidsparticipatie of het verminderen van de mate van pijn bij patiënten met sPAV?
Zoekdatum	17 augustus 2023
Database (aantal hits)	Medline (1985 hits)
Zoektermen	exp Peripheral Arterial Disease/ or Peripheral Vascular Diseases/ or Arterial Occlusive Diseases/ or (Peripheral Arterial Disease* or Peripheral Artery Disease* or Intermittent Claudication or Vascular Claudication or Peripheral Atherosclerotic Disease* or Peripheral Arter* Occlu*).ti,ab,kf. Exp Exercise Therapy/ or exp Exercise/ or (Activity Monitor* or Aerobic or Circuit Training or Cross train* or Cycling or Ergometry or Exercise* or Fitness Tracker* or Gymnastic* or High-Intensity Interval or High Pain or Home Based or Interval Training or Jogging or Low Pain or Low Intensity or Maximal Pain or Moderate pain or Nonpain or Nordic poles or Physical Activity or Physical Training or Resistance Training or Rowing or Strength Training or Strengthening Program* or Supervised or Swim* or Tennis or Treadmill Training or Unsupervised or Walk* Advice or Walk* or Wearable or Wearables or Weight Training).ti,ab,kf. 1 and 2 (systematic review or systematic literature review or systematic scoping review or systematic narrative review or systematic qualitative review or systematic evidence review or systematic quantitative review or systematic meta-review or systematic critical review or systematic mixed studies review or systematic mapping review or systematic cochrane review or "systematic search and review" or systematic integrative review).ti. not comment/ not (protocol or protocols).ti. Limit 4 to medline 4 not 5 "cochrane database of systematic reviews$".jn. and review/ systematic review/ 5 or 7 or 8 3 and 9 Randomized Controlled Trials as Topic/ randomized controlled trial/ Random Allocation/ Double Blind Method/ Single Blind Method/ clinical trial/ clinical trial, phase i.pt clinical trial, phase ii.pt clinical trial, phase iii.pt clinical trial, phase iv.pt controlled clinical trial.pt randomized controlled trial.pt multicenter study.pt clinical trial.pt exp Clinical Trials as topic/ or/11-25 (clinical adj trial$).tw ((singl$ or doubl$ or treb$ or tripl$) adj (blind$3 or mask$3)).tw PLACEBOS/ placebo$.tw randomly allocated.tw (allocated adj2 random$).tw or/27-32

	26 or 33 case report.tw letter/ historical article/ or/35-37 34 not 38 3 and (9 or 39) (guideline or practice guideline or consensus development conference or consensus development conference, NIH).pt. (guideline* or standards or consensus* or recommendat*).ti. (practice parameter* or position statement* or policy statement* or CPG or CPGs or best practice*).ti. (care adj2 (path or paths or pathway or pathways or map or maps or plan or plans or standard)).ti. ((critical or clinical or practice) adj2 (path or paths or pathway or pathways or protocol*)).ti. (algorithm* and (pharmacotherap* or chemotherap* or chemotreatment* or therap* or treatment* or intervention*)).ti. (algorithm* and (screening or examination or test or tested or testing or assessment* or diagnosis or diagnoses or diagnosed or diagnosing)).ti. (guideline* or standards or consensus* or recommendat*).au. (guideline* or standards or consensus* or recommendat*).cn. (guideline* or standards or consensus* or recommendat*).ca. systematic review.ti,pt,kf,sh. and (practice guideline* or treatment guideline* or clinical guideline* or guideline recommendation*).ti,ab,kf. (guideline* OR guidance OR (practice ADJ2 (guide*1 OR recommend* OR standard*)) OR (decision* ADJ2 (making OR make*)) OR (evidence-based ADJ2 (practice* OR medicine))).ti,ab,kf. OR exp Guidelines as topic/ OR exp Guideline/ or/41-52 1 and 2 and (9 or 39 or 53)
Database (aantal hits) Zoektermen	Embase (3367 hits) Exp Peripheral Arterial Disease/ or Peripheral Vascular Disease/ or Peripheral Vascular Diseases/ or (Peripheral Arterial Disease* or Peripheral Artery Disease* or Intermittent Claudication or Claudicatio Intermittens or Intermittent Claudicatio or Vascular Claudication or Peripheral Atherosclerotic Disease* or Peripheral Arter* Occlu*).ti,ab,kf. Exp Kinesiotherapy/ or Exp Exercise/ or (Activity Monitor* or Aerobic or Circuit Training or Cross train* or Cycling or Ergometry or Exercise* or Fitness Tracker* or Gymnastic* or High-Intensity Interval or High Pain or Home Based or Interval Training or Jogging or Low Pain or Low Intensity or Maximal Pain or Moderate pain or Nonpain or Nordic poles or Physical Activity or Physical Training or Resistance Training or Rowing or Strength Training or Strengthening Program* or Supervised or Swim* or Tennis or Treadmill Training or Unsupervised or Walk* Advice or Walk* or Wearable or Wearables or Weight Training).ti,ab,kf. 1 and 2 exp Meta Analysis/ ((meta adj analy$) or metaanalys$).tw. (systematic adj (review$1 or overview$1)).tw. or/4-6 cancerlit.ab. cochrane.ab. embase.ab. (psychlit or psyclit).ab. (psychinfo or psycinfo).ab. (cinahl or cinhal).ab. science citation index.ab. bids.ab.

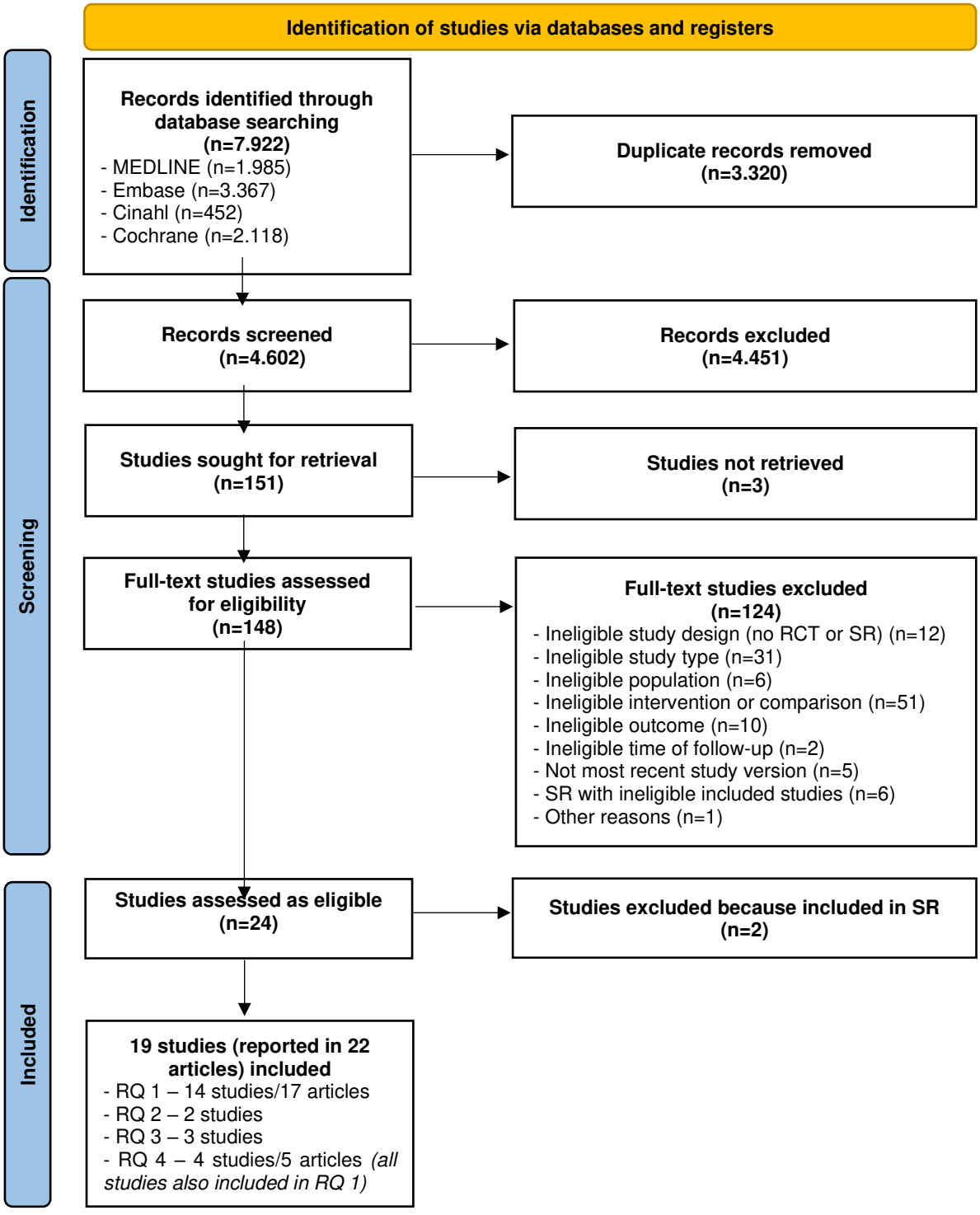
or/8-15
reference lists.ab.
bibliograph$.ab.
hand-search$.ab.
manual search$.ab.
relevant journals.ab.
or/17-21
data extraction.ab.
selection criteria.ab.
23 or 24
review.pt.
25 and 26
letter.pt.
editorial.pt.
animal/
human/
30 not (30 and 31)
or/28-29,32
7 or 16 or 22 or 27
34 not 33
Clinical trial/
Randomized controlled trial/
Randomization/
Single blind procedure/
Double blind procedure/
Crossover procedure/
Placebo/
Randomi?ed controlled trial$.tw.
Rct.tw.
Random allocation.tw.
Randomly allocated.tw.
Allocated randomly.tw.
(allocated adj2 random).tw.
Single blind$.tw.
Double blind$.tw.
((treble or triple) adj (blind$)).tw.
Placebo$.tw.
Prospective study/
Or/36-53
Case study/
Case report.tw.
Abstract report/ or letter/
Or/55-57
54 not 58
(guideline or practice guideline or consensus development conference or consensus development conference, NIH).pt.
(guideline* or standards or consensus* or recommendat*).ti.
(practice parameter* or position statement* or policy statement* or CPG or CPGs or best practice*).ti.
(care adj2 (path or paths or pathway or pathways or map or maps or plan or plans or standard)).ti.
((critical or clinical or practice) adj2 (path or paths or pathway or pathways)).ti.
(algorithm* and (therap* or treatment* or intervention*)).ti.
(algorithm*).ti.
(guideline* or standards or consensus* or recommendat*).au.
(guideline* or standards or consensus* or recommendat*).cn.
(guideline* or standards or consensus* or recommendat*).ca.

	systematic review.ti,pt,kf,sh. and (practice guideline* or treatment guideline* or clinical guideline* or guideline recommendation*).ti,ab,kf. (guideline* OR guidance OR (practice ADJ2 (guide*1 OR recommend* OR standard*)) OR (decision* ADJ2 (making OR make*)) OR (evidence-based ADJ2 (practice* OR medicine))).ti,ab,kf. OR exp Guidelines as topic/ OR exp Practice Guideline/ or/60-71 1 and 2 and (35 or 59 or 72)
Database (aantal hits, waarvan een aantal uniek)	Cinahl (452 hits, waarvan 443 uniek)
Zoektermen	(MH "Peripheral Arterial Disease+") OR (MH "Peripheral Vascular Diseases") OR ((TI "Peripheral Arterial Disease*" OR AB "Peripheral Arterial Disease*" OR SU "Peripheral Arterial Disease*") OR (TI "Peripheral Artery Disease*" OR AB "Peripheral Artery Disease*" OR SU "Peripheral Artery Disease*") OR (TI "Intermittent Claudication" OR AB "Intermittent Claudication" OR SU "Intermittent Claudication") OR (TI "Vascular Claudication" OR AB "Vascular Claudication" OR SU "Vascular Claudication") OR (TI "Peripheral Atherosclerotic Disease*" OR AB "Peripheral Atherosclerotic Disease*" OR SU "Peripheral Atherosclerotic Disease*") OR (TI "Peripheral Arter* Occlu*" OR AB "Peripheral Arter* Occlu*" OR SU "Peripheral Arter* Occlu*")) (MH "Exercise Therapy+") OR (MH Exercise+) OR ((TI "Activity Monitor*" OR AB "Activity Monitor*" OR SU "Activity Monitor*") OR (TI Aerobic OR AB Aerobic OR SU Aerobic) OR (TI "Circuit Training" OR AB "Circuit Training" OR SU "Circuit Training") OR (TI "Cross train*" OR AB "Cross train*" OR SU "Cross train*") OR (TI Cycling OR AB Cycling OR SU Cycling) OR (TI Ergometry OR AB Ergometry OR SU Ergometry) OR (TI Exercise* OR AB Exercise* OR SU Exercise*) OR (TI "Fitness Tracker*" OR AB "Fitness Tracker*" OR SU "Fitness Tracker*") OR (TI Gymnastic* OR AB Gymnastic* OR SU Gymnastic*) OR (TI "High-Intensity Interval" OR AB "High-Intensity Interval" OR SU "High-Intensity Interval") OR (TI "High Pain" OR AB "High Pain" OR SU "High Pain") OR (TI "Home Based" OR AB "Home Based" OR SU "Home Based") OR (TI "Interval Training" OR AB "Interval Training" OR SU "Interval Training") OR (TI Jogging OR AB Jogging OR SU Jogging) OR (TI "Low Pain" OR AB "Low Pain" OR SU "Low Pain") OR (TI "Low Intensity" OR AB "Low Intensity" OR SU "Low Intensity") OR (TI "Maximal Pain" OR AB "Maximal Pain" OR SU "Maximal Pain") OR (TI "Moderate pain" OR AB "Moderate pain" OR SU "Moderate pain") OR (TI Nonpain OR AB Nonpain OR SU Nonpain) OR (TI "Nordic poles" OR AB "Nordic poles" OR SU "Nordic poles") OR (TI "Physical Activity" OR AB "Physical Activity" OR SU "Physical Activity") OR (TI "Physical Training" OR AB "Physical Training" OR SU "Physical Training") OR (TI "Resistance Training" OR AB "Resistance Training" OR SU "Resistance Training") OR (TI Rowing OR AB Rowing OR SU Rowing) OR (TI "Strength Training" OR AB "Strength Training" OR SU "Strength Training") OR (TI "Strengthening Program*" OR AB "Strengthening Program*" OR SU "Strengthening Program*") OR (TI Supervised OR AB Supervised OR SU Supervised) OR (TI Swim* OR AB Swim* OR SU Swim*) OR (TI Tennis OR AB Tennis OR SU Tennis) OR (TI "Treadmill Training" OR AB "Treadmill Training" OR SU "Treadmill Training") OR (TI Unsupervised OR AB Unsupervised OR SU Unsupervised) OR (TI "Walk* Advice" OR AB "Walk* Advice" OR SU "Walk* Advice") OR (TI Walk* OR AB Walk* OR SU Walk*) OR (TI Wearable OR AB Wearable OR SU Wearable) OR (TI Wearables OR AB Wearables OR SU Wearables) OR (TI "Weight Training" OR AB "Weight Training" OR SU "Weight Training")) S1 and S2 Meta analysis/ Meta analys$.tw. Metaanaly$.tw. exp Literature review/ (systematic adj (review or overview)).tw.

	S4 or S5 or S6 or S7 or S8 Commentary.pt. Letter.pt. Editorial.pt. Animals/ S10 OR S11 or S12 or S13 s9 not s14 (MH "Clinical Trials+") PT Clinical trial TX clinic* n1 trial* TX allocat* random* (MH "Quantitative Studies") (MH "Placebos") TX placebo* TX random* allocat* (MH "Random Assignment") TX randomi* control* trial* TX ((singl* n1 blind*) or (singl* n1 mask*)) TX ((doubl* n1 blind*) or (doubl* n1 mask*)) TX ((tripl* n1 blind*) or (tripl* n1 mask*)) TX ((trebl* n1 blind*) or (trebl* n1 mask*)) S16 or S17 or S18 or S19 or S20 or S21 or S22 or S23 or S24 or S25 PT (practice guidelines or standards or protocol or critical path or care plan) or TI (guideline* or standards or consensus* or recommendat*) or AU (guideline* or standards or consensus* or recommendat*) or CA (guideline* or standards or consensus* or recommendat*) or TI ("practice parameter*" or "position statement*" or "policy statement*" or CPG or CPGs or "best practice*") or TI (care N2 path or care N2 paths or care N2 pathway or care N2 pathways or care N2 map or care N2 maps or care N2 plan or care N2 plans or care N2 standard*) or TI (critical N2 path or critical N2 paths or critical N2 pathway or critical N2 pathways or critical N2 protocol* or clinical N2 path or clinical N2 paths or clinical N2 pathway or clinical N2 pathways or clinical N2 protocol* or practice N2 path or practice N2 paths or practice N2 pathway or practice N2 pathways or practice N2 protocol*) or TI (algorithm* AND (pharmacotherap* or chemotherap* or chemotreatment* or therap* or treatment* or intervention*)) or (PT algorithm AND TI (pharmacotherap* or chemotherap* or chemotreatment* or therap* or treatment* or intervention*)) or TI (algorithm* AND (screening or examination or test or tested or testing or assessment* or diagnosis or diagnoses or diagnosed or diagnosing)) or (PT algorithm AND TI (screening or examination or test or tested or testing or assessment* or diagnosis or diagnoses or diagnosed or diagnosing))
Database (aantal hits) Zoektermen	Cochrane (2118 hits) #1 [mh "Peripheral Arterial Disease"] OR [mh ^"Peripheral Vascular Diseases"] OR [mh ^"Arterial Occlusive Diseases"] OR (("Peripheral Arterial" NEXT Disease*):ti,ab,kw OR ("Peripheral Artery" NEXT Disease*):ti,ab,kw OR "Intermittent Claudication":ti,ab,kw OR "Vascular Claudication":ti,ab,kw OR ("Peripheral Atherosclerotic" NEXT Disease*):ti,ab,kw OR ("Peripheral" NEXT Arter* NEXT Occlu*):ti,ab,kw) #2 [mh "Exercise Therapy"] OR [mh Exercise] OR (("Activity" NEXT Monitor*):ti,ab,kw OR Aerobic:ti,ab,kw OR "Circuit Training":ti,ab,kw OR ("Cross" NEXT train*):ti,ab,kw OR Cycling:ti,ab,kw OR Ergometry:ti,ab,kw OR Exercise*:ti,ab,kw OR ("Fitness" NEXT Tracker*):ti,ab,kw OR Gymnastic*:ti,ab,kw OR "High-Intensity Interval":ti,ab,kw OR "High Pain":ti,ab,kw OR "Home Based":ti,ab,kw OR "Interval Training":ti,ab,kw OR Jogging:ti,ab,kw OR "Low Pain":ti,ab,kw OR "Low Intensity":ti,ab,kw OR "Maximal Pain":ti,ab,kw OR "Moderate pain":ti,ab,kw OR Nonpain:ti,ab,kw OR "Nordic poles":ti,ab,kw OR

	"Physical Activity":ti,ab,kw OR "Physical Training":ti,ab,kw OR "Resistance Training":ti,ab,kw OR Rowing:ti,ab,kw OR "Strength Training":ti,ab,kw OR ("Strengthening" NEXT Program*):ti,ab,kw OR Supervised:ti,ab,kw OR Swim*:ti,ab,kw OR Tennis:ti,ab,kw OR "Treadmill Training":ti,ab,kw OR Unsupervised:ti,ab,kw OR (Walk* NEXT "Advice"):ti,ab,kw OR Walk*:ti,ab,kw OR Wearable:ti,ab,kw OR Wearables:ti,ab,kw OR "Weight Training":ti,ab,kw) #3 #1 AND #2

Bijlage 2. Stroomdiagram



From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ 2021;372:n71. doi: 10.1136/bmj.n71

For more information, visit: http://www.prisma-statement.org/

Bijlage 3. Exclusietabel op basis van volledig artikel

Nr	Auteur en jaartal	Redenen van exclusie
1.	Sandberg 2023 (Sandberg, 2023)	Verkeerde uitkomstmaat
2.	Nct 2023 (Nct, 2023)	Verkeerd studietype – trial registration
3.	Ehrman 2023 (Ehrman, 2023)	Verkeerd studiedesign
4.	Tremblay 2023 (Tremblay, 2023)	SR met geïncludeerde studies die niet voldoen aan huidige criteria
5.	Golledge 2023 (Golledge, 2023)	Verkeerde controlegroep
6.	Fassora 2022 (Fassora, 2022)	Verkeerde vergelijking
7.	Abramson 2022 (Abramson, 2022)	Verkeerde vergelijking
8.	Sabbahi 2022 (Sabbahi, 2022)	Verkeerde populatie
9.	Aronow 2022 (Aronow, 2022)	Verkeerde controlegroep
10.	Thanigaimani 2022 (Thanigaimani, 2022)	Verkeerde controlegroep
11.	Perks 2022 (Perks, 2022)	Verkeerde controlegroep
12.	Pearson 2022 (Pearson, 2022)	Verkeerde controlegroep
13.	Whipple 2022 (Whipple, 2022a)	Verkeerd studietype – conference abstract/scientific poster
14.	Whipple 2022 (Whipple, 2022b)	Verkeerd studietype – conference abstract/scientific poster
15.	Thangada 2022 (Thangada, 2022)	Verkeerd studietype – conference abstract/scientific poster
16.	Stripling 2022 (Stripling, 2022)	Verkeerd studietype – conference abstract/scientific poster
17.	Hammond 2022 (Hammond, 2022)	Verkeerde uitkomstmaat
18.	Collins 2022 (Collins, 2022)	Verkeerde vergelijking
19.	Cetlin 2022 (Cetlin, 2022)	Verkeerd studietype – conference abstract/scientific poster
20.	Birkett 2022 (Birkett, 2022)	Verkeerd studietype – trial protocol
21.	Bearne 2022 (Bearne, 2022)	Verkeerde controlegroep
22.	Seed 2021 (Seed, 2021)	Verkeerd studiedesign
23.	Slysz 2021 (Slysz, 2021a)	Verkeerd studiedesign
24.	Slysz 2021 (Slysz, 2021b)	Verkeerd studietype – conference abstract/scientific poster
25.	Slysz 2021 (Slysz, 2021c)	Verkeerd studietype – conference abstract/scientific poster
26.	Slysz 2021 (Slysz, 2021d)	Verkeerd studietype – conference abstract/scientific poster
27.	Siercke 2021 (Siercke, 2021)	Verkeerde controlegroep
28.	Salisbury 2021 (Salisbury, 2021)	Verkeerd studietype – conference abstract/scientific poster
29.	Paldan 2021 (Paldan, 2021)	Verkeerde controlegroep
30.	Pymer 2021 (Pymer, 2021)	SR met geïncludeerde studies die niet voldoen aan huidige criteria
31.	Hammond 2021 (Hammond, 2021)	Verkeerd studietype – conference abstract/scientific poster
32.	Chan 2021 (Chan, 2021)	Verkeerde controlegroep
33.	Thanigaimani 2021 (Thanigaimani, 2021)	Verkeerde vergelijking
34.	Kim 2021 (Kim, 2021)	Verkeerde controlegroep
35.	Blears 2021 (Blears, 2021)	SR met geïncludeerde studies die niet voldoen aan huidige criteria
36.	Gurich 2021 (Gurich, 2021)	Verkeerd studietype – comment/response op eerder artikel
37.	Cornelis 2021 (Cornelis, 2021)	Verkeerd studiedesign
38.	Godlwana 2020 (Godlwana, 2020)	Verkeerde populatie
39.	Corriere 2020 (Corriere, 2020)	Verkeerd studietype – conference abstract/scientific poster
40.	Correia 2020 (Correia, 2020)	Verkeerde interventie – handkrachttraining
41.	Machado 2020 (Machado, 2020)	Verkeerde interventie
42.	Harzand 2020 (Harzand, 2020)	Verkeerd studietype – trial protocol
43.	Jansen 2020 (Jansen, 2020)	SR met geïncludeerde studies die niet voldoen aan huidige criteria
44.	Villemur 2020 (Villemur, 2020)	Verkeerd meetmoment follow-up
45.	Van den Houten 2019 (van den Houten, 2019)	Verkeerde controlegroep
46.	Pymer 2019 (Pymer, 2019)	Verkeerde controlegroep
47.	Golledge 2019 (Golledge, 2019)	Verkeerde controlegroep
48.	Cornelis 2019 (Cornelis, 2019a)	Verkeerd studietype – conference abstract/scientific poster
49.	Cornelis 2019 (Cornelis, 2019b)	Verkeerde uitkomstmaat
50.	Duncan 2019 (Duncan, 2019)	Verkeerd studietype – conference abstract/scientific poster
51.	Collins 2019 (Collins, 2019)	Verkeerde vergelijking
52.	McDermott 2019 (McDermott, 2019)	Verkeerde populatie
53.	Berroug 2019 (Berroug, 2019)	Verkeerde uitkomstmaat
54.	Parmenter 2019 (Parmenter, 2019)	SR met geïncludeerde studies die niet voldoen aan huidige criteria
55.	Golledge 2018 (Golledge, 2018)	Verkeerde vergelijking
56.	Schorr 2018 (Schorr, 2018)	Verkeerd studietype – conference abstract/scientific poster

57.	Patel 2018 (Patel, 2018)	Verkeerd studietype – conference abstract/scientific poster
58.	Novakovic 2018 (Novakovic, 2018)	Verkeerd studietype – conference abstract/scientific poster
59.	Bronas 2018 (Bronas, 2018a)	Verkeerd meetmoment follow-up
60.	Bronas 2018 (Bronas, 2018b)	Verkeerd studietype – conference abstract/scientific poster
61.	Berroug 2018 (Berroug, 2018)	Verkeerd studietype – conference abstract/scientific poster
62.	Actrn 2018 (Actrn, 2018)	Verkeerd studietype – trial registration
63.	Aboyans 2018 (Aboyans, 2018)	Verkeerde vergelijking
64.	Kirk 2018 (Kirk, 2018)	Verkeerd studietype – follow-up studie zonder baselinedata
65.	Normahani 2018 (Normahani, 2018)	Verkeerde interventie
66.	Gerhard-Herman 2017 (Gerhard-Herman, 2017)	Verkeerde vergelijking
67.	Abaraogu 2017 (Abaraogu, 2017)	Verkeerde interventie
68.	Oakley 2017 (Oakley, 2017)	Verkeerde uitkomstmaat
69.	Hopkins 2016 (Hopkins, 2016)	Verkeerd studietype – conference abstract/scientific poster
70.	Endicott 2016 (Endicott, 2016)	Verkeerd studiedesign
71.	Parmenter 2016 (Parmenter, 2016)	Verkeerd studietype – conference abstract/scientific poster
72.	Back 2015 (Bäck, 2015)	Recentere SR van betere kwaliteit beschikbaar
73.	Vermulapalli 2015 (Vemulapalli, 2015)	Verkeerde controlegroep
74.	Tompra 2015 (Tompra, 2015)	Verkeerde interventie
75.	Li 2015 (Li, 2015)	Verkeerde controlegroep
76.	Gommans 2015 (Gommans, 2015)	Verkeerde uitkomstmaat
77.	McDermott 2015 (McDermott, 2015)	Verkeerde controlegroep
78.	Mays 2015 (Mays, 2015)	Verkeerde controlegroep
79.	Fokkenrood 2015 (Fokkenrood, 2015)	Verkeerd studiedesign
80.	Delaney 2014 (Delaney, 2014)	Verkeerde vergelijking
81.	Lauret 2014 (Lauret, 2014)	Niet meest recente versie – update van artikel beschikbaar
82.	Spafford 2013 (Spafford, 2013)	Verkeerd studietype – trial registration
83.	Guidon 2013 (Guidon, 2013)	Verkeerde controlegroep
84.	Galea 2013 (Galea, 2013a)	Verkeerd studietype – conference abstract/scientific poster
85.	Galea 2013 (Galea, 2013b)	Verkeerde interventie
86.	Al-Jundi 2013 (Al-Jundi, 2013)	Niet meest recente versie – update van artikel beschikbaar
87.	Fokkenrood 2013 (Fokkenrood, 2013)	Niet meest recente versie – update van artikel beschikbaar
88.	Bermingham 2013 (Bermingham, 2013)	Verkeerde uitkomstmaat
89.	Parmenter 2013 (Parmenter, 2013)	Verkeerde vergelijking
90.	Mir 2013 (Miranda, 2013)	SR met geïncludeerde studies die niet voldoen aan huidige criteria
91.	Choi 2012 (Choi, 2012)	Verkeerd studietype – conference abstract/scientific poster
92.	Fakhry 2012 (Fakhry, 2012)	Verkeerde controlegroep
93.	Makris 2012 (Makris, 2012)	Verkeerd studiedesign
94.	Hendriks 2011 (Hendriks, 2011)	Verkeerde uitkomstmaat
95.	Saxton 2011 (Saxton, 2011)	Verkeerde vergelijking
96.	Parmenter 2011 (Parmenter, 2011)	Verkeerde vergelijking
97.	Van Asselt 2011 (van Asselt, 2011)	Verkeerde uitkomstmaat
98.	Fakhry 2011 (Fakhry, 2011)	Verkeerd studiedesign
99.	Tebbutt 2011 (Tebbutt, 2011)	Verkeerde controlegroep
100	Ornelas 2011 (Ornelas, 2011)	Verkeerd studietype – conference abstract/scientific poster
101	Nicolai 2011 (Nicolai, 2011)	Verkeerd studietype – Nederlands artikel waarvan ook Engelstalige versie is
102	Gardner 2011 (Gardner, 2011)	Verkeerde controlegroep
103	Nicolai 2010 (Nicolaï, 2010)	Verkeerde vergelijking
104	Wang 2010 (Wang, 2010)	Verkeerd studiedesign
105	Groot Koerkamp 2010 (Groot Koerkamp, 2010)	Verkeerd studiedesign
106	Helgerud 2009 (Helgerud, 2009)	Verkeerde controlegroep
107	Tew 2009 (Tew, 2009)	Verkeerde controlegroep
108	Gupta 2009 (Gupta, 2009)	Verkeerde populatie
109	Collins 2009 (Collins, 2009)	Verkeerde vergelijking
110	Parr 2009 (Parr, 2009)	Verkeerde vergelijking
111	Shalhoub 2009 (Shalhoub, 2009)	Verkeerd studiedesign
112	Stewart 2008 (Stewart, 2008)	Verkeerde controlegroep
113	Hodges 2008 (Hodges, 2008)	Verkeerde controlegroep

114	Artham 2008 (Artham, 2008)	Verkeerde populatie
115	Bronas 2007 (Bronas, 2007)	Niet meest recente versie – update van artikel beschikbaar
116	Collins 2007 (Collins, 2007)	Verkeerde populatie
117	Bendermacher 2007 (Bendermacher, 2007)	Verkeerd studiedesign
118	Badger 2007 (Badger, 2007)	Verkeerde interventie – postoperatieve zorg na bypass
119	Wind 2007 (Wind, 2007)	Verkeerde controlegroep
120	Bendermacher 2006 (Bendermacher, 2006)	Niet meest recente versie – update van artikel beschikbaar
121	Gardner 2005 (Gardner, 2005)	Verkeerde vergelijking
122	Slørdahl 2005 (Slørdahl, 2005)	Verkeerde uitkomstmaat
123	Zwierska 2005 (Zwierska, 2005a)	Verkeerde vergelijking
124	Zwierska 2005 (Zwierska, 2005b)	Verkeerde vergelijking

Bronnen

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Bijlage 4. Karakteristieken en resultaten van de geïncludeerde studies

Onderzoeksvraag 1: Andere vormen van beweeginterventies vs. traditionele looptraining

Studie & studiekarakteristieken	Patiëntkarakteristieken	Interventie (I)/blootstelling	Controle (C)	Follow-up	Uitkomstmaten	Data Gem (SD) / Events (aantal pp in groep)	Effectmaat (MD/ SMD/ RR/ OR/ RD/ NNT en 95% BI)
Salisbury (2022) Single-blind pilot RCT N=19 (10/9) USA	Patients diagnosed with PAD with IC symptoms referred for SET TBRS: Age (mean (SD)): 77.6 (8.2) Sex, (female (%): 30 TM: Age (mean (SD)): 71.8 (7.9) Sex, (female (%): 33.3	**Total body recumbent stepping exercise training (TBRS)** -seated stepping training performed on the NuStep TRS 4000 T4 Recumbent Cross Trainer -comfortable pace (50–80 steps per minute [spm]) and a resistance that promoted 'moderate' effort - Exercise/rest cycles were repeated when experienced claudication -1 hour per session -max 36 sessions (3p/w) -12 weeks -supervised	**Treadmill walking (TM)** -intermittent treadmill walking at a self-paced speed while the incline was adjusted to induce moderate claudication (rated 3 to 4 on a scale of 0–5) within 5–10 minutes -Exercise/rest cycles were repeated -1 hour per session -max 36 sessions (3p/w) -12 weeks -supervised	Baseline – 3 months	Walking performance (feet): 6MWT maximal walking distance (MWD) 6MWT pain-free walking distance (FWD) Safety/adverse events (AE)	TM: n=7 TBRS: n=9 6MWT – MWD (feet) Baseline -TBRS: 1111.0 (224.7) n=10 -TW: 1288.5 (59.9) n=9 3 months -TBRS: NA* -TW: NA* 6MWT – FWD (feet) Baseline -TBRS: 409.8 (90.9) n=10 -TW: 546.3 (84.9) n=9 3 months -TBRS: NA* -TW: NA* *Only rapported change scores **AE:** -TBRS: 9 per 236 training hours - TM: 3 in 180 training hours Only minor AEs	Mean (SE) – between-group difference in mean change adjusted by baseline 6MWT MWD 21.6 (74.7) 6MWT-PWD 60.9 (136.2)
Park 2020 RCT	Patients with Fontaine stage II or III PAD without previous or pending revascularization	**Heated-water exercise therapy (HWET)**	**Land based exercise therapy (LBET)** - supervised treadmill therapy	Baseline – 3 months	Walking performance	HWET: n=28 LBET: n=25 6MWT PWD (seconds)	NA

N=53 South Korea	N=32/31(baseline) N=28/25 (12 weeks) HWET: Age (mean (SD)): 60.0(9.0) Sex, (female (%): 100% LBET: Age (mean (SD)): 60.0(10.0) Sex, (female (%): 100%	- supervised heated-water exercise therapy -30min water walking, 10 min lower-limb movement patterns, 10min warmup, 10min cooldown -4 days/wk, for 60 min/day - waist-to-chest-deep water (30–31°C) -intensity increased every 4 weeks -12 weeks	-30min treadmill walking, 10 min simple movement patterns, 10min warmup, 10min cooldown -encouraged to exercise to near-maximal leg symptoms until failure of walking -4 days/wk, for 60 min/day -intensity increased every 4 weeks -12 weeks		6MWT pain-free walking distance (FWD) 6MWT total walking distance (TWD) Health-related quality of life: SF36	NA 6MWT TWD (meters) NA SF36 physical function domain Baseline I: 46.0 ± 30.0 C: 47.0 ± 29.0 12 weeks I: 55.0 ± 27.0 C: 53.0 ± 25.0 No adverse events	
Kropielnicka 2018 *Dziubek 2020* RCT N=95 Poland	Patients diagnosed with PAD Fontaine class II without revascularization in previous 3 months N=32/31/32 (baseline, NW/RNW/TW) N=21/28/31 (3 months, NW/RNW/TW) NW: Age (mean (SD)): 67.82 ± 8.49 Sex, (female (%): NA RNW: Age (mean (SD)): 67.00 ± 9.32	**Nordic walking training (NW)** -supervised intermittent nordic walking training to the onset of submaximum claudication pain (level 4 according to the 5-level ACSM scale) -45minutes -3times/week -12 weeks **Resistance and Nordic walking training (RNW)**	**Treadmill walking (TW)** - supervised intermittent treadmill walking to the onset of submaximum claudication pain (level 4 according to the 5-level ACSM scale) -45minutes -3times/week -12 weeks	Baseline – 12 weeks	Walking performance (meters): Gardner-Skinner treadmill test Claudication onset distance (FWD) Peak walking distance (MWD) Walking performance (meters): 6MWT pain-free walking distance (FWD)	N=21/28/31 (3 months, NW/RNW/TW) 6MWT – FWD Baseline NW: 149.07 (92.15) TW: 167.35 (111.23) RNW: 155.82 (114.81) 12 weeks NW: 181.62 (103.21) TW: 182.27 (122.82) RNW: 193.68 (125.04) 6MWT – TWD Baseline NW: 354.00 (56.07) TW: 343.50 (66.46) RNW: 374.18 (69.01)	SMD (95%-CI) *Uit Jansen 2020* TT FWD 3 months NW vs TW 0.13 [-0.53 , 0.80] RNW vs TW -0.13 [-0.74 , 0.49] TT MWD 3 months NW vs TW 0.30 [-0.37 , 0.96] RNW vs TW 0.03 [-0.59 , 0.64]

	Sex, (female (%): NA TW: Age (mean (SD)): 67.00 ± 7.43 Sex, (female (%): NA	-supervised intermittent nordic walking training to the onset of submaximum claudication pain (level 4 according to the 5-level ACSM scale) -individual isokinetic resistance training of lower limbs using dynamometry -45minutes -3 times/week (alternately RES/NW/RES or NW/RES/NW) -12 weeks			6MWT total walking distance (TWD)	12 weeks NW: 392.52 (63.88) TW: 375.11 (69.79) RNW: 422.77 (64.65) TT FWD (meters) Baseline NW: NA TW: NA RNW: NA 12 weeks NW: 169.21 (98.63)* TW: 155.96 (96.83)* RNW: 143.02 (101.38)* TT MWD (meters) Baseline NW: NA TW: NA RNW: NA 12 weeks NW: 372.7 (231.64)* TW: 303.09 (228.71)* RNW: 309.7 (223.09)* *Data from Jansen et al 2020	
Chehuen 2017 RCT N=42 Brazil	Patients with symptoms of IC (Fontaine stage II) without revascularization in previous year N=20/22 (baseline) N=12/13 (12 weeks) SC: Age (mean (SD)): 62 ± 8	**Stretching classes (SC)** - supervised stretching exercises using the upper and lower limbs -30min -2 times/week -12 weeks	**Walking training (WT)** -supervised intermittent treadmill walking - 15x2-min walking bouts at the heart rate of claudication pain onset ¡ 4 bpm, with 2-	Baseline – 12 weeks	Walking performance (meters): Gardner-Skinner treadmill test Claudication onset distance (FWD) Peak walking distance (MWD)	N=20/22 (SC/WT) TT FWD (meters) Baseline I: 298 ± 154 C: 262 ± 157 12 weeks I: 267 ± 133 C: 356 ± 200	NA

	Sex, (female (%): 0% WT: Age (mean (SD)): 63 ± 7 Sex, (female (%): 0%	-recommendation for unsupervised physical activity (walk 30 min every day)	min intermittent rest periods -2 times/week -12 weeks -recommendation for unsupervised physical activity (walk 30 min every day)			TT MWD (meters) Baseline I: 735 ± 283 C: 639 ± 249 12 weeks I: 678 ± 275 C: 941 ± 334	
Van Schaardenburgh 2017 Prospective randomized single-center trial N=29 Norway	PAD patients limited by IC with no vascular intervention in the last 3 months N=14/15 (Baseline) N=14/13 (8 weeks) Calf raise : Sex, female: 50% Age, years (SD): 66 (9.3) Walking group: Sex, female: 46% Age, years (SD): 70 (8.2)	**Calf raise exercise** -Calf raise exercise, repeated until pain in calf musculature -3 times a day -8 weeks -No supervision -Activity monitor to monitor compliance	**Traditional walking exercise** -Walk near pain threshold -30 minutes -3 times a week -8 weeks -No supervision -Activity monitor to monitor compliance	Baseline – 8 weeks	Walking performance (meters): 6MWT maximal walking distance (MWD) 6MWT pain-free walking distance (FWD) 6MWT total walking distance (TWD) Walking performance (time, seconds): Gardner-Skinner treadmill test Claudication onset time (FWT) Peak walking time (MWT) Health-related quality of life: SF-36	All data: Mean (SEM) I: n=14 C: n=13 6MWT FWD (meters) Baseline I: 177 (18) C: 305 (108) 8 weeks I: 221 (22) C: 352 (62) 6MWT MWD (meters) Baseline I: 535 (39) C: 619 (68) 8 weeks I: 634 (85) C: 700 (145) 6MWT TWD (meters) Baseline I: 466 (14) C: 452 (14) 8 weeks I: 480 (17) C: 462 (14)	NA

						TT FWT (seconds) Baseline I: 255 (45) C: 309 (31) 8 weeks I: 378 (61) C: 354 (59) TT MWT (seconds) Baseline I: 709 (98) C: 595 (64) 8 weeks I: 813 (113) C: 610 (66) SF-36 pain Baseline I: 59 (6.4) C: 57.7 (6.6) 8 weeks I: 62.3 (5.7) C: 60 (6.3) SF-36 general health Baseline I: 77.9 (4.5) C: 58.5 (3.8) 8 weeks 72.6 (4.6) 64.2 (5.7) SF-36 vitality Baseline I: 59.4 (4.6) C: 59.1 (3.9)	

						8 weeks I: 57.8 (3.1) C: 62.0 (6.4) SF-36 mental health I: 82.2 (4.3) C: 75.0 (5.0) 8 weeks I: 84.2 (3.2) C: 80.9 (5.0) SF-36 social function I: 87.5 (4) C: 85.0 (5.2) 8 weeks I: 87.5 (4.5) C: 91.3 (4.2) SF-36 emotional role I: 80.1 (6.9) C: 77.1 (8.7) 8 weeks I: 85.3 (6.9) C: 81.3 (8.7) SF-36 physical function I: 64.2 (4.9) C: 64.2 (4.1) 8 weeks I: 64.2 (2.8) C: 67.1 (4.9) SF-36 physical role I: 68.3 (6.8) C: 61.4 (6.9) 8 weeks	

						I: 74.5 (5.0) C: 67.2 (6.9)	
Bulinska 2016 RCT N=70 Poland	Patients with IC Fontaine class II N=35/35 (baseline) N=21/31 (3 months) NPW: Age (mean (SD)): 67 (±9.3) Sex, (female (%): 42.86 TT: Age (mean (SD)): 67 (±7.4) Sex, (female (%): 19.35	**Nordic pole walking (NPW)** -supervised nordic pole walking to the reach of submaximal level of pain (ACSM – level 4) -starting 30min, increasing to 50 min -outdoor -3 times/week -12 weeks	**Treadmill training (TT)** -supervised intermittent treadmill walking to the reach of submaximal level of pain (ACSM – level 4) -starting 30min, increasing to 50 min -3.2 km/h (2.0 mph) and 12% grade -3 times/week -12 weeks	Baseline – 3 months	Walking performance (meters): 6MWT pain-free walking distance (FWD) 6MWT total walking distance (TWD) Walking performance (meters): Gardner-Skinner treadmill test Claudication onset distance (FWD) Peak walking distance (MWD)	NPW: n=21 TT: n=31 6MWT FWD (meters) Baseline I: 163.48 ± 91.32 C: 219.67 ± 96.27 12 weeks I: 236.62 ± 93.76 C: 255.63 ± 103.22 6MWT TWD (meters) Baseline I: 354.00 56.07 C: 343.50 ± ± 66.46 12 weeks I: 392.52 ± 63.88 C: 375.11 ± 69.79 TT FWD (meters) Baseline I: 114.6 (92.35) C: 88.52 (34.65) 12 weeks I: 166.0 (97.53) C: 151.3 (95.30) TT MWD (meters) Baseline I: 224.3 (143.69) C: 164.24 (74.91) 12 weeks I: 363.6 (225.19) C: 290.23 (222.28)	SMD (95%-CI) *Uit Jansen 2020* TT FWD 3 months NPW vs TT 0.15 [-0.40 , 0.70] TT MWD 3 months NPW vs TT 0.32 [-0.23 , 0.88]

Szymczak 2016 RCT N=50 Poland	Patients with PAD (Fontaine stage 2) with no vascular intervention in the last 12 months N=26/24 Age (range): 52 – 75 Sex, female: 54%	**Resistance training** -Stationary (seated) training focused on lower limbs muscles -3x15 repetitions for each exercise -2 times/week 50min -12 weeks -Supervised	**Treadmill walking** -Interval walking with periods of rest (when suffering light claudication pain) -Constant velocity -2 times/week 50min -12 weeks -Supervised	Baseline – 12 weeks	Walking performance (meters): -6MWT pain-free walking distance (FWD) -6MWT total walking distance (TWD) Walking performance (meters): Gardner-Skinner treadmill test -Claudication onset distance (FWD) -Peak walking distance (MWD)	All data is median(range) Baseline & follow-up: n=26 C: n=24 6MWT FWD (meters) Baseline I: 135.6 (±123.6) C: 108.8 (±85.3) 12 weeks I: 160.4 (±130.6) C: 178.5 (±111.6) 6MWT TWD (meters) Baseline I: 322.7 (±71.4) C: 305.1 (±78.1) 12 weeks I: 349.8 (±94.9) C: 346.9 (±888) TT FWD (meters) Baseline I: 125 (±134.7) C: 78.3 (±64.1) 12 weeks I: 186.7 (±211.9) C: 168.5 (±113.2) TT MWD (meters) Baseline I: 254.3 (±223.3) C: 172.3 (±137.8) 12 weeks I: 402.7 (±501.6) C: 318.3 (±230.8)	SMD (95%-CI) *Uit Jansen 2020* TT FWD 3 months RT vs TW 0.10 [-0.45 , 0.66] TT MWD 3 months RT vs TW 0.21 [-0.35 , 0.77]

Spafford 2014 RCT N=52 UK	Patients with stable claudication without revascularization in previous 6 months N=28/24 (baseline) N=19/19 (12 weeks) NPW: Age (mean (SD)): 65(2) Sex, (female (%): 32.14 HET: Age (mean (SD)): 65(2) Sex, (female (%): 33.33	**Nordic pole walking (NPW)** -home based Nordic pole walking -30 min three times per week -12 weeks -pedometer and exercise diary -weekly telephone call	**Home-exercise program (HET)** -home based walking at normal pace -30 min three times per week -12 weeks -pedometer and exercise diary -weekly telephone call	Baseline – 4 weeks – 8 weeks – 12 weeks	Shuttle walk test – pain free walking distance (FWD) – meters Shuttle walk test – maximal walking distance (MWD) – meters	All data is in median (range) N=19/19 SWT – FWD (meters) Baseline NPW: 124 (71–248) HET: 107 (56–332) 4 weeks NA 8 weeks NA 12 weeks NPW: 151 (100–328) HET: 153 (59–321) SWT – MWD (meters) Baseline NPW: 248 (149–900) HET: 355 (92–600) 4 weeks NA 8 weeks NA 12 weeks NPW: 400 (200–900) HET: 334 (149–874)	NA
Gardner 2014 RCT N=180 USA	Patients with symptomatic PAD N = 60/60/60 RT: Age (mean (SD)): 65 (9) Sex, (female (%): 40	**Light resistance training (RT)** -Light resistance training using a Pro-Form Fusion 6.0 LX Weight system, without any walking exercise	**Supervised exercise training (SET)** -Intermittent walking to mild to moderate claudication pain at speed of 2 mph and at grade equal to 40% of highest workload achieved during	Baseline – 12 weeks	Walking performance (time, seconds): Gardner-Skinner treadmill test Claudication onset time (FWT) Peak walking time (MWT)	RT: n=60 SET: n=60 HBET: n=60 FWT (seconds) Baseline RT: 205 (167) SET: 193 (150) HBET: 195 (171)	NA

	SET: Age (mean (SD)): 65 (11) Sex, (female (%): 52 HBET: Age (mean (SD)): 67 (10) Sex, (female (%): 48	-Resistance that caused fatigue after 15 reps (15-rep max) -Exercises for both upper and lower extremity -One set of 15 reps for each exercise -3 days per week -step activity monitor during each exercise session	baseline maximal treadmill test -15 to 40 min -3 days per week -3 months -step activity monitor during each exercise session **Home-based exercise training (HBET)** -Intermittent walking to mild to moderate claudication pain at self-selected pace -20 to 45min -3 days per week -3 months -step activity monitor during each exercise session -monitoring data were reviewed, and feedback was provided at week 1, 4, 8 and 12		Walking performance: 6MWT total walking distance (TWD) (meters) Walking performance: WIQ Health-related quality of life: SF-36	12 weeks RT: 222 (180) SET: 363 (292) HBET: 300 (242) MWT (seconds) Baseline RT: 464 (237) SET: 356 (222) HBET: 380 (274) 12 weeks RT: 486 (260) SET: 547 (299) HBET: 490 (350) 6MWT TWD (meters) Baseline RT: 376 (73) SET: 326 (94) HBET: 328 (108) 12 weeks RT: 380 (81) SET: 341 (87) HBET: 372 (119) WIQ: NA SF-36: NA 14 adverse events during the trial, of which only 4 patients were discontinued due to an adverse event	

Cucato 2013 RCT N=29 Brazil	Patients with symptoms of IC (Fontaine stage II) without revascularization in previous year N=12/17 (baseline) N=12/13 (12 weeks) SC: Age (mean (SD)): 61(8) Sex, (female (%): 0% WT: Age (mean (SD)): 64(6) Sex, (female (%): 0%	**Stretching classes (SC)** - stretching exercises using the upper and lower limbs -30min -2 times/week -12 weeks	**Walking training (WT)** -intermittent treadmill walking - 15x2-min walking bouts at the heart rate of claudication pain onset ¡ 4 bpm, with 2-min intermittent rest periods -2 times/week -12 weeks	Baseline – 12 weeks	Walking performance (meters): Gardner-Skinner treadmill test Claudication onset distance (FWD) Peak walking distance (MWD)	N=12/13 (SC/WT) FWD (meters) Baseline I: 328(161) C: 309(153) 12 weeks I: 253(118) C: 413(201) MWD (meters) Baseline I: 828(286) C: 784(182) 12 weeks I: 771(262) C: 1100(236)	NA
Collins 2012 RCT N = 103 USA	Patients with PAD with IC N= 51/52 (baseline) N= 49/48 (6 weeks) N=43/46 (3 months) N=34/43 (6 months) NPW: Age (mean (SD)): 71.4 ± 9.1 Sex, (female (%): 7.8 SET: Age (mean (SD)): 68.0 ± 8.5 Sex, (female (%): 5.8	**Nordic pole walking (NPW)** -interval nordic pole walking -started at 30min with 20% of the workout at light intensity, 60% at moderate intensity, and 20% at hard intensity -increased to 60 minutes with 10% at light intensity, 35% at moderate intensity, 50% at hard intensity, and 5% at very hard intensity	**Supervised treadmill training (SET)** -interval treadmill walking -started at 30min with 20% of the workout at light intensity, 60% at moderate intensity, and 20% at hard intensity -increased to 60 minutes with 10% at light intensity, 35% at moderate intensity, 50% at hard intensity, and 5% at very hard intensity -trained on indoor treadmills or outside	Baseline 6 weeks 3 months 6 months	Walking performance (time, min): treadmill test -Claudication onset time (FWT) -Peak walking time (MWT) WIQ distance SF36 physical component	N= 51/52 (baseline) N= 49/48 (6 weeks) N=43/46 (3 months) N=34/43 (6 months) FWT (min) Baseline NPW: 3.7±2.0 SET: 4.2±2.7 6 weeks: NPW: 3.8±2.5 SET: 4.7±4.0 12 weeks NPW: 5.2±5.0 SET: 4.4±2.5 24 weeks NPW: 9.3±12.1 SET: 6.8±4.8	SMD (95%-CI) *Uit Jansen 2020* FWT 6 months NPW vs SET 0.28 [-0.17 , 0.73] MWT 6 months NPW vs SET -0.40 [-0.85 , 0.06] WIQ distance 6 months NPW vs SET -2.30 [-16.26 , 11.66]

		-trained on indoor treadmills or outside when weather permitted -3 times/week -24 weeks	when weather permitted -3 times/week -24 weeks			MWT (min) Baseline NPW: 7.39±2.89 SET: 7.98±3.60 6 weeks: NPW: 9.83±8.16 SET: 14.09±10.40 12 weeks NPW: 12.67±9.52 SET: 18.39±15.34 24 weeks NPW: 15.02±12.32 SET: 21.10±17.07 WIQ distance Baseline NPW: 33.26±28.82 SET: 37.25±27.36 6 weeks: NPW: 38.86±30.44 SET: 43.42±27.31 12 weeks NPW: 43.12±32.39 SET: 46.79±32.00 24 weeks NPW: 45.51±31.74 SET: 47.78±30.24 SF36 physical component Baseline NPW: 49.29±20.94 SET: 50.10±21.15 6 weeks: NPW: 50.82±20.19 SET: 60.00±20.91 12 weeks	

						NPW: 54.18±19.72 SET: 59.48±22.22 24 weeks NPW: 55.51±21.27 SET: 60.42±21.75	
Ritti-Dias 2010 *Follow up door Menêses 2011* RCT N=34 Brazil	Patients with PAD Fontaine stage II without revascularization in the previous year N= 17/17 (baseline) N=15/15 (3 months) N=12/12 (6 months0 ST: Age (mean (SD)): 65.7 (9.5) Sex, (female (%): 26.7 WT: Age (mean (SD)): 64.5 (8.8) Sex, (female (%): 40	**Supervised strength training (ST)** -Exercises for both upper and lower extremity performed on specific strength training machines -Exertion grade 11 to 13 on 15-grade Borg scale -3x10 repetitions -supervised by exercise physiologist -60 minutes -2 days a week -12 weeks	**Supervised walking training (WT)** -Intermittent treadmill walking at fifteen 2-min bouts -Speed to induce exertion of grade 11 to 13 on 15-grade scale and claudication pain in the last 30 seconds of each exercise bout -supervised by exercise physiologist -60 minutes -2 days a week -12 weeks	Baseline – 12 weeks – 24 weeks	Walking performance (meters): Gardner-Skinner treadmill test -Claudication onset distance (FWD) -Peak walking distance (MWD)	ST: n=15 WT: n=15 FWD (meters) Baseline ST: 358 (224) WT: 342 (182) 12 weeks ST: 504 (276) WT: 469 (237) 24 weeks ST: 527 ± 201 WT: 425 ± 195 MWD (meters) Baseline ST: 618 (282) WT: 572 (231) 12 weeks ST: 775 (334) WT: 721 (289) 24 weeks ST: 791 ± 208 WT: 653 ± 230	SMD (95%-CI) *Uit Jansen 2020* FWD 12 weeks ST vs WT 0.13 [-0.58 , 0.85] MWD 12 weeks ST vs WT 0.17 [-0.55 , 0.89]
Treat-Jacobson 2009 *& Bronas 2011* Pilot RCT N= 33	Patients with intermittent claudication without revascularization in previous 3 months AE/SET/HBET N=12/13/8 (baseline)	**Supervised arm ergometry (AE)** -arm-ergometry training -to achieve intensity similar to SET group, AE group performed	**Supervised treadmill training (SET)** -intermittent treadmill walking to moderate claudication pain (4	Baseline – 3 months – 6 months	Walking performance (meters): Gardner-Skinner treadmill protocol	Baseline: AE: n=12 HBET: n=8 SET: n=13 3 months: AE: n=10 HBET: n=8	

USA	N=10/11/8 (3 months) N=8/9/6 (6 months) AE: Sex, female: 20% Age, years (SD): 64 (8.6) SET: Sex, female: 36% Age, years (SD): 64 (11.7) HBET: Sex, female: 22% Age, years (SD): 70 (7.8)	longer exercise bouts and shorter periods of rest -50 RPM -Starting with 2min exercise alternated with 2min rest, increased to 5min exercise alternated with 1min rest -60 minutes -3 times/week -3 months	on 5point scale) in exercise laboratory -intensity RPE 13-15 on 20-point Borg RPE scale (6-20) -grade and speed started at 0% and 3.2km/h and progressively increased with increments of 0.5% and 0.2-0.3 km/h as tolerated -60 minutes -3 times/week -3 months **Home based walking (HBET)** -specific, standardized, written walking instructions (≥3 times/week, ≥30min, moderate intensity) -daily exercise record -weekly visits in exercise laboratory for review of exercise records		-Claudication onset distance (FWD) -Peak walking distance (MWD)	SET: n=11 6 months: AE: n=8 HBET: n=6 SET: n=9 FWD Baseline AE: 133.1 (64.1) HBET: 119.2 (62.2) SET: 200.4 (151.4 12 weeks NA* 24 weeks: NA* MWD Baseline AE: 421.6 (188.7) HBET: 360.8 (185.2 SET: 483.3 (290.9) 12 weeks NA* 24 weeks NA* *Only rapported change scores.	
Sanderson 2006 RCT N = 42 (15/13)	Patients with intermittent claudication SCT: Sex, female: 46.66	**Supervised cycling training (SCT)** -supervised cycling on cycle ergometer	**Supervised treadmill training (SET)** -supervised treadmill walking	Baseline – 6 weeks	Walking performance (time, seconds): Graded treadmill protocol	SCT: n=15 SET: n=13 FWT (seconds) Baseline	SMD (95%-CI) *Uit Jansen 2020* FWT SCT vs SET

Australia	Age, years (SD): 65 (10) SET: Sex, female: 38.46 Age, years (SD): 62 (6)	- 10x 2-minute bouts of exercise, with each bout separated by 2 minutes of rest - training intensity corresponded to a workload that elicited an oxygen uptake (VO2) equal to 80% of the peak value measured -3 days/week -6 weeks	- 10x 2-minute bouts of exercise, with each bout separated by 2 minutes of rest - training intensity corresponded to a workload that elicited an oxygen uptake (VO2) equal to 80% of the peak value measured -3 days/week -6 weeks		-Claudication onset time (FWT) -Peak walking time (MWT)	SCT: 271 (289) SET: 412 (251) 6 weeks SCT: 263 (293) SET: 607 (369) MWT (seconds) Baseline NA 6 weeks SCT: 1089 (578)* SET: 1254 (414)* *Data from Jansen et al 2020	-1.01 [-1.81 , -0.22] MWT SCTvs SET -0.31 [-1.06 , 0.43]

Onderzoeksvraag 2: Gesuperviseerde beweeginterventie vs zelfstandig uitgevoerde beweeginterventie

Studie & studie karakteristieken	Patiënt karakteristieken	Interventie (I)	Controle (C)	Follow-up	Uitkomstmaten	Data Gem (SD) / Events (aantal pp in groep)	Effectmaat (MD/ SMD/ RR/ OR/ RD/ NNT en 95% BI)
Sandberg 2023 Multicenter RCT N=166 (total) N=56/54 (HEP/SEP) Sweden	Patients with mild to severe IC (Rutherford 1-3) for >6 months without revascularization in the previous 3 months N=56/54 (baseline) N=45/45 (3 months) N=47/45 (6 months) N=50/48 (12 months) HEP: Sex, female: 37.5% Age, years (SD): 71.8 (6.5) SEP:	**Home-based exercise program + walking advice (HEP)** -individually adapted home exercise program containing aerobic walking and resistance exercises -central intensity grade 13-15 on 6-20 Borg RPE scale -IC intensity grade ≥17 on 6-20 Borg RPE scale -3 days a week for 50min -12 months	**Supervised exercise program + walking advice (SEP)** -individually adapted supervised exercise program containing aerobic walking and resistance exercises -central intensity grade 13-15 on 6-20 Borg RPE scale -IC intensity grade ≥17 on 6-20 Borg RPE scale -3 days a week for 50min -12 months -additional advice to perform limb symptom-inducing Nordic pole walking for ≥30 min, ≥3 times weekly	Baseline - 3, 6 and 12 months	Walking performance (meters): 6MWT pain-free walking distance (PWD) 6MWT maximal walking distance (MWD) Walking performance: WIQ	6MWT = Mean (95%-CI) 6MWT MWD Baseline SEP: 385.0 (360.8–409.1) n=52 HEP: 386.7 (362.2–411.2) n=55 3mnd SEP: 402.5 (379.1-425.8) n=45 HEP: 417.5 (390.1-445.0) n=45 6mnd	MD - MWD 0-12 months –11.6 m favouring HSEP (95% CI: –36.4 to 13.0 m)

	Sex, female: 42.6% Age, years (SD): 72.2 (7.5)	-additional advice to perform limb symptom-inducing Nordic pole walking for ≥30 min, ≥3 times weekly -supervised feedback session at 3 and 6 months -months 0-6: biweekly contact by phone -months 7-12: no feedback	-supervised feedback session at 3 and 6 months -months 0-6: supervised -months 7-12: at home without feedback			SEP: 402.5 (379.1-425.8) n=45 HEP: 414.3 (385.8-442.7) n=47 12mnd SEP: 396.3 (368.3–424.4) n=48 HEP: 405.7 (377.4–434.0) n=50 6MWT PWD Baseline SEP: 187.1 (151.3–222.9) n=52 HEP: 187.5 (157.0–218.0) n=55 3mnd SEP: 229.1 (190.4-267.7) n=45 HEP: 255.8 (215.8-295.9) n=45 6mnd SEP: 263.2 (225.0-301.5) n=45 HEP: 259.9 (218.5-301.4) n=47 12mnd SEP: 258.5 (214.2–302.8) n=48 HEP: 278.2 (234.4–322.1) n=50	

						WIQ = Median (IQR) WIQ overall baseline SEP: 43.2 (27) HEP: 40.0 (40) 3mnd SEP: 53.9 (34) n=45 HEP: 57.5 (44) n=44 6mnd SEP: 63.3 (34) n=42 HEP: 57.5 (46) n=47 12mnd SEP: 61.9 (47) HEP: 56.2 (45) WIQ distance baseline SEP: 44.1 (33) n=52 HEP: 30.5 (53) n=54 3mnd SEP: 65.8 (43) n=45 HEP: 58.0 (59) n=44 6mnd SEP: 72.3 (39) n=42 HEP: 58.5 (61)	

						n=47 12mnd SEP: 68.0 (64) n=47 HEP: 72.3 (71) n=49 WIQ speed baseline SEP: 34.2 (31) n=52 HEP: 32.6 (32) n=54 3mnd SEP: 43.5 (32) n=45 HEP: 45.1 (36) n=44 6mnd SEP: 43.5 (40) n=42 HEP: 43.5 (42) n=47 12mnd SEP: 43.5 (46) n=47 HEP: 43.5 (31) n=49 WIQ stair climbing baseline SEP: 50.0 (54) n=52 HEP: 41.7 (51) n=54 3mnd	

						SEP: 66.7 (58) n=45 HEP: 66.7 (55) n=44 6mnd SEP: 66.7 (51) n=42 HEP: 58.3 (63) n=47 12mnd SEP: 66.7 (51) n=47 HEP: 58.3 (63) n=49 No adverse events occurred during exercise.	
Hageman 2018 Systematic review of RCTs and meta-analysis N = 379 (total) 8 studies (of 21 studies in total) The Netherlands		**Home-based exercise training (HBET)**	**Supervised exercise training (SET)**		Maximal walking time/distance (MWT/D) -6 weeks -3 months -6 months Functional walking time/distance (FWT/D) -3 months -6 months SF-36 -3 months -6 months WIQ		

					-3 months -6 months		
Gardner 2014 *Uit Hageman 2018* RCT N=120 (total) N=60/60 (HBET/SET) USA	Patients with symptomatic PAD SET: Age (mean (SD)): 65 (11) Sex, (female (%): 52 HBET: Age (mean (SD)): 67 (10) Sex, (female (%): 48	**Home-based exercise training (HBET)** -Intermittent walking to mild to moderate claudication pain at self-selected pace -20 to 45min -3 days per week -3 months -step activity monitor during each exercise session -monitoring data were reviewed, and face-to-face feedback was provided at week 1, 4, 8 and 12	**Supervised exercise training (SET)** -Intermittent walking to mild to moderate claudication pain at speed of 2 mph and at grade equal to 40% of highest workload achieved during baseline maximal treadmill test -15 to 40 min -3 days per week -3 months -step activity monitor during each exercise session	Baseline – 12 weeks	Walking performance (time, seconds): Gardner-Skinner treadmill test Functional walking time (FWT) Maximal walking time (MWT) Walking performance: 6MWT total walking distance (TWD) (meters) Walking performance: WIQ Health-related quality of life: SF-36		*Data uit Hageman 2018:* SMD (95% CI) FWT/D SET vs HET 0.25[-0.11,0.61] MWT/D SET vs HET 0.16[-0.2,0.52]
Gardner 2011 *Uit Hageman 2018* RCT N=80 (baseline) N=62 (3 months)	Patients with intermittent claudication N=40/40 (baseline) N=29/33 (3 months) HET:	**Home based exercise therapy (HET)** -intermittent walking to near-maximal claudication pain at self-selected speed	**Supervised exercise therapy (SET)** -intermittent treadmill walking to near maximal claudication pain at speed of 2mph and grade equal to 40% of final workload	Baseline – 12 weeks	Walking performance (time, seconds): Gardner-Skinner treadmill test Functional walking time (FWT)		*Data uit Hageman 2018:* SMD (95% CI) FWT/D SET vs HET

USA	Sex, female: 55% Age, years (SD): 65 (11) SET: Sex, female: 55% Age, years (SD): 66 (12)	-started at 20min and increased with 5min per 2 weeks to 45min -3 days/week -step activity monitor during each exercise session -feedback during biweekly 15-min meetings	baseline maximal treadmill test -supervised -started at 15min and increased with 5min per 2 weeks to 40min -3 days/week -step activity monitor during each exercise session		Maximal walking time (MWT) Walking performance: WIQ Health-related quality of life: SF-36		0.09[-0.4,0.59] MWT/D SET vs HET 0.03[0.47,0.53] SF36 pf SET vs HET -2 [-13.02,9.02] WIQ distance SET vs HET -4[-20,12] WIQ speed SET vs HET -5[-16.45,6.45] WIQ stairs SET vs HET -4[-19.2,11.2]
Allen 2010 *Uit Hageman 2018* RCT N = 33 USA	Patients with IC without vascular surgery in the previous 3 months N=18/15 HET: Sex, female: 66% Age, years (SD): 66.7 (11.9) SET: Sex, female: 33% Age, years (SD): 67.9 (10.1)	**Home based exercise therapy (HET)** -Home-based walking -3 times per week for 30 minutes -3 months -Keeped notes regarding their activity -Called every 3 weeks for feedback	**Supervised exercise therapy (SET)** -Intermittent treadmill walking until claudication pain became moderately severe, followed by rest -3 times per week for 30 to 40 minutes -3 months -supervised by exercise physiologist	Baseline – 12 weeks	Walking performance (time): Gardner-Skinner treadmill protocol -Functional walking time (FWT) -Maximal walking time (MWT)		*Data uit Hageman 2018:* SMD (95% CI) FWT/D SET vs HET 0.4[-0.29,1.09] MWT/D SET vs HET 0.16 [-0.53 , 0.84]

Treat-Jacobson 2009 *Uit Hageman 2018* Pilot RCT N= 21 (baseline) N=19 (3 months) N=15 (6 months) USA	Patients with intermittent claudication without revascularization in previous 3 months N=8/13 (baseline) N=8/11 (3 months) N=6/9 (6 months) HET: Sex, female: 22% Age, years (SD): 70 (7.8) SET: Sex, female: 36% Age, years (SD): 64 (11.7)	**Home based walking (HBET)** -specific, standardized, written walking instructions (≥3 times/week, ≥30min, moderate intensity) -daily exercise record -weekly visits in exercise laboratory for review of exercise records	**Supervised treadmill training (SET)** -intermittent treadmill walking to moderate claudication pain (4 on 5point scale) in exercise laboratory -intensity RPE 13-15 on 20-point Borg RPE scale (6-20) -grade and speed started at 0% and 3.2km/h and progressively increased with increments of 0.5% and 0.2-0.3 km/h as tolerated -60 minutes -3 times/week -3 months	Baseline – 3 months – 6 months	Walking performance (meters): Gardner-Skinner treadmill protocol -Functional walking distance (FWD) -Maximal walking distance (MWD)		*Data uit Hageman 2018:* SMD (95% CI) FWD 3mnd SET vs HET 0.76[-0.19,1.71] FWD 6mnd SET vs HET 0.94[-0.16,2.05] MWD 3mnd SET vs HET 1.1[0.11,2.1] MWD 6mnd SET vs HET 0.87[-0.22,1.97]
Sandercock 2007 *Uit Hageman 2018* N=29 RCT UK	Patients diagnosed with PAD with symptomatic IC during walking N=15/14 HBET: Sex, female: 20% Age, years (SD): 62 (14) SET: Sex, female: 29% Age, years (SD): 66 (8)	**Home-based exercise therapy (HBET)** -instructions for 3 additional 30-min walking session p/week at an RPE of 12 - 14 -exercise diary -30 minutes -2 days/week -weekly contact by telephone	**Supervised exercise therapy (SET)** -intermittent treadmill walking at a work rate equivalent to 70 - 75% of VO2peak -instructions for 1 additional 30-min walking session p/week -exercise diary -30 minutes -2 days/week -12 weeks	Baseline – 6 weeks – 12 weeks	Walking performance (time, min): Graded treadmill test -Maximal walking time (MWT)		*Data uit Hageman 2018:* SMD (95% CI) MWT/D 6wks SET vs HET 0.93[0.15,1.7] MWT/D 12wks SET vs HET 0.83[0.06,1.59]

Savage 2001 *Uit Hageman 2018* N=21 (10/11) RCT USA	Patients >50 year with IC HBET: Sex, female: 30% Age, years (SD): 66.1 (8.9) SET: Sex, female: 27% Age, years (SD): 66.4 (9.1)	**Home-based exercise therapy (HBET)** -walking to the point of intense pain, resting, then continuing for a total duration of 15min -gradually increase to 40min -3 times p/week -24 weeks -contact by telephone once a month	**Supervised exercise therapy (SET)** -treadmill walking at a constant pace of 2 mph at 60% of the maximal grade achieved during the patients' entry stress test -intermittent walking to the point of intense pain -started at 15min, gradually increased with 5min p/2 weeks to 40min -3 times p/week -12 weeks supervised -week 13-24 same program as HBET group	Baseline – 3 months – 6 months	Walking performance (meters): Gardner-Skinner treadmill protocol -Functional walking distance (FWD) -Maximal walking distance (MWD) Health-related quality of life: SF-36		*Data uit Hageman 2018:* SMD (95% CI) FWT/D 12 weeks SET vs HET 0.89[-0.02,1.8] 24 weeks SET vs HET 0.83[-0.07,1.73] MWT/D 12 weeks SET vs HET 0.27[-0.59,1.13] 24 weeks SET vs HET 0.07[-0.78,0.93] SF36 physical functioning 12 weeks SET vs HET -1[-12.31,10.31] 24 weeks SET vs HET 2[-16.67,20.67]

							SF36 physical role 12 weeks SET vs HET 9[-24.38,42.38] 24 weeks SET vs HET 37[6.36,67.64] SF36 bodily pain 12 weeks SET vs HET -2[-19.79,15.79] 24 weeks SET vs HET 1[-13.19,15.19] SF36 general health 12 weeks SET vs HET -1[-14.4,12.4] 24 weeks SET vs HET 1[-14.87,16.87] SF36 vitality 12 weeks SET vs HET 21[10.29,31.71] 24 weeks SET vs HET 11[-4.1,26.1]

							SF36 social function 12 weeks SET vs HET 2[-9.02,13.02] 24 weeks SET vs HET 6[-7.73,19.73] SF36 emotional role 12 weeks SET vs HET 1[-30.34,32.34] 24 weeks SET vs HET -3[-40.65,34.65] SF36 mental health 12 weeks SET vs HET 8[-4.7,20.7] 24 weeks SET vs HET 8[-13.68,29.68]
Patterson 1997 *Uit Hageman 2018* RCT N = 55 (28/27) USA	Patients between the ages 50-75 with CI symptoms >3 months HBET: Sex, female: 53.6% Age, years (SD): 70.3 (8.6) SET:	**Home-based exercise therapy (HBET)** -instructions to walk a minimum of 3 days/week to tolerance -for a period of 20 to 40 minutes	**Supervised exercise therapy (SET)** -treadmill walking and aerobic exercise (arm and leg ergometry and Air-Dyne cycling) -3 days/week 1 hour -12 weeks	Baseline – 3 months – 6 months	Walking performance (time): Graded treadmill protocol -Functional walking time (FWT) -Maximal walking time (MWT)		*Data uit Hageman 2018:* SMD (95% CI) FWT/D 12 weeks SET vs HET 1.09[0.47,1.71]

	Sex, female: 40.7% Age, years (SD): 67.9 (7.5)	-weekly exercise logs reviewed by study nurses (1,5h contact weekly) -12 weeks			Health-related quality of life: SF-36		24 weeks SET vs HET 1.4[0.69,2.1] MWT/D 12 weeks SET vs HET 0.56[-0.03,1.14] 24 weeks SET vs HET 1.04[0.37,1.71] SF36 physical functioning 12 weeks SET vs HET -1[-14.35,12.35] 24 weeks SET vs HET 2[-10.17,14.17] SF36 physical role 12 weeks SET vs HET -5[-28.96,18.96] 24 weeks SET vs HET 4[-21.33,29.33] SF36 bodily pain 12 weeks

							SET vs HET 3[-9.93,15.93] 24 weeks SET vs HET -2[- 14.54,10.54] SF36 general health 12 weeks SET vs HET 3[-8.49,14.49] 24 weeks SET vs HET 0[-11.65,11.65] SF36 vitality 12 weeks SET vs HET -4[-13.38,5.38] 24 weeks SET vs HET -1[- 12.74,10.74] SF36 social function 12 weeks SET vs HET 5[-4.42,14.42] 24 weeks SET vs HET -7[-17.42,3.42] SF36 emotional role

							12 weeks SET vs HET -2[-21.9,17.9] 24 weeks SET vs HET -7[-28.59,14.59] SF36 mental health 12 weeks SET vs HET 3[-11.12,5.12] 24 weeks SET vs HET -6[-15.43,3.43]
Regensteiner 1997 *Uit Hageman 2018* RCT N=20 (10/10) USA	Patients diagnosed with PAD with disabling intermittent claudication without revascularization within previous year HBET: Sex, female: NA Age, years (SD): 64 (7) SET: Sex, female: NA Age, years (SD): 65 (7)	**Home-based exercise training (HBET)** -home-based intermittent walking using detailed exercise prescriptions -instructions to walk at least 3 times/week to moderate IC pain (scale 3-4 on 5-point scale) -started at 35min, increased to 55min -12 weeks	**Supervised exercise training (SET)** -supervised intermittent treadmill walking to mild-moderate IC pain (scale 3-4 on 5-point scale) -started at 35min, increased to 55min -3 days/week -12 weeks	Baseline – 3 months	Walking performance (time, minutes): Graded treadmill protocol -Functional walking time (FWT) -Maximal walking time (MWT) Walking performance; WIQ Health-related quality of life SF-20		*Data uit Hageman 2018:* SMD (95% CI) FWT/D SET vs HBET 3 months: 0.79[-0.13,1.71] MWT/D SET vs HBET 3 months: 0.96[0.02,1.89] WIQ speed SET vs HBET 3 months: 13[-6.96,32.96]

							WIQ distance SET vs HBET 3 months: 11[-17.52,39.52] WIQ claudication severity score SET vs HBET 3 months: NA SF36 physical function SET vs HBET 3 months: 1[-20.15,22.15] SF36 social function SET vs HBET 3 months: 5[-8.59,18.59] SF36 function role SET vs HBET 3 months: NA SF36 well-being SET vs HBET 3 months:

							11[-10.11,32.11] SF36 general health SET vs HBET 3 months: 16[-3.46,35.46]

Onderzoeksvraag 3: Pijnvrije looptraining vs. niet-pijnvrije looptraining

Studie & studie karakteristieken	Patiënt karakteristieken	Interventie (I)	Controle (C)	Follow-up	Uitkomstmaten	Data Gem (SD) / Events (aantal pp in groep)	Effectmaat (MD/ SMD/ RR/ OR/ RD/ NNT en 95% BI)
McDermott 2021 RCT N=305 (total) I: n=116 C: n=124 USA	Patients with PAD with claudication symptoms or ischemic leg symptoms affecting the buttocks or thighs, with no revascularization during the previous 3 months N=116/124 (baseline) N=100/104 (6months) N=96/106 (12 months) LIWE: Sex, female: 46.6% Age, years (SD): 69.8 (10.1) HIWE: Sex, female: 48.4% Age, years (SD): 68.8 (8.7)	**Low-intensity walking exercise (LIWE)** -Home-based walking at a pace without ischemic leg discomfort -Patients wore accelerometer -5 days a week up to 50 minutes per session -12 months -Week 1-4: weekly group session -Week 5-52: Weekly contact by telephone	**High-Intensity walking exercise (HIWE)** -Home-based walking at a pace inducing moderate to severe ischemic leg symptoms -Patients wore accelerometer -5 days a week up to 50 minutes per session -12 months -Week 1-4: weekly group session -Week 5-52: Weekly contact by telephone	Baseline – 6 months – 12 months	Walking performance (meters): 6MWT total walking distance (TWD) Walking performance (time, min): Gardner-Skinner protocol Peak walking time (MWD) Walking performance: WIQ distance WIQ speed Health-related quality of life: SF-36 physical functioning	6MWT TWD (meters) Baseline: LIWE: 332.1 (95.8) n=116 HIWE: 338.1 (102.6) n=124 6 months LIWE: 329.5 (105.6) n=97 HIWE: 361.2 (118.9) n=103 12 months LIWE: 327.5 (109.3) n=93 HIWE: 371.2 (116.8) n=104 TT MWD (min) Baseline LIWE: 7.4 (4.8) n=116 HIWE: 8.3 (4.7) n=124 6 months NA 12 months LIWE: 8.1 (6.1) n=74 HIWE: 10.0 (5.3) n=74	6MWT TWD 6 months LIWE vs HIWE: −31.4 m [−49.1 to −13.8] 12 months LIWE vs HIWE: −40.9 m [−61.7 to −20.0 m] TT MWD (min) 12 months LIWE vs HIWE: −1.1 (−2.0 to −0.2) WIQ distance 6 months LIWE vs HIWE: 9.6 [2.4 to 16.9] 12 months LIWE vs HIWE: 0.9 (−6.4 to 8.2) WIQ speed 6 months LIWE vs HIWE: +1.3 (-4.5, +7.0) 12 months LIWE vs HIWE: −4.5 (−11.0 to 2.0) SF PFS 6 months

						WIQ distance Baseline LIWE: 37.2 (25.8) n=116 HIWE: 36.2 (26.8) n=124 6 months LIWE: 54.4 (32.3) n=96 HIWE: 43.8 (30.0) n=103 12 months LIWE:51.3 (34.1) n=95 HIWE: 49.8 (32.6) n=105 WIQ speed Baseline LIWE: 37.3 (24.5) n=115 HIWE: 36.7 (22.2) n=123 6 months LIWE: 44.3 (25.4) n=97 HIWE: 42.5 (22.1) n=103 12 months LIWE: 44.3 (23.9) n=95 HIWE: 48.2 (24.5) n=105 SF-36 PFS	LIWE vs HIWE: +4.9 (-0.8, +10.6) 12 months LIWE vs HIWE: −1.6 (−7.3 to 4.2)

						Baseline LIWE: 52.7 (19.9) n=116 HIWE: 51.0 (22.5) n=124 6 months LIWE: 61.2 (22.9) n=97 HIWE: 55.2 (23.7) n=103 12 months LIWE: 58.2 (25.4) n=95 HIWE: 58.3 (23.1) n=105 74 serious adverse events in LIWE 80 SAE in HIWE 2 related to study participation	
Novakovic 2019 RCT N=36 (total) PFW: n =12 MPW: n=12 Slovenia	Patients with diagnosed PAD, Fontaine II classification. N=12/12 (baseline) N=12/11 (follow-up) N=11/10 (analysis) PFW: Sex, female: 18%	**Pain-free supervised walking (PFW)** -intermittent walking on a treadmill alternated with active recovery on an exercise bike until leg pain was gone -walking up to two-thirds of the claudication onset distance	**Moderate-pain supervised walking (MPW)** -intermittent walking on a treadmill alternated with active recovery on an exercise bike until leg pain was gone -walking until moderate claudication pain (3 to 4 on 5-point scale) -2 a 3 days a week for 60 min	Baseline – 12 weeks	Walking performance (meters): Constant walking treadmill protocol -Claudication onset distance (FWD) -Peak walking distance (MWD)	All data is median (IQR) PFW: n=11 MPW: n=10 TT FWD (meters) Baseline PFW: 53 (35-109) MPW: 50 (30-74) 12 weeks PFW: 128 (104-434) MPW: 107 (80-203)	NA

	Age, years (SD): 65.6 (11.0) MPW: Sex, female: 40% Age, years (SD): 65.1 (7.6)	-2 a 3 days a week for 60 min -12 weeks	-12 weeks		Health-related quality of life: SF-36	TT MWD (meters) Baseline PFW: 92 (68-141) MPW: 85 (58-161) 12 weeks PFW: 163 (125-790) MPW: 194 (124-388) SF-36 physical functioning Baseline PFW: 55 (40-75) MPW: 43 (39-55) 12 weeks PFW: 60 (50-80) MPW: 58 (55-70) SF-36 physical role Baseline PFW: 25 (0-100) MPW: 38 (0-100) 12 weeks PFW: 75 (50-100) MPW: 75 (25-100) SF36 emotional role Baseline PFW: 67 (33-100) MPW: 100 (50-100) 12 weeks	

						PFW: 100 (100-100) MPW: 100 (58-100) SF36 vitality Baseline PFW: 70 (50-80) MPW: 68 (50-80) 12 weeks PFW: 75 (60-80) MPW: 65 (55-80) SF36 mental health Baseline PFW: 80 (72-88) MPW: 86 (73-90) 12 weeks PFW: 84 (76-88) MPW: 86 (72-88) SF36 social functioning Baseline PFW: 75 (63-88) MPW: 75 (75-100) 12 weeks PFW: 88 (75-100) MPW: 81 (59-100) SF36 bodily pain Baseline PFW: 58 (45-90) MPW: 45 (23-82) 12 weeks	

						PFW: 78 (68-88) MPW: 66 (45-81) SF36 general health Baseline PFW: 55 (50-65) MPW: 48 (35-63) 12 weeks PFW: 60 (45-70) MPW: 48 (34-69) No adverse events	
Mika 2013 RCT N=60 Poland	Patients with diagnosed PAD, Fontaine II classification with no vascular surgery within the previous year. N=30/30 (baseline) N=25/27 (follow-up) PFW: Sex, female: 36% Age, years (SD): 65.2 ± 8.0 MPW: Sex, female: 41% Age, years (SD): 64.8 ± 7.2	**Pain-free supervised walking (PFW)** -treadmill walking at 3.2km/h and grade that induced IC within 3-5min -walking in intermittent bouts until initial onset of pain (grade 2 on 5-point scale), stopped to rest and then resumed -starting 35min and increasing to 60min with 5min per 2 weeks -3 days a week -12 weeks	**Moderate pain supervised walking (MPW)** -treadmill walking at 3.2km/h and grade that induced IC within 3-5min -walking in intermittent bouts to moderate pain (grade 4 on 5-point scale) and rest until pain abated -starting 35min and -increasing to 60min with 5min per 2 weeks -3 days a week -12 weeks	Baseline – 12 weeks	Walking performance (time, seconds): treadmill protocol -Claudication onset time (FWD) -Peak walking time (MWD)	PFW: n=25 MPW: n=27 TT FWD (seconds) Baseline PFW: 169 ± 62 MPW: 140 ± 72 12 weeks PFW: 327 ± 155 MPW: 307 ± 182 TT MWD (seconds) Baseline PFW: 489 ± 147 MPW: 441 ± 178 12 weeks PFW: 969 ± 376 MPW: 881 ± 326	NA

Onderzoeksvraag 4: Aerobe training vs. Krachttraining

Studie & studie karakteristieken	Patiënt karakteristieken	Interventie (I)	Controle (C)	Follow-up	Uitkomstmaten	Data Gem (SD) / Events (aantal pp in groep)	Effectmaat (MD/ SMD/ RR/ OR/ RD/ NNT en 95% BI)
Van Schaardenburgh 2017 Prospective randomized single-center trial N=29 Norway	PAD patients limited by IC with no vascular intervention in the last 3 months N=14/15 (Baseline) N=14/13 (8 weeks) Calf raise : Sex, female: 50% Age, years (SD): 66 (9.3) Walking group: Sex, female: 46% Age, years (SD): 70 (8.2)	**Calf raise exercise** -Calf raise exercise, repeated until pain in calf musculature -3 times a day -8 weeks -No supervision -Activity monitor to monitor compliance	**Traditional walking exercise** -Walk near pain threshold -30 minutes -3 times a week -8 weeks -No supervision -Activity monitor to monitor compliance	Baseline – 8 weeks	Walking performance (meters): 6MWT maximal walking distance (MWD) 6MWT pain-free walking distance (FWD) 6MWT total walking distance (TWD) Walking performance (time, seconds): Gardner-Skinner treadmill test Claudication onset time (FWD) Peak walking time (MWD) Health-related quality of life: SF-36	Alle data=Mean(SEM) I: n=14 C: n=13 6MWT FWD (meters) Baseline I: 177 (18) C: 305 (108) 8 weeks I: 221 (22) C: 352 (62) 6MWT MWD (meters) Baseline I: 535 (39) C: 619 (68) 8 weeks I: 634 (85) C: 700 (145) 6MWT TWD (meters) Baseline I: 466 (14) C: 452 (14) 8 weeks I: 480 (17)	NA

						C: 462 (14) TT FWD (seconds) Baseline I: 255 (45) C: 309 (31) 8 weeks I: 378 (61) C: 354 (59) TT MWD (seconds) Baseline I: 709 (98) C: 595 (64) 8 weeks I: 813 (113) C: 610 (66) SF-36 pain Baseline I: 59 (6.4) C: 57.7 (6.6) 8 weeks I: 62.3 (5.7) C: 60 (6.3) SF-36 general health Baseline I: 77.9 (4.5) C: 58.5 (3.8) 8 weeks 72.6 (4.6) 64.2 (5.7) SF-36 vitality Baseline	

						I: 59.4 (4.6) C: 59.1 (3.9) 8 weeks I: 57.8 (3.1) C: 62.0 (6.4) SF-36 mental health I: 82.2 (4.3) C: 75.0 (5.0) 8 weeks I: 84.2 (3.2) C: 80.9 (5.0) SF-36 social function I: 87.5 (4) C: 85.0 (5.2) 8 weeks I: 87.5 (4.5) C: 91.3 (4.2) SF-36 emotional role I: 80.1 (6.9) C: 77.1 (8.7) 8 weeks I: 85.3 (6.9) C: 81.3 (8.7) SF-36 physical function I: 64.2 (4.9) C: 64.2 (4.1) 8 weeks I: 64.2 (2.8) C: 67.1 (4.9) SF-36 physical role	

						I: 68.3 (6.8) C: 61.4 (6.9) 8 weeks I: 74.5 (5.0) C: 67.2 (6.9)	
Szymczak 2016 RCT N=50 Poland	Patients with PAD (Fontaine stage 2) with no vascular intervention in the last 12 months N=26/24 Age (range): 52 – 75 Sex, female: 54%	**Resistance training** -Stationary (seated) training focused on lower limbs muscles -3x15 repetitions for each exercise -2 times/week 50min -12 weeks -Supervised	**Treadmill walking** -Interval walking with periods of rest (when suffering light claudication pain) -Constant velocity -2 times/week 50min -12 weeks -Supervised	Baseline – 12 weeks	Walking performance (meters): -6MWT pain-free walking distance (FWD) -6MWT total walking distance (TWD) Walking performance (meters): Gardner-Skinner treadmill test -Claudication onset distance (FWD) -Peak walking distance (MWD)	All data is median(range) Baseline & follow-up: n=26 C: n=24 6MWT FWD (meters) Baseline I: 135.6 (±123.6) C: 108.8 (±85.3) 12 weeks I: 160.4 (±130.6) C: 178.5 (±111.6) 6MWT TWD (meters) Baseline I: 322.7 (±71.4) C: 305.1 (±78.1) 12 weeks I: 349.8 (±94.9) C: 346.9 (±888) TT FWD (meters) Baseline I: 125 (±134.7) C: 78.3 (±64.1) 12 weeks I: 186.7 (±211.9)	NA

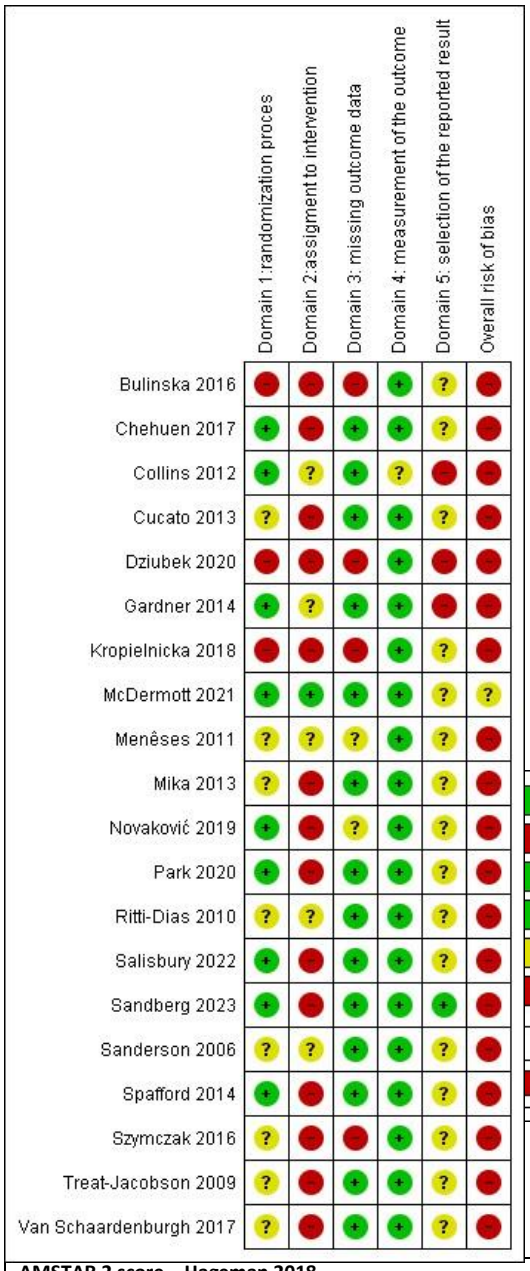
						C: 168.5 (±113.2) TT MWD (meters) Baseline I: 254.3 (±223.3) C: 172.3 (±137.8) 12 weeks I: 402.7 (±501.6) C: 318.3 (±230.8)	
Gardner 2014 RCT N=180 USA	Patients with symptomatic PAD N = 60/60/60 RT: Age (mean (SD)): 65 (9) Sex, (female (%): 40 SET: Age (mean (SD)): 65 (11) Sex, (female (%): 52 HBET: Age (mean (SD)): 67 (10) Sex, (female (%): 48	**Light resistance training (RT)** -Light resistance training using a Pro-Form Fusion 6.0 LX Weight system, without any walking exercise -Resistance that caused fatigue after 15 reps (15-rep max) -Exercises for both upper and lower extremity -One set of 15 reps for each exercise -3 days per week -step activity monitor during each exercise session	**Supervised exercise training (SET)** -Intermittent walking to mild to moderate claudication pain at speed of 2 mph and at grade equal to 40% of highest workload achieved during baseline maximal treadmill test -15 to 40 min -3 days per week -3 months -step activity monitor during each exercise session **Home-based exercise training (HBET)** -Intermittent walking to mild to	Baseline – 12 weeks	Walking performance (time, seconds): Gardner-Skinner treadmill test Claudication onset time (FWD) Peak walking time (MWD) Walking performance: 6MWT total walking distance (TWD) (meters) Walking performance: WIQ Health-related quality of life: SF-36	RT: n=60 SET: n=60 HBET: n=60 TT FWD (seconds) Baseline RT: 205 (167) SET: 193 (150) HBET: 195 (171) 12 weeks RT: 222 (180) SET: 363 (292) HBET: 300 (242) TT MWD (seconds) Baseline RT: 464 (237) SET: 356 (222) HBET: 380 (274) 12 weeks RT: 486 (260) SET: 547 (299) HBET: 490 (350) 6MWT TWD (meters) Baseline	NA

			moderate claudication pain at self-selected pace -20 to 45min -3 days per week -3 months -step activity monitor during each exercise session -monitoring data were reviewed, and feedback was provided at week 1, 4, 8 and 12			RT: 376 (73) SET: 326 (94) HBET: 328 (108) 12 weeks RT: 380 (81) SET: 341 (87) HBET: 372 (119) WIQ: NA SF-36: NA 14 adverse events during the trial, of which only 4 patients were discontinued due to an adverse event	
Ritti-Dias 2010 *Follow-up door Menêses 2011* RCT N=34 (baseline) Brazil	Patients with PAD Fontaine stage II without revascularization in the previous year N= 17/17 (baseline) N=15/15 (3 months) N=12/12 (6 months) ST: Age (mean (SD)): 65.7 (9.5) Sex, (female (%): 26.7 WT:	**Supervised strength training (ST)** -Exercises for both upper and lower extremity performed on specific strength training machines -Exertion grade 11 to 13 on 15-grade Borg scale -3x10 repetitions -supervised by exercise physiologist -60 minutes -2 days a week -12 weeks	**Supervised walking training (WT)** -Intermittent treadmill walking at fifteen 2-min bouts -Speed to induce exertion of grade 11 to 13 on 15-grade scale and claudication pain in the last 30 seconds of each exercise bout	Baseline – 12 weeks – 24 weeks	Walking performance (meters): Gardner-Skinner treadmill test -Claudication onset distance (FWD) -Peak walking distance (MWD)	Baseline: ST: n=15 WT: n=15 3 months: ST: n=15 WT: n=15 6 months: ST: n=12 WT: n=12 TT FWD (meters) Baseline ST: 358 (224) WT: 342 (182) 12 weeks ST: 504 (276)	NA

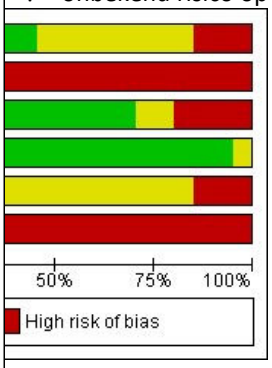
	Age (mean (SD)): 64.5 (8.8) Sex, (female (%): 40		-supervised by exercise physiologist -60 minutes -2 days a week -12 weeks			WT: 469 (237) 24 weeks ST: 527 ± 201 WT: 425 ± 195 TT MWD (meters) Baseline ST: 618 (282) WT: 572 (231) 12 weeks ST: 775 (334) WT: 721 (289) 24 weeks ST: 791 ± 208 WT: 653 ± 230	

Bijlage 5. Risk-of-bias-tabel: beoordeling van het risico op vertekening voor de geïncludeerde studies

Voor de beoordeling van de methodologische kwaliteit van gerandomiseerde studies is gebruikgemaakt van de Risk-of-Bias-2 (RoB 2) tool.



\+ = laag risico op vertekening, - = hoog risico op vertekening, ? = onbekend risico op vertekening.



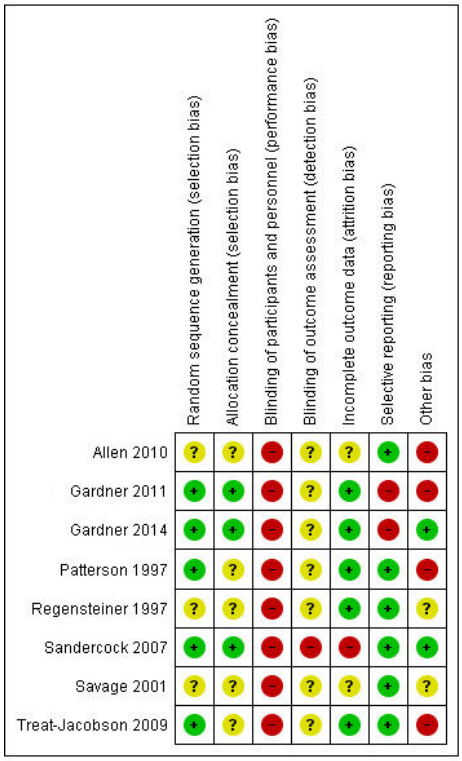
Voor de beoordeling van de methodologische kwaliteit van het geïncludeerde systematische literatuuronderzoek is gebruikgemaakt van de AMSTAR 2:

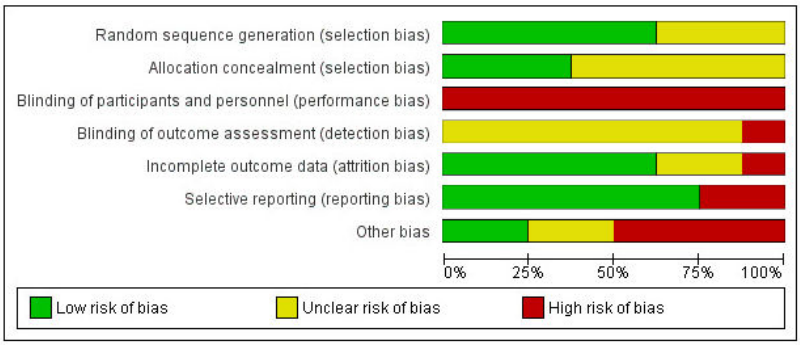
AMSTAR 2 score – Hageman 2018

Item		Yes	Partial yes	No
1	Did the research questions and inclusion criteria for the review include the components of PICO?	X		
2	Did the report of the review contain an explicit statement that the review methods were established prior to the conduct of the review and did the report justify any significant deviations from the protocol?		X	
3	Did the review authors explain their selection of the study designs for inclusion in the review?			X
4	Did the review authors use a comprehensive literature search strategy?	X		
5	Did the review authors perform study selection in duplicate?	X		
6	Did the review authors perform data extraction in duplicate?	X		
7	Did the review authors provide a list of excluded studies and justify the exclusions?	X		
8	Did the review authors describe the included studies in adequate detail?	X		
9	Did the review authors use a satisfactory technique for assessing the risk of bias (RoB) in individual studies that were included in the review?	X		

10	Did the review authors report on the sources of funding for the studies included in the review?	X		
11	If meta-analysis was performed did the review authors use appropriate methods for statistical combination of results?	X		
12	If meta-analysis was performed, did the review authors assess the potential impact of RoB in individual studies on the results of the meta-analysis or other evidence synthesis?			X
13	Did the review authors account for RoB in individual studies when interpreting/ discussing the results of the review?	X		
14	Did the review authors provide a satisfactory explanation for, and discussion of, any heterogeneity observed in the results of the review?	X		
15	If they performed quantitative synthesis did the review authors carry out an adequate investigation of publication bias (small study bias) and discuss its likely impact on the results of the review?			X
16	Did the review authors report any potential sources of conflict of interest, including any funding they received for conducting the review?	X		
Overall score: Moderate				

Risk-of-bias-tabel: beoordeling van het risico op vertekening voor de geïncludeerde studies overgenomen uit Hageman et al. (Hageman 2018):





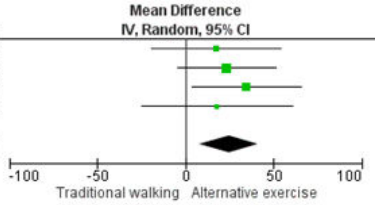
Bijlage 6. Forest plots

Forest plots module C.8.1 Andere beweeginterventies versus looptraining

Vergelijking 1: 6MWT – Totale loopafstand (8 en 12 weken)

Study or Subgroup	Alternative exercise Mean	SD	Total	Traditional walking Mean	SD	Total	Weight	Mean Difference IV, Random, 95% CI
Bulinska 2016	392.52	63.88	21	375.11	69.79	31	20.4%	17.41 [-19.33, 54.15]
Gardner 2014	380	81	60	356.5	104.957	120	35.6%	23.50 [-4.30, 51.30]
Kropielnicka 2018	409.8057	65.4223	49	375.11	69.79	31	29.3%	34.70 [4.05, 65.34]
Van Schaardenburgh 2017	480	63.6082	14	462	50.4777	13	14.8%	18.00 [-25.16, 61.16]
Total (95% CI)			**144**			**195**	**100.0%**	**24.73 [8.14, 41.31]**

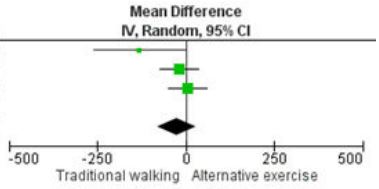
Heterogeneity: Tau² = 0.00; Chi² = 0.66, df = 3 (P = 0.88); I² = 0%
Test for overall effect: Z = 2.92 (P = 0.003)



Vergelijking 2: 6MWT – Pijnvrije loopafstand (8 en 12weken)

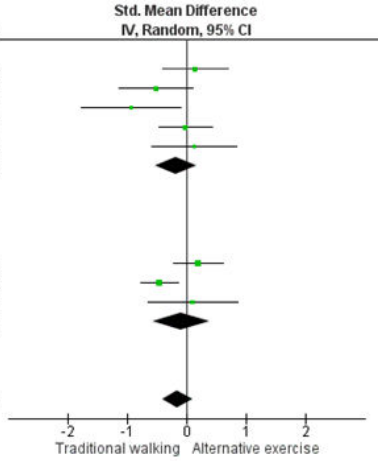
Study or Subgroup	Alternative exercise Mean	SD	Total	Traditional walking Mean	SD	Total	Weight	Mean Difference IV, Random, 95% CI
Van Schaardenburgh 2017	221	82.3165	14	352	223.5442	13	14.4%	-131.00 [-259.94, -2.06]
Bulinska 2016	236.62	93.76	21	255.63	103.22	31	42.7%	-19.01 [-73.12, 35.10]
Kropielnicka 2018	188.5114	115.1934	49	182.27	122.82	31	42.9%	6.24 [-47.70, 60.18]
Total (95% CI)			**84**			**75**	**100.0%**	**-24.33 [-78.91, 30.25]**

Heterogeneity: Tau² = 1052.35; Chi² = 3.72, df = 2 (P = 0.16); I² = 46%
Test for overall effect: Z = 0.87 (P = 0.38)



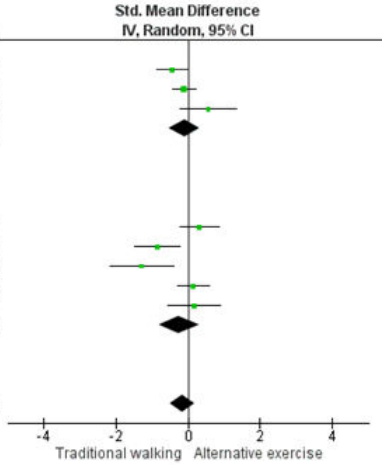
Vergelijking 3: Loopbandtest – Functionele loopafstand (8 en 12 weken)

Study or Subgroup	Alternative exercise Mean	SD	Total	Traditional walking Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.4.1 Claudication Onset Time Meters								
Bulinska 2016	166	97.53	21	151.3	95.3	31	12.4%	0.15 [-0.40, 0.71]
Chehuen 2017	267	133	20	356	200	22	11.0%	-0.51 [-1.13, 0.11]
Cucato 2013	253	118	12	413	201	13	7.3%	-0.93 [-1.76, -0.10]
Kropielnicka 2018	154.2443	100.0304	49	155.96	96.83	31	15.4%	-0.02 [-0.47, 0.43]
Ritti-Dias 2010	504	276	15	469	237	15	9.1%	0.13 [-0.58, 0.85]
Subtotal (95% CI)			**117**			**112**	**55.2%**	**-0.17 [-0.53, 0.18]**
Heterogeneity: Tau² = 0.07; Chi² = 6.72, df = 4 (P = 0.15); I² = 40%								
Test for overall effect: Z = 0.96 (P = 0.34)								
1.4.2 Claudication Onset Time Time								
Collins 2012	312	300	43	264	150	46	16.4%	0.20 [-0.21, 0.62]
Gardner 2014	222	180	60	331.5	268.9057	120	20.0%	-0.45 [-0.76, -0.14]
Van Schaardenburgh 2017	378	228.2411	14	354	212.7275	13	8.4%	0.11 [-0.65, 0.86]
Subtotal (95% CI)			**117**			**179**	**44.8%**	**-0.09 [-0.57, 0.40]**
Heterogeneity: Tau² = 0.12; Chi² = 6.61, df = 2 (P = 0.04); I² = 70%								
Test for overall effect: Z = 0.35 (P = 0.72)								
Total (95% CI)			**234**			**291**	**100.0%**	**-0.14 [-0.41, 0.12]**
Heterogeneity: Tau² = 0.06; Chi² = 13.37, df = 7 (P = 0.06); I² = 48%								
Test for overall effect: Z = 1.07 (P = 0.28)								
Test for subgroup differences: Chi² = 0.08, df = 1 (P = 0.78), I² = 0%								



Vergelijking 4: Loopbandtest – Maximale loopafstand (8 en 12 weken)

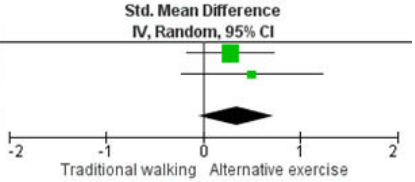
Study or Subgroup	Alternative exercise Mean	SD	Total	Traditional walking Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.5.1 Peak Walking Time								
Collins 2012	760.2	571.2	43	1,103.4	920.4	46	15.2%	-0.44 [-0.86, -0.02]
Gardner 2014	486	260	60	518.5	325.3909	120	17.1%	-0.11 [-0.42, 0.20]
Van Schaardenburgh 2017	813	422.8073	14	610	237.9664	13	9.7%	0.57 [-0.20, 1.34]
Subtotal (95% CI)			**117**			**179**	**41.9%**	**-0.09 [-0.53, 0.34]**
Heterogeneity: Tau² = 0.09; Chi² = 5.23, df = 2 (P = 0.07); I² = 62%								
Test for overall effect: Z = 0.42 (P = 0.67)								
1.5.2 Peak Walking Meters								
Bulinska 2016	363.6	225.19	21	290.23	222.28	31	12.9%	0.32 [-0.23, 0.88]
Chehuen 2017	678	275	20	941	334	22	11.6%	-0.84 [-1.47, -0.21]
Cucato 2013	771	262	12	1,100	236	13	8.5%	-1.28 [-2.15, -0.40]
Kropielnicka 2018	336.7	226.5933	49	303.09	228.71	31	14.7%	0.15 [-0.30, 0.60]
Ritti-Dias 2010	775	334	15	721	289	15	10.4%	0.17 [-0.55, 0.89]
Subtotal (95% CI)			**117**			**112**	**58.1%**	**-0.24 [-0.80, 0.32]**
Heterogeneity: Tau² = 0.30; Chi² = 16.08, df = 4 (P = 0.003); I² = 75%								
Test for overall effect: Z = 0.85 (P = 0.39)								
Total (95% CI)			**234**			**291**	**100.0%**	**-0.16 [-0.49, 0.18]**
Heterogeneity: Tau² = 0.15; Chi² = 21.33, df = 7 (P = 0.003); I² = 67%								
Test for overall effect: Z = 0.91 (P = 0.36)								
Test for subgroup differences: Chi² = 0.17, df = 1 (P = 0.68), I² = 0%								



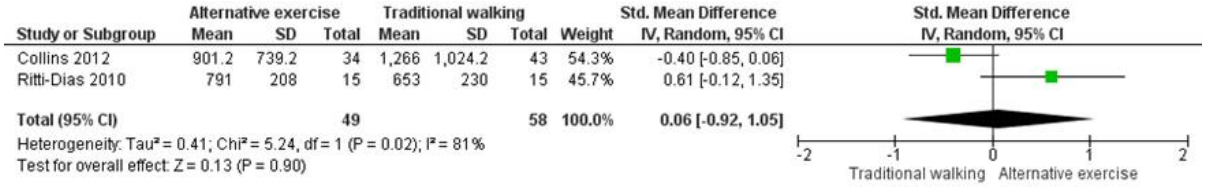
Vergelijking 5: Loopbandtest – Functionele loopafstand (24 weken)

Study or Subgroup	Alternative exercise Mean	SD	Total	Traditional walking Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Collins 2012	558	726	34	408	288	43	72.2%	0.28 [-0.17, 0.73]
Ritti-Dias 2010	527	201	15	425	195	15	27.8%	0.50 [-0.23, 1.23]
Total (95% CI)			**49**			**58**	**100.0%**	**0.34 [-0.04, 0.73]**

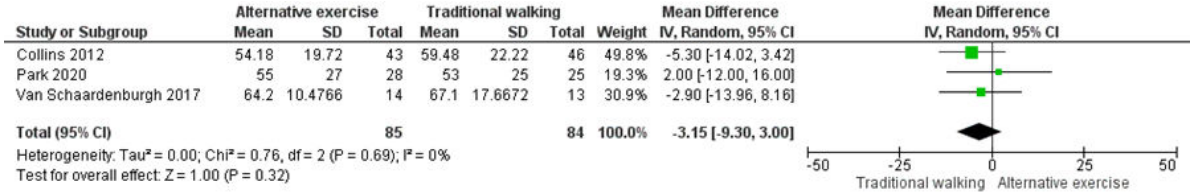
Heterogeneity: Tau² = 0.00; Chi² = 0.25, df = 1 (P = 0.62); I² = 0%
Test for overall effect: Z = 1.75 (P = 0.08)



Vergelijking 6: Loopbandtest – Maximale loopafstand (24 weken)

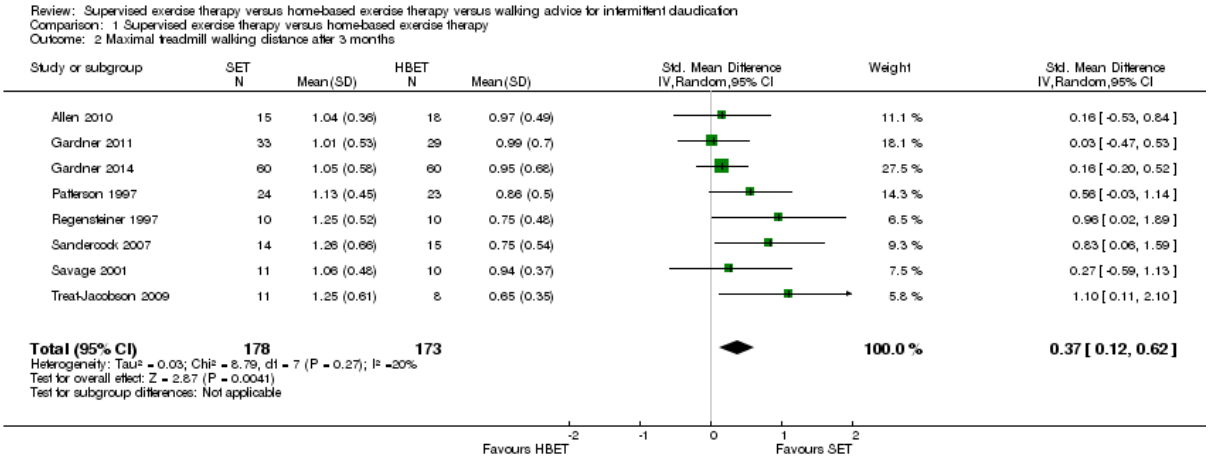


Vergelijking 7: Kwaliteit van leven – SF-36 physical functioning (8 en 12 weken)

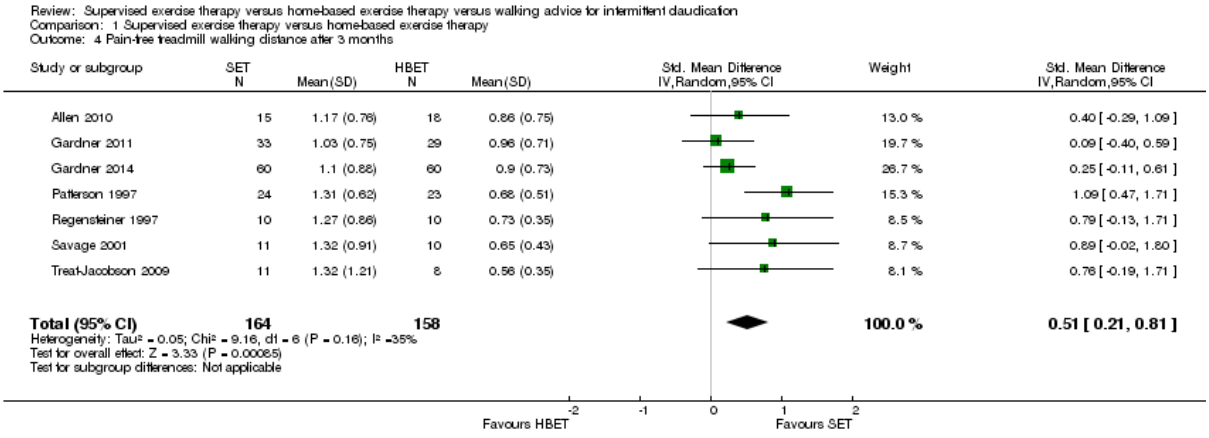


Forest plots module C.8.2 Gesuperviseerd trainen versus zelfstandig trainen

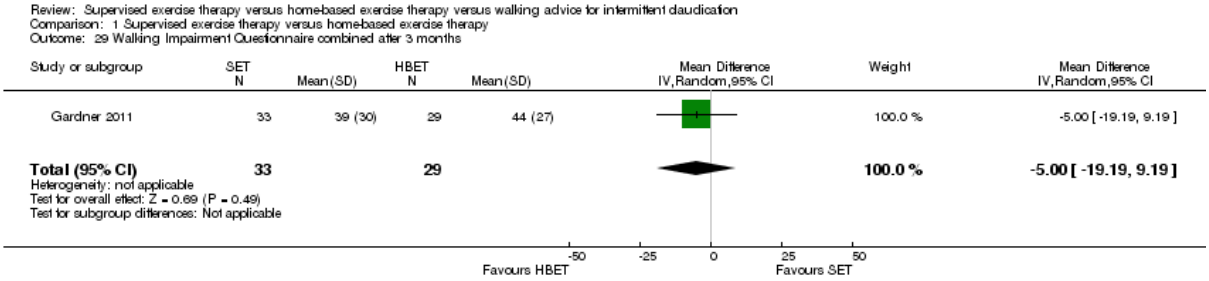
Vergelijking 1: Loopbandtest – Maximale loopafstand/-tijd (12 weken)



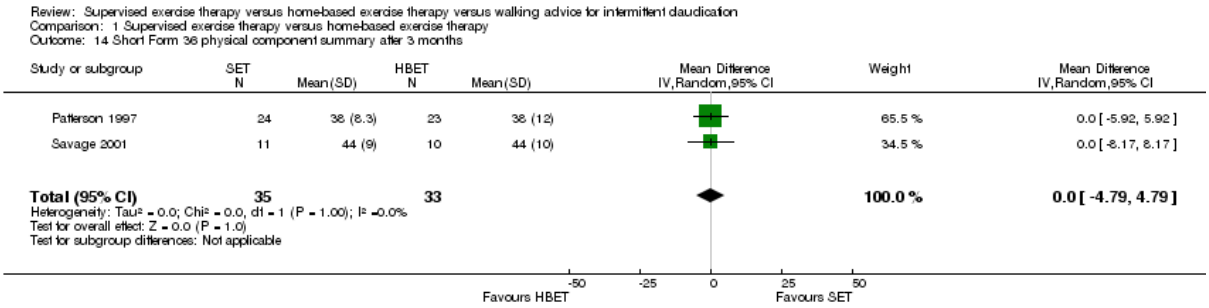
Vergelijking 2: Loopbandtest – Functionele loopafstand/-tijd (12 weken)



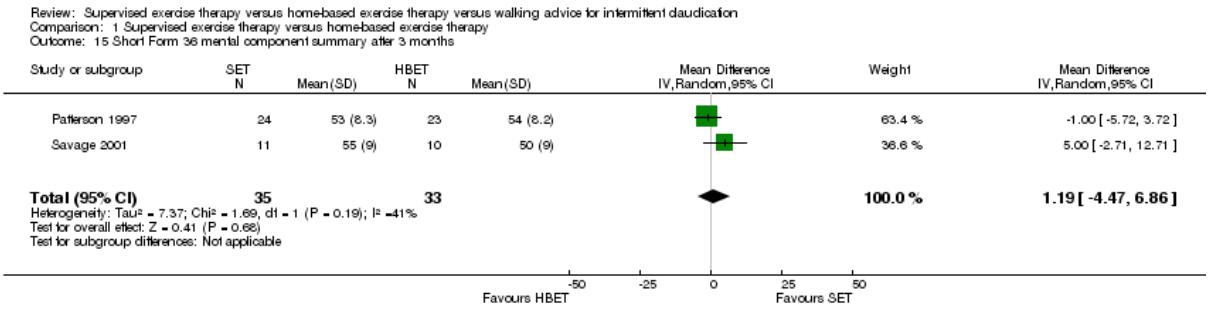
Vergelijking 3: WIQ totaalscore (12 weken)



Vergelijking 4: SF-36 physical component summary (12 weken)



Vergelijking 5: SF-36 mental component summary (12 weken)

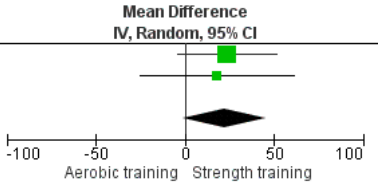


Forest plots module C.8.4 Krachttraining versus aerobe training

Vergelijking 1: 6MWT – Totale loopafstand (8 en 12 weken)

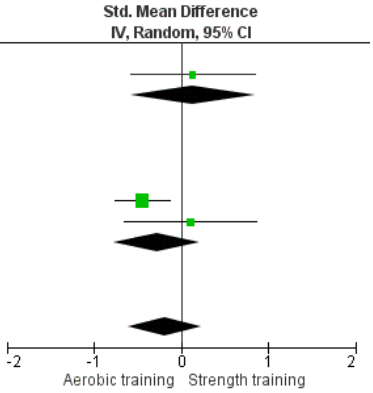
Study or Subgroup	Strength training Mean	SD	Total	Aerobic training Mean	SD	Total	Weight	Mean Difference IV, Random, 95% CI
Gardner 2014	380	81	60	356.5	104.957	120	70.7%	23.50 [-4.30, 51.30]
Van Schaardenburgh 2017	480	63.6082	14	462	50.4777	13	29.3%	18.00 [-25.16, 61.16]
Total (95% CI)			**74**			**133**	**100.0%**	**21.89 [-1.48, 45.26]**

Heterogeneity: Tau² = 0.00; Chi² = 0.04, df = 1 (P = 0.83); I² = 0%
Test for overall effect: Z = 1.84 (P = 0.07)



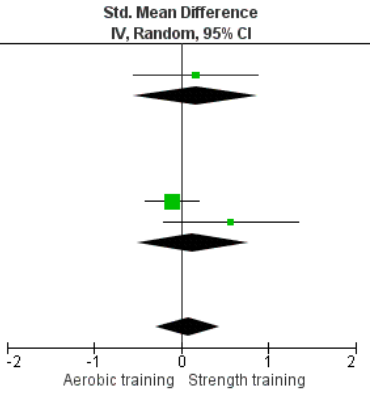
Vergelijking 2: Loopbandtest – Functionele loopafstand (8 en 12 weken)

Study or Subgroup	Strength training Mean	SD	Total	Aerobic training Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
4.2.1 Claudication Onset Meters								
Ritti-Dias 2010	504	276	15	469	237	15	23.9%	0.13 [-0.58, 0.85]
Subtotal (95% CI)			**15**			**15**	**23.9%**	**0.13 [-0.58, 0.85]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.36 (P = 0.72)								
4.2.2 Claudication Onset Time								
Gardner 2014	222	180	60	331.5	268.9057	120	54.0%	-0.45 [-0.76, -0.14]
Van Schaardenburgh 2017	378	228.2411	14	354	212.7275	13	22.2%	0.11 [-0.65, 0.86]
Subtotal (95% CI)			**74**			**133**	**76.1%**	**-0.28 [-0.78, 0.21]**
Heterogeneity: Tau² = 0.07; Chi² = 1.76, df = 1 (P = 0.18); I² = 43%								
Test for overall effect: Z = 1.11 (P = 0.27)								
Total (95% CI)			**89**			**148**	**100.0%**	**-0.19 [-0.61, 0.23]**
Heterogeneity: Tau² = 0.06; Chi² = 3.37, df = 2 (P = 0.19); I² = 41%								
Test for overall effect: Z = 0.87 (P = 0.38)								
Test for subgroup differences: Chi² = 0.87, df = 1 (P = 0.35), I² = 0%								



Vergelijking 3: Loopbandtest – Maximale loopafstand (8 en 12 weken)

Study or Subgroup	Strength training Mean	SD	Total	Aerobic training Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
4.3.1 Peak Walking Time Meters								
Ritti-Dias 2010	775	334	15	721	289	15	20.9%	0.17 [-0.55, 0.89]
Subtotal (95% CI)			**15**			**15**	**20.9%**	**0.17 [-0.55, 0.89]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.46 (P = 0.65)								
4.3.2 Peak Walking Time Time								
Gardner 2014	486	260	60	518.5	325.3909	120	60.5%	-0.11 [-0.42, 0.20]
Van Schaardenburgh 2017	813	422.8073	14	610	237.9664	13	18.5%	0.57 [-0.20, 1.34]
Subtotal (95% CI)			**74**			**133**	**79.1%**	**0.13 [-0.50, 0.77]**
Heterogeneity: Tau² = 0.14; Chi² = 2.52, df = 1 (P = 0.11); I² = 60%								
Test for overall effect: Z = 0.42 (P = 0.68)								
Total (95% CI)			**89**			**148**	**100.0%**	**0.08 [-0.29, 0.44]**
Heterogeneity: Tau² = 0.03; Chi² = 2.73, df = 2 (P = 0.26); I² = 27%								
Test for overall effect: Z = 0.41 (P = 0.68)								
Test for subgroup differences: Chi² = 0.00, df = 1 (P = 0.94), I² = 0%								



Bijlage 7. Overzicht bevindingen narratieve studies versus bevindingen systematisch literatuuronderzoek (module C.8.1)

Tabel 1. Fysiek functioneren: totale loopafstand (6MWT)

Studie	Follow-up	Effect	Grootte effect
Systematisch literatuuronderzoek (nordic walking, krachttraining of een combinatie)	8 of 12 weken	Voordeel andere beweeginterventies	-Significant -Klinisch relevant
Szymczak et al. (krachttraining)	12 weken	Geen verschil tussen interventies	-Niet-significant -Klinische relevantie onbekend*
Park et al. (warmwatertraining)	12 weken	Voordeel andere beweeginterventies	-Significant -Klinische relevantie onbekend*
Salisbury et al. (crosstraining)	12 weken	Voordeel andere beweeginterventies	-Niet-significant -Niet-klinisch relevant

Tabel 2. Fysiek functioneren: pijnvrije loopafstand (6MWT)

Studie	Follow-up	Effect	Grootte effect
Systematisch literatuuronderzoek (nordic walking of krachttraining)	8 of 12 weken	Voordeel looptraining	-Niet-significant -Klinisch relevant
Szymczak et al. (krachttraining)	12 weken	Geen verschil tussen interventies	-Niet-significant -Klinische relevantie onbekend*
Park et al. (warmwatertraining)	12 weken	Voordeel andere beweeginterventies	-Significant -Klinische relevantie onbekend*
Salisbury et al. (crosstraining)	12 weken	Voordeel andere beweeginterventies	-Niet-significant -Klinisch relevant

Tabel 3. Fysiek functioneren: functionele loopafstand/-tijd (loopbandtest)

Studie	Follow-up	Effect	Grootte effect
Systematisch literatuuronderzoek (nordic walking, krachttraining, een combinatie van nordic walking en krachttraining, of stretchoefeningen)	8 of 12 weken	Voordeel looptraining	-Niet-significant -Niet-klinisch relevant
Sanderson et al. (fietstraining)	6 weken	Voordeel looptraining	-Significant -Klinisch relevant
Treat Jacobson et al. (handfietstraining)	12 weken	Voordeel andere beweeginterventies t.o.v. niet-gesuperviseerd lopen (1) Geen verschil andere beweeginterventies t.o.v. gesuperviseerd lopen (2)	-Significant (1) -Niet-significant (2) -Klinische relevantie onbekend* (1 en 2)
Spafford et al. (nordic walking)	12 weken	Geen verschil tussen interventies	-Niet significant -Klinische relevantie onbekend*
Szymczak et al. (krachttraining)	12 weken	Voordeel andere beweeginterventies	-Niet significant -Niet-klinisch relevant

Tabel 4. Fysiek functioneren: maximale loopafstand/-tijd (loopbandtest)

Studie	Follow-up	Effect	Grootte effect
Systematisch literatuuronderzoek (nordic walking, krachttraining, een combinatie van nordic walking en krachttraining, of stretchoefeningen)	8 of 12 weken	Voordeel looptraining	-Niet-significant -Niet-klinisch relevant
Sanderson et al. (fietstraining)	6 weken	Voordeel looptraining	-Niet-significant -Niet-klinisch relevant
Treat Jacobson et al. (handfietsen)	12 weken	Voordeel andere beweeginterventies t.o.v. niet-gesuperviseerd lopen (1) Geen verschil andere beweeginterventies t.o.v. gesuperviseerd lopen (2)	-Significant (1) -Niet-significant (2) -Klinische relevantie onbekend*(1 en 2)
Spafford et al. (nordic walking)	12 weken	Geen verschil tussen interventies	-Niet-significant -Klinische relevantie onbekend*
Szymczak et al. (krachttraining)	12 weken	Voordeel andere beweeginterventies	-Niet-significant -Niet-klinisch relevant

Tabel 6. Fysiek functioneren: functionele loopafstand/-tijd (loopbandtest)

Studie	Follow-up	Effect	Grootte effect
Systematisch literatuuronderzoek (nordic walking of krachttraining)	24	Voordeel andere beweeginterventies	-Niet-significant -Niet-klinisch relevant
Treat Jacobson et al. (handfietsen)	24 weken	Voordeel andere beweeginterventies t.o.v. niet-gesuperviseerd lopen (1) Geen verschil andere beweeginterventies t.o.v. gesuperviseerd lopen (2)	-Significant (1) -Niet-significant (2) -Klinische relevantie onbekend*(1 en 2)

Tabel 7. Fysiek functioneren: maximale loopafstand/-tijd (loopbandtest)

Studie	Follow-up	Effect	Grootte effect
Systematisch literatuuronderzoek (nordic walking of krachttraining)	24	Voordeel andere beweeginterventies	-Niet-significant -Niet klinisch relevant
Treat Jacobson et al. (handfietsen)	24 weken	Voordeel andere beweeginterventies t.o.v. niet-gesuperviseerd lopen (1) Geen verschil andere beweeginterventies t.o.v. gesuperviseerd lopen (2)	-Significant (1) -Niet-significant (2) -Klinische relevantie onbekend*(1 en 2)

Tabel 8. Fysiek functioneren: Walking Impairment Questionnaire (WIQ)

Studie	Follow-up	Effect	Grootte effect
Systematisch literatuuronderzoek	-	-	-
Collins et al. (WIQ distance) (nordic walking)	6, 12 en 24 weken	Na 12 weken voordeel looptraining Na 6 en 24 weken geen verschil	-Niet-significant -Niet-klinisch relevant

Gardner et al. (WIQ total) (krachttraining)	12 weken	Voordeel looptraining	-Significant -Klinische relevantie onbekend*

Tabel 9. Kwaliteit van leven: SF-36 physical functioning

Studie	**Follow-up**	**Effect**	**Grootte effect**
Systematisch literatuuronderzoek (nordic walking, krachttraining of warmwatertraining)	8 of 12 weken	Voordeel looptraining	-Niet-significant -Niet-klinisch relevant
Treat Jacobson et al. (handfietsen)	24 weken	Voordeel looptraining	-Significant -Klinische relevantie onbekend*

* Geen absolute of relatieve verschilscores gerapporteerd door auteurs (enkel p-waarden omtrent statistische significantie), waardoor het niet mogelijk is om klinische relevantie te bepalen.