

Figure Legends

FIG. 1. PRISMA flow diagram of study selection process.

FIG. 2. Overall pre-post change in LUT function and symptoms after LT interventions. Effect estimates (Hedges' g) for changes in LUT function in (A) maximum bladder capacity and (B) bladder compliance. Pre-post plots of changes in (C) awareness of the need to empty bladder and (D) presence of urinary incontinence episodes. Inset numbers within the plots represent the citation number.

CI, confidence interval; LUT, lower urinary tract; LT, locomotor training.

FIG. 3. Subgroup analyses of LUT outcomes. Pre-post changes in maximum bladder capacity (A, E), bladder compliance (B, F), awareness of the need to empty bladder (C, G), and presence of urinary incontinence episodes (D, H) are plotted separately for male vs. female participants (left panel) and individuals with motor-complete vs. motor-incomplete SCI (right panel). Due to insufficient data reporting in included PFMT studies, only results from LT studies are presented here. Inset numbers within the plots represent the citation number, and marker sizes are reflective of sample sizes.

^aLokomat arm of the pilot RCT

^bEkso arm of the pilot RCT

LUT, lower urinary tract; RCT, randomized controlled trial; LT, locomotor training; SCI, spinal cord injury.

FIG. 4. Subgroup analyses of sexual outcomes. (A) Pre-post changes in sexual desire and overall satisfaction domain sub-scores of IIEF/FSFI questionnaires and sensitivity during sexual intercourse in male vs. female participants. (B) Pre-post changes in sexual desire and overall satisfaction domain sub-scores of IIEF/FSFI questionnaires and ejaculation in individuals with motor-complete vs. motor-incomplete SCI. Due to insufficient data reporting in included PFMT studies, only results from LT studies are presented here. Inset numbers within the plots represent the citation number, and marker sizes are reflective of sample sizes.

IIEF, International Index of Erectile Function; FSFI, Female Sexual Function Index; SCI, spinal cord injury.