

APPENDIX 1

LITERATURE SEARCH (10/21/2022)

EMBASE

('adult'/de OR 'young adult'/de OR 'normal human'/de OR 'healthy adults' OR 'healthy young adults' OR 'healthy participants') AND ('exercise resistance training' OR 'resistance training'/de OR 'co-contraction training' OR 'training with no external load' OR 'coactivation training' OR 'neuromuscular training') AND ('upper limb'/de OR 'elbow'/de OR 'elbow extensor' OR 'elbow flexor' OR 'flexor muscle/de' OR 'extensor muscle/de') AND ('torque'/de OR 'electromyography'/de OR 'hypertrophy'/de OR 'muscle activation' OR 'elbow torque' OR 'elbow co-contraction' OR 'biomechanics/de' OR 'muscle thickness/de' OR 'electromyogram/de' OR 'muscle co-contraction')
351 papers

PUBMED

(((((("adult"[MeSH Terms]) OR ("young adult"[MeSH Terms])) OR ("healthy volunteers"[MeSH Terms])) OR ("healthy adults")) OR ("healthy young adults")) OR ("healthy participants") AND (((("exercise resistance training") OR ("resistance training"[MeSH Terms])) OR ("co-contraction training")) OR ("training with no external load")) OR ("coactivation training")) OR ("neuromuscular training") AND (((((((upper extremity[MeSH Terms]) OR (elbow[MeSH Terms])) OR (elbow joint[MeSH Terms]) OR (upper limbs)) OR (elbow extensor)) OR (elbow flexor)) OR (flexor muscles)) OR (extensor muscles) AND (((((((("torque"[MeSH Terms]) OR ("electromyography"[MeSH Terms])) OR ("hypertrophy"[MeSH Terms])) OR ("muscle activation")) OR ("elbow torques")) OR ("elbow co-contraction")) OR ("biomechanics")) OR ("muscle thickness")) OR ("EMG activity")) OR ("muscle co-contraction")) OR ("Biomechanical Phenomena"[MeSH Terms]))
613 papers

WEB OF SCIENCE

TS=("adult") AND (TS=("resistance training") OR TS=("co-contraction training"))
8917 papers

SCOPUS

(ALL("adult") AND (ALL("resistance training") OR ALL("co-contraction training"))) AND NOT INDEX (medline)
20012 papers



TOTAL: 20012+8917+613+351 = 29893

GRAY LITERATURE SEARCH (10/21/2022)

CLINICAL TRIALS

adult AND "upper extremity" | "resistance training" OR "co-contraction training"
240 papers

SPORTRXIV

resistance training OR cocontraction training OR co-contraction training
386 papers

BIORXIV

("resistance training" OR "cocontraction training" OR "co-contraction training") AND "young adult" AND "upper extremity"
1161 papers



TOTAL: 1161+386+240 = 1787

LITERATURE SEARCH + GRAY LITERATURE + FOUND IN REFERENCES (42) = 31722
COPIES AND DUPLICATES = 1596
SEARCH - EXCLUDED = 30126