**Supplementary Table 5.** Summary of Adverse Events

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Vibration Group**  **(n = 17)** | **Pilates Group**  **(n = 17)** | **Control Group**  **(n = 17)** |
| **Serious Adverse Events, n (% within the group)** |  |  |  |
| Falls | 2 (11.8) | 2 (11.8) | 1 (5.8) |
| Fractures | 0 (0.0) | 0 (0.0) | 1 (5.8) |
| **Pain, n (% within the group)** |  |  |  |
| Delayed muscle soreness | 10 (58.8) | 17 (100) | 0 (0.0) |
| Muscle pain in the lower limbs | 0 (0.0) | 0 (0.0) | 1 (5.8) |
| Pain in the spine | 3 (17.6) | 1 (5.8) | 2 (11.8) |
| Pain in the knee joint | 4 (23.5) | 5 (29.4) | 3 (17.6) |
| Pain in the shoulder joint | 0 (0.0) | 4 (23.5) | 0 (0.0) |
| Pain in the wrist joint | 0 (0.0) | 1 (5.8) | 0 (0.0) |
| Pain in the soles of the feet | 4 (23.5) | 1 (5.8) | 0 (0.0) |
| **Other, n (% within the group)** |  |  |  |
| Dizziness | 4 (23.5) | 2 (11.8) | 0 (0.0) |
| Cramp | 0 (0.0) | 5 (29.4) | 0 (0.0) |
| Muscle spasms | 1 (5.8) | 0 (0.0) | 0 (0.0) |
| Elevated blood pressure | 4 (23.5) | 0 (0.0) | 0 (0.0) |