Table 1 Database Search Strategies

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| Database | Search Terms |
| PubMed | Spinal dysraphism, spina bifida occulta, meningocele, meningomyelocele, myelomeningocele,  Spinal cord disease, spinal cord injury  Exercise  Pediatrics, child, adolescent, infant |
| CINAHL | Spina bifida, spinal dysraphism, spina bifida occulta, meningocele, meningomyelocele, myelomeningocele  Spinal cord disease, spinal cord injury  Exercise  Pediatric, child, children, adolescent, infant |
| Embase | Spinal dysraphism, spina bifida occulta, meningocele, meningomyelocele,  Spinal cord disease, spina cord injury  Exercise  Pediatrics, child, children, adolescent, infant |