

Authors (year)	Group	Descrição dos treinamentos	Duration (weeks)	Times (weeks)	Frequency (sessions per week)	Sets per exercise	Reps per set	Interval (seconds)	Intensity (%1RM)	Intensity (RPE, 0-10)
Yakut et al (2021)	SEG	Combined exercise training (breathing + RT + AT) under supervision	12	12	2	1	8-12	120	40-80	3-6
	HEG	Home-based Breathing + posture + walking without supervision	12	12	2	1	8-12			3-6
Filippetti et al (2020)	IG	Home-based combined exercise training (RT + AT) without supervision	24	12, 24	-	2	10	120	60	-
	CG	Phone calls to evaluate the health status	24	12, 24	-	-	-	-	-	-
Schouffoer et al (2011)	IG	General exercises (AT + RT), hand/mouth exercises, and educational sessions	12	12	1	-	8-15	-	-	-
	CG	Usual outpatient care	-	12	-	-	-	-	-	-
Roque et al (2022)	IG	Free active and resisted active exercises (fingers, fist and hand grip strength) for both hands	12	12	2	-	-	-	-	-
	CG	Booklet with information about the disease	-	12	-	-	-	-	-	-
Gokcen et al (2022)	IG	1-hand exercise training (isometric exercise with an exercise ball and self-administered stretching) with supervision	8	8	7	3	15	-	-	-
	CG	Education about SSc + booklet with recommendations	-	8	-	-	-	-	-	-
Sahin et al (2023)	IG	Upper extremity home exercises (stretching and strengthening)	8	8	5	2	10	-	-	-
	CG	Patient education	8	-	-	-	-	-	-	-
Horváth et al (2017)	IG	complex physiotherapy program including thermal baths medical massages of upper extremities exercise (30 minutes/day, isometric, isotonic and stretching hand exercises; ergotherapy	3	3	5	-	-	-	-	-
	CG	The control group received similar therapy to their large joints, and the spine without being a subject to any treatment to the hands,	3	3	5	-	-	-	-	-

Mitropoulos et al (2019)	IG	The HIIT protocol, With respect to the RT, patients performed five upper body exercises in a circuit row for three circles interspersed	24	24	2	3	10	30	-	-
	CG	Control group did not perform the exercise programme,	24	24	0	0	0	0	-	-
Piga et al (2014)	IG	Hand kinesiotherapy exercises with a portable device, It consisted of 4 strengthening and 3 mobility exercises,	12	12	5	1-2	5-20	-	-	Painless maximum intensity
	CG	Hand kinesiotherapy exercises with common daily use objects, It consisted of 3 strengthening and 3 mobility exercises,	12	12	5	1-2	5-20	-	-	Painless maximum intensity
Sari (2023)	IG	Clinical Pilates-based exercises were given to the telerehabilitation-based treatment	8	8	7	2	1	-		
	CG	Orientation: Electronic supplementary material. The exercises given to the patients in a home program were the same as those in the telerehabilitation-based exercise program.	8	8	7	2	1	-		
Mitropoulos (2020)	IG	Combined exercise training (HIIT + RE) under supervision	24	12,24	2	3	10	120 - 180	10RM	-
	CG	Control group did not perform the exercise programme,	24	12,24	0	0	0	0	0	-