<table>
<thead>
<tr>
<th>Author, year</th>
<th>Study design, duration of follow-up</th>
<th>Intervention groups, N</th>
<th>Total # participants</th>
<th>Mean age (SD)</th>
<th>Female, %</th>
<th>Race, %</th>
<th>HbA1c mean % (SD)</th>
<th>BMI mean (SD)</th>
<th>Outcomes reported</th>
</tr>
</thead>
</table>
| Richardson, 2001[^1]  
North America | RCT, 3 weeks | Control, N = 10 | 20 | 64.8 (9.4) | 53.0 NR | NR | 37.3 (8.0) | | Physical activity, perceived fall risk, drop outs |
| Richardson, 2001[^1]  
North America | RCT, 3 weeks | Balance training, N = 10 | | 66.3 (10.6) | 49.0 NR | NR | 36.0 (8.2) | | |
North America | RCT, 12 months | Control, N = 38 | 79 | 64.8 (9.4) | 53 Non-white 8 | NR | 37.2 (8.0) | | Falls, Perceived fall risk, incident/recurrent ulcer, physical activity |
North America | RCT, 12 months | Physical therapy, N = 41 | | 66.6 (10.4) | 47.0 Non-white 7 | NR | 35.9 (8.2) | | |
| Song, 2011[^4]  
Asia | RCT, 8 weeks | Control, N = 19 | 38 | 73.2 | 57.9 (5.4) | NR | NR | Physical activity |
| Song, 2011[^4]  
Asia | RCT, 8 weeks | Balance training, N = 19 | | 72.9 | 63.2 (5.6) | NR | NR | |
| Lee, 2013[^5]  
Asia | RCT, 6 weeks | Control, N = 20 | 60 | 75.8 (5.7) | 50.0 NR | 6.9 (1.1) | NR | Physical activity |
| Lee, 2013[^5]  
Asia | RCT, 6 weeks | Whole body vibration and balance training, N = 20 | | 76.3 (4.8) | 50.0 NR | 7.1 (1.2) | NR | |
| Lee, 2013[^5]  
Asia | RCT, 6 weeks | Balance training, N = 20 | | 74.05 (5.4) | 55.0 NR | 7.0 (1.1) | NR | |
| Eftekhar-Sadat, 2015[^6]  
Asia | RCT, unclear | Control, N = 22 | 44 | 59.1 (NR) | 70.6 NR | NR | 26.7 (NR) | Perceived fall risk, physical activity |
| Eftekhar-Sadat, 2015[^6]  
Asia | RCT, unclear | Balance training, N = 22 | | 58.8 (NR) | 58.8 NR | NR | 27.8 (NR) | |

[^1]: Richardson, 2001[^1]  
[^3]: LeMaster, 2008[^3]  
<table>
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<th>Author, year</th>
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<tbody>
<tr>
<td>Grewal, 2015</td>
<td>North America</td>
<td>RCT, 6 weeks</td>
<td>Control, N = 20</td>
<td>39</td>
<td>64.9 (8.5)</td>
<td>50.0 NR</td>
<td>65.4 (20.7)</td>
<td>29.6 (4.2)</td>
<td>Perceived fall risk, quality of life, physical activity and dropouts</td>
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<td>Asia</td>
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<tr>
<td>Grewal, 2015</td>
<td>Asia</td>
<td>RCT, 6 weeks</td>
<td>Balance training, N = 19</td>
<td>62.6 (7.9)</td>
<td>57.9 NR</td>
<td>65.2 (19.7)</td>
<td>31.8 (7.5)</td>
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<tr>
<td>Kordi, 2015</td>
<td>Asia</td>
<td>RCT, 6 weeks</td>
<td>Control, N = 20</td>
<td>40</td>
<td>57.0 (1.5)</td>
<td>40.0 NR</td>
<td>NR</td>
<td>28.9 (1.0)</td>
<td>Physical activity</td>
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<tr>
<td>Asia</td>
<td></td>
<td></td>
<td>Whole body vibration, N = 20</td>
<td></td>
<td>57.0 (1.8)</td>
<td>40.0 NR</td>
<td>NR</td>
<td>28.5 (1.0)</td>
<td></td>
</tr>
</tbody>
</table>

N = Number; NR = Not Reported; RCT = Randomized Control Trials; SD = Standard Deviation;