

**Supplementary Material 4.** Sensitivity analyses on mechanical allodynia and thermal hyperalgesia

Variable	No. of experiments	Sensitivity analyses		
		SMD (95% CI)	p-value	I <sup>2</sup> (p-value)
<b>Mechanical allodynia</b>				
Studies conducted on rats only				
Both sides	14	-1.35 (-2.2 to -0.49)	0.002	90.16 (< 0.001)
Contralateral	6	-1.9 (-3.41 to -0.38)	0.014	92.53 (< 0.001)
Ipsilateral	7	-1.75 (-3.02 to -0.48)	0.007	91.39 (< 0.001)
Thoracic/thoracolumbar injuries*				
Both sides	18	-1.43 (-2.16 to -0.7)	<0.001	89.86 (< 0.001)
Moderate to severe injuries				
Both sides	18	-1.43 (-2.16 to -0.7)	<0.001	89.86 (< 0.001)
Contralateral	4	-0.74 (-1.3 to -0.18)	0.009	34.09 (0.2)
Ipsilateral	5	-0.76 (-1.16 to -0.36)	<0.001	0.00 (0.728)
No stratifications were made for the development of allodynia prior to exercise				
Both sides	18	-1.43 (-2.16 to -0.7)	<0.001	89.86 (< 0.001)
Ipsilateral	3	-3.03 (-5.6 to -0.44)	<0.001	94.54 (< 0.001)
Only limbs were evaluated				
Both sides	16	-1.63 (-2.41 to -0.86)	<0.001	89.21 (< 0.001)
Contralateral	6	-1.9 (-3.41 to -0.38)	0.014	92.53 (< 0.001)
Ipsilateral	7	-1.75 (-3.02 to -0.48)	0.007	91.39 (< 0.001)
Bipedal/quadrupedal gait training				
Both sides	16	-1.58 (-2.39 to -0.77)	<0.001	90.59 (< 0.001)
Contralateral	6	-1.9 (-3.41 to -0.38)	0.014	92.53 (< 0.001)
Ipsilateral	7	-1.75 (-3.02 to -0.48)	0.007	91.39 (< 0.001)
<b>Thermal hyperalgesia</b>				
Rats				
Both sides	10	2.35 (1.14–3.56)	<0.001	91.37 (< 0.001)
Thoracic/thoracolumbar injuries				
Both sides	13	1.94 (0.95–2.93)	<0.001	91.37 (< 0.001)
Moderate to severe injuries				
Both sides	13	1.94 (0.95–2.93)	<0.001	91.37 (< 0.001)
No stratifications were made for the development of allodynia prior to exercise				
Both sides	13	1.94 (0.95–2.93)	<0.001	91.37 (< 0.001)
Only limbs were evaluated				
Both sides	13	1.94 (0.95–2.93)	<0.001	91.37 (< 0.001)
Bipedal/quadrupedal gait training				
Both sides	11	2.02 (0.82–3.23)	0.001	93.24 (< 0.001)

SMD, standardized mean difference; CI, confidence interval.

\*Sensitivity analyses were performed only if a with sufficient number of experiments were included.