

Authors Year Country Date included in the review Number of articles Level of Evidence Type of Study AMSTAR Score	Method Databases Outcome Measures	Conclusions
Abou et al. 2020 USA Reviewed published articles up to September 2019 N = 10 in the systematic review and 6 in the meta-analysis Level of evidence: Cochrane Risk of Bias Tool for RCTs and Quality Assessment Tool for pre-post studies with no control group Type of study: 3 RCTs 7 pre-post trials AMSTAR: 8	Method: The main objective of this systematic review and meta-analysis was to evaluate and synthesize the effects of virtual reality (VR) therapy on gait rehabilitation among people with SCI. Database: PubMed, Web of Science, Scopus, SportDiscus, and CINHAL. Outcome Measures: Gait outcomes (WISCI II, 10MWT, 2MWT, spatiotemporal gait parameters, 6MWT, and gait speed).	1. A total of 149 participants were included. 2. Five studies used only VR therapy and the other studies used a combination of VR therapy with balance or coordination training. 3. Methodological quality: a. Two of the three RCTs included in this review presented a low risk of bias and the third was rated as high risk of bias (and was not included in the meta-analysis). b. Four out of the seven pre-post studies included in this review presented an overall good quality and three studies were rated as fair overall quality (and were not included in the meta-analysis). 4. Effects of VR therapy assessed by meta-analysis (n = 6): a. After completion of VR therapy, results showed a trend toward improvement in overall gait function compared with baseline. The combination of the three meta-analyses (WISCI II and 10MWT) showed an overall statistically significant within-group difference (SMD = 0.34; 95% CI 0.02-0.66; P = .04).