WHY?
To provide an evidence-based overview of the possible physical exercise interventions for sarcopenia targeting one or more of the three sarcopenia domains (muscle mass, muscle strength or physical performance).

HOW?
An umbrella review on physical exercise interventions was performed:
- **Population:** older adults (65+)
- **Intervention:** exercise
- **Control:** non-exposed control
- **Outcome:** sarcopenia
- **Study design:** systematic review, meta-analysis
- **Quality assessment:** AMSTAR checklist

DATA HANDLING
Initial search yielded 665 eligible reviews of which 14 were finally included.

Key characteristics of the reviews, including participants, exercise treatment, outcomes assessed were retrieved.

Recommendations were generated based on the overall syntheses about the main effect of each intervention.

RECOMMENDATION
- We do recommend **resistance training** to improve muscle strength, muscle mass and physical performance for healthy, pre-sarcopenic or sarcopenic older people since evidence shows a significant and positive effect.
  - For maximal strength gains a **high-intensity** resistance training program is recommended, i.e. 70-80% of the maximum weight that a person can lift/move for one repetition (1RM). However, low-intensity resistance training (≤50% 1RM) may be sufficient to induce strength gains.
- We do recommend **multimodal exercise** therapy for healthy, pre-sarcopenic or sarcopenic older people in the prevention or treatment of sarcopenia since data show significant evidence in favour.
- We do recommend occlusion training (=blood flow restriction training (BFR)). **Occlusion training** (i.e. muscle resistance training with maintaining arterial blood inflow and restricting the venous blood outflow of the trained muscle) is a relatively novel training method that has a significant positive impact on muscle strength. Low intensity (10-30% 1RM) BFR training has proven to be more effective in increasing muscle strength compared to low intensity training alone. We recommend that this type of training is performed under supervision of a trained exercise coach.

REFERENCES: