

**Table S1.** Search strategy

Strategy ((#1 AND #2 AND #3 AND #4 AND #5 AND) NOT ('disease OR 'patients')) limited to 'Humans' & 'English'		
	Subject words	Free words
#1	Aged	Elderly OR Old OR age OR old age OR "older adult*" OR "older people" OR elder* OR "aging adults" OR "older person*" OR "old-age" OR Older OR "elderly person*" OR Aging OR Ageing OR Aged OR "old man" OR "old men" OR "old women" OR "old woman"
#2	Echo intensity	Echo intensity OR "EI" OR "echo"
#3	Thigh	Thighs OR "Quadriceps Muscle" OR "Quadriceps Muscles" OR "Quadriceps Femoris" OR "Vastus Medialis" OR "Vastus Intermedius" OR "Rectus Femoris" OR "Vastus Lateralis" OR "knee extensors" OR Knee OR "Hamstring Muscles" OR "Hamstring Muscl" OR "Biceps Femoris" OR Semimembranosus OR Semitendinosus OR "knee flexors"
#4	Muscle strength, Physical functional performance	Muscle Strength OR "Physical Functional Performance" OR "Muscle Strength Dynamometer" OR Strength OR "maximal voluntary contraction" OR "Maximal voluntary isometric contraction" OR Power OR Force OR Torque OR MVC OR MVIC OR "explosive force" OR "explosive strength" OR "explosive torque" OR "Rate force development" OR RFD OR RTD OR "knee extensor*" OR "knee flexor*" OR "ankle dorsiflexor*" OR "ankle plantar flex Muscle Strengthor*" OR "Physical Functional Performance" OR "Physical Functional Performance*" OR "Physical Performance*" OR "Functional Performance*" OR "Physical Function*" OR "muscle function" OR "neuromuscular function" OR "Hand Strength" OR "Hand Grip Strength" OR "grip strength OR Grip*" OR HGS OR "Gait Analysis" OR Gait OR Gaits OR "Gait Speed*" OR "Walking Speed*" OR "Walking Pace*" OR TUG OR "Walk Test OR walk*" OR "chair stand time" OR "sit-to-stand" OR "chair stand" OR "chair stand test" OR CST OR stand*
#5	Correlation	Correlate* OR Associat* OR Relat*