CORRECTION

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Correction to: Effects of Blood Flow Restriction Training on Muscular Strength and Hypertrophy in Older Individuals: A Systematic Review and Meta-Analysis

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Correction to: Sports Medicine (2018)
https://doi.org/10.1007/s40279-018-0994-1

Section 3.2: Fig. 2 and Fig. 3 were transposed.

Figure 2 should be:

Study	Std. Mean Difference IV, Random, 95% CI
Cook et al. [81] A	-0.47 [-1.29, 0.34]
Cook et al. [81] B	-1.44 [-2.36, -0.52]
Cook et al. [81] C	-0.63 [-1.45, 0.20]
Cook et al. [81] D	-0.58 [-1.40, 0.24]
Karabulut et al. [4] A	-1.02 [-2.09, 0.04]
Karabulut et al. [4] B	0.47 [-0.61, 1.55]
Libardi et al. [82]	-0.86 [-1.84, 0.13]
Thiebaud et al. [85] A	-0.56 [-1.64, 0.53]
Thiebaud et al. [85] B	0.10 [-0.95, 1.16]
Thiebaud et al. [85] C	-0.57 [-1.66, 0.52]
Vechin et al. [86]	-0.69 [-1.71, 0.33]
Yasuda et al. [34] A	0.27 [-0.61, 1.15]
Yasuda et al. [34] B	0.21 [-0.67, 1.09]
Yasuda et al. [34] C	-0.13 [-1.00, 0.75]
Total (95% CI)	**-0.42 [-0.70, -0.14]**

Heterogeneity: Tau² = 0.05; Chi² = 15.87, df = 13 (P = 0.26); I² = 18%
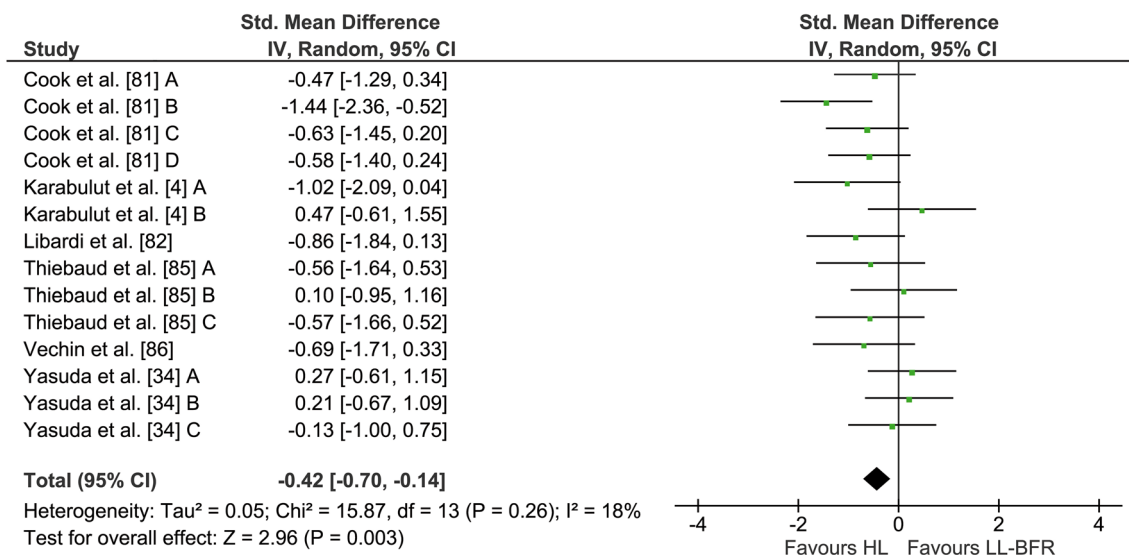Test for overall effect: Z = 2.96 (P = 0.003)

Fig. 2 Forest plot demonstrating the effects of LL-BFR versus HL training on muscular strength. Different letters for the same study represent different muscular strength assessment methods. *CI* confidence interval, *HL* high-load, *IV* inverse variance, *LL-BFR* low-load blood flow restriction, *Random* random effects model

The original article can be found online at https://doi.org/10.1007/s40279-018-0994-1.

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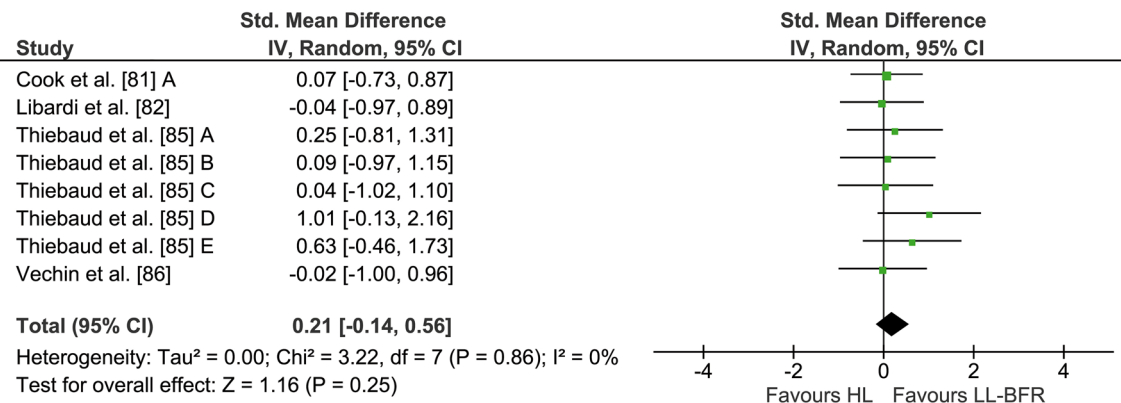2 Bernstein Center Freiburg, University of Freiburg, Freiburg, Germany

Figure 3 should be:

Study	Std. Mean Difference IV, Random, 95% CI
Cook et al. [81] A	0.07 [-0.73, 0.87]
Libardi et al. [82]	-0.04 [-0.97, 0.89]
Thiebaud et al. [85] A	0.25 [-0.81, 1.31]
Thiebaud et al. [85] B	0.09 [-0.97, 1.15]
Thiebaud et al. [85] C	0.04 [-1.02, 1.10]
Thiebaud et al. [85] D	1.01 [-0.13, 2.16]
Thiebaud et al. [85] E	0.63 [-0.46, 1.73]
Vechin et al. [86]	-0.02 [-1.00, 0.96]
Total (95% CI)	**0.21 [-0.14, 0.56]**

Heterogeneity: Tau² = 0.00; Chi² = 3.22, df = 7 (P = 0.86); I² = 0%
Test for overall effect: Z = 1.16 (P = 0.25)

Std. Mean Difference
IV, Random, 95% CI

-4 -2 0 2 4
Favours HL   Favours LL-BFR

Fig. 3 Forest plot demonstrating the effects of LL-BFR versus HL training on muscle mass. Different letters for the same study represent different assessment methods for muscle mass. *CI* confidence interval, *HL* high-load, *IV* inverse variance, *LL-BFR* low-load blood flow restriction, *Random* random effects model

Section 3.4: Fig. 5 and Fig. 6 were transposed.

Figure 5 should be:

Study	Std. Mean Difference IV, Random, 95% CI
Clarkson et al. [66]	2.22 [1.02, 3.42]
Ozaki et al. [67] A	1.35 [0.30, 2.41]
Ozaki et al. [67] B	3.32 [1.78, 4.86]
Ozaki et al. [67] C	1.86 [0.70, 3.01]
Ozaki et al. [67] D	6.41 [3.87, 8.96]
Ozaki et al. [67] E	8.06 [4.94, 11.18]
Ozaki et al. [87] A	2.08 [1.02, 3.14]
Ozaki et al. [87] B	3.46 [2.09, 4.84]
Total (95% CI)	**3.09 [2.04, 4.14]**

Heterogeneity: Tau² = 1.66; Chi² = 30.78, df = 7 (P < 0.0001); I² = 77%
Test for overall effect: Z = 5.75 (P < 0.00001)

Std. Mean Difference
IV, Random, 95% CI

-10 -5 0 5 10
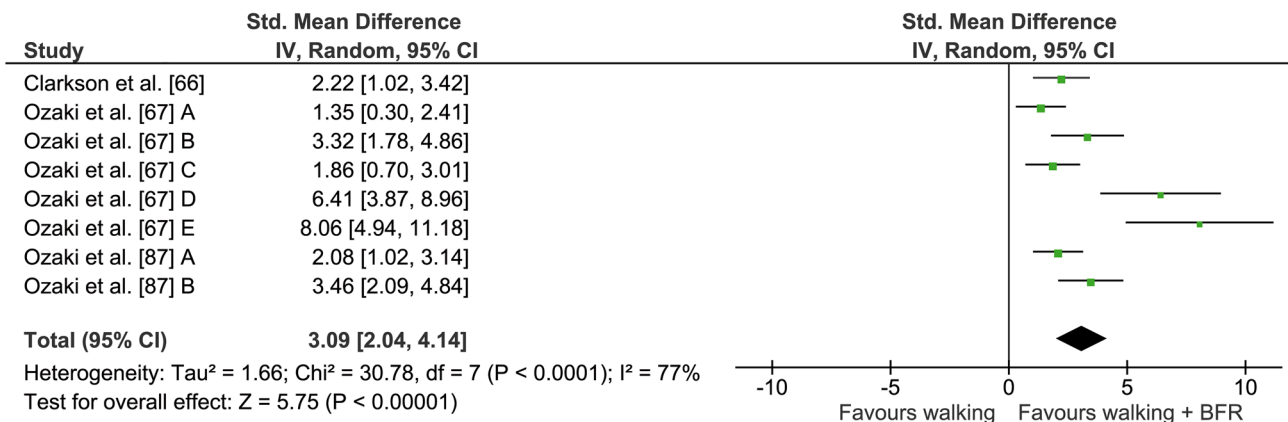Favours walking   Favours walking + BFR

Fig. 5 Forest plot demonstrating the effects of walking + BFR versus normal walking on muscular strength. Different letters for the same study represent different muscular strength assessment methods. *BFR* blood flow restriction, *CI* confidence interval, *IV* inverse variance, *Random* random effects model
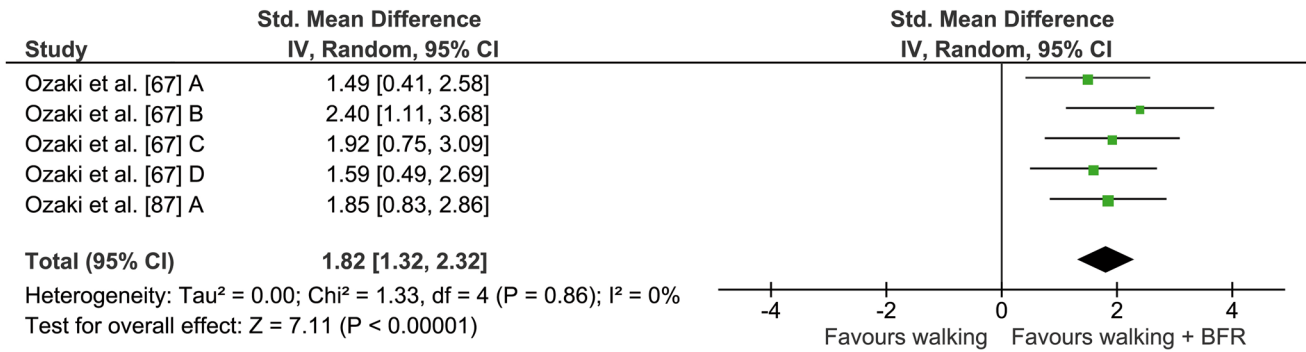
Figure 6 should be:

Study	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
Ozaki et al. [67] A	1.49 [0.41, 2.58]	
Ozaki et al. [67] B	2.40 [1.11, 3.68]	
Ozaki et al. [67] C	1.92 [0.75, 3.09]	
Ozaki et al. [67] D	1.59 [0.49, 2.69]	
Ozaki et al. [87] A	1.85 [0.83, 2.86]	
Total (95% CI)	1.82 [1.32, 2.32]	

Heterogeneity: Tau² = 0.00; Chi² = 1.33, df = 4 (P = 0.86); I² = 0%
Test for overall effect: Z = 7.11 (P < 0.00001)

Favours walking Favours walking + BFR

Fig. 6 Forest plot demonstrating the effects of walking + BFR versus normal walking on muscle mass. Different letters for the same study represent different muscle mass assessment methods. *BFR* blood flow restriction, *CI* confidence interval, *IV* inverse variance, *Random* random effects model

The original article has been corrected.