

Supplementary Table S1. Search strategies

Search strategy	Electronic databases
(Periodontal Diseases[MeSH] OR Periodontitis[MeSH] OR Chronic Periodontitis[MeSH] OR Aggressive Periodontitis[MeSH] OR Periodontitis, Aggressive, 2[Supplementary Concept] OR Periodont*[Tiab]) AND (Exercise[MeSH] OR Exercise Test[MeSH] OR Physical Fitness[MeSH] OR Physical Functional Performance[MeSH] OR Physical Endurance[MeSH] OR Exercise[Tiab] OR Physical Fitness[Tiab] OR Exercises[Tiab] OR Physical Activity[Tiab] OR Physical Activities[Tiab] OR Stress Test[Tiab] OR Treadmill Test[Tiab] OR Functional Performance[Tiab] OR Physical Performance[Tiab] OR Physical Frailty[Tiab])	MEDLINE PubMed (N = 495 results)
(TS=(Periodont*)) AND TS = (Exercise OR "Exercise Test" OR "Physical Fitness" OR "Physical Functional Performance" OR "Physical Endurance" OR Exercises OR "Physical Activity" OR "Physical Activities" OR "Stress Test" OR "Treadmill Test" OR "Functional Performance" OR "Physical Performance" OR "Physical Frailty")	Web of Science (N = 567 results)
<p>ID Search Hits</p> <p>#1 MeSH descriptor: [Periodontal Diseases] explode all trees</p> <p>#2 MeSH descriptor: [Periodontitis] explode all trees</p> <p>#3 MeSH descriptor: [Chronic Periodontitis] explode all trees</p> <p>#4 MeSH descriptor: [Aggressive Periodontitis] explode all trees</p> <p>#5 (Periodont*):ti,ab,kw</p> <p>#6 #1 OR #2 OR #3 OR #4 OR #5</p> <p>#7 MeSH descriptor: [Exercise] explode all trees</p> <p>#8 MeSH descriptor: [Exercise Test] explode all trees</p> <p>#9 MeSH descriptor: [Physical Fitness] explode all trees</p> <p>#10 MeSH descriptor: [Physical Functional Performance] explode all trees</p> <p>#11 MeSH descriptor: [Physical Endurance] explode all trees</p> <p>#12 (Exercise OR Physical Fitness OR Exercises OR Physical Activity OR Physical Activities OR Stress Test OR Treadmill Test OR Functional Performance OR Physical Performance OR Physical Frailty):ti,ab,kw</p> <p>#13 #7 OR #8 OR #9 OR #10 OR #11 OR #12</p> <p>#14 #6 AND #13</p>	Cochrane CENTRAL (N = 261 results)
(INDEXTERMS ('periodontal AND disease') OR INDEXTERMS (perio-dontitis) OR INDEXTERMS ('chronic AND periodontitis') OR INDEX-TERMS ('aggressive AND periodontitis') OR TITLE-ABS-KEY (perio-dont*)) AND (INDEXTERMS (exercise) OR INDEXTERMS ('exercise AND test') OR INDEXTERMS (fitness) OR INDEXTERMS ('physical AND performance') OR INDEXTERMS (endurance) OR TITLE-ABS-KEY (exercise) OR TITLE-ABS-KEY ('physical AND fitness') OR TITLE-ABS-KEY (exercises) OR TITLE-ABS-KEY ('physical AND activity') OR TITLE-ABS-KEY ('physical AND activities') OR TITLE-ABS-KEY ('stress AND test') OR TITLE-ABS-KEY ('treadmill AND test') OR TI-TLE-ABS-KEY ('functional AND performance') OR TITLE-ABS-KEY ('physical AND performance') OR TITLE-ABS-KEY ('physical AND frailty'))	Scopus (N = 2846 results)

Continued...

Search strategy

Electronic databases

#3 – #1 AND #2

#2 – 'exercise'/exp OR exercise OR 'exercise test'/exp OR 'exercise test' OR 'fitness'/exp OR fitness OR 'physical performance'/exp OR 'physical performance' OR 'endurance'/exp OR endurance OR exercise:ti,ab,kw OR 'physical fitness':ti,ab,kw OR exercises:ti,ab,kw OR 'physical activity':ti,ab,kw OR 'physical activities':ti,ab,kw OR 'stress test':ti,ab,kw OR 'treadmill test':ti,ab,kw OR 'functional performance':ti,ab,kw OR 'physical performance':ti,ab,kw OR 'physical frailty':ti,ab,kw 151,017

Embase
(N = 1213 results)

#1 – 'periodontal disease'/exp OR 'periodontal disease' OR 'periodontitis'/exp OR periodontitis OR 'chronic periodontitis'/exp OR 'chronic periodontitis' OR 'aggressive periodontitis'/exp OR 'aggressive periodontitis' OR periodont*:ti,ab,kw

(mh:("periodontal diseases" OR periodontitis OR "chronic periodontitis" OR "aggressive periodontitis") OR tw:(periodont*)) AND (mh:(exercise OR "ex-ercise test" OR "physical fitness" OR "physical functional performance" OR "physical endurance") OR tw:(exercise OR "physical fitness" OR exercises OR "physical activity" OR "physical activities" OR "stress test" OR "tread-mill test" OR "functional performance" OR "physical performance" OR "physical frailty")) AND (db:("LILACS"))

LILACS|VHL
(N = 2 results)

(periodont*) AND (exercise* OR physical fitness OR physical functional performance OR physical endurance OR physical activity OR physical activities OR stress test OR treadmill test OR functional performance OR physical performance OR physical frailty)

Protocol registries and other sources
(N = 2 results)

CITATION

Da Silva Barbirato D, Gomes de Matos BLD, Guimarães TC, Medeiros de Barros MC. The impact of periodontitis on physical fitness: a systematic review. *Can J Dent Hyg.* 2026;60(2):132–40.