**Additional Table 1. Summary of the therapeutic effects of exosomes from different cell sources on spinal cord injury**

| Source | Effect | Reference |
|---|---|---|
| Bone marrow mesenchymal stem cells | 1. Alleviation of neuroinflammation (primary focus);<br>2. Inducing the generation of M2-like macrophages, also known as EEM (derived from bone marrow mesenchymal stem cells - M2-like macrophages). EEM possesses the ability to regulate endothelial cell generation and promote axonal growth, thereby facilitating neural function recovery;<br>3. It can reduce neuronal cell death, promote neuronal survival and regeneration, and improve motor function recovery. | 17, 19 |
| Adipose-derived stem cells | 1. Promoting neural recovery, axonal regeneration, and reducing neuronal apoptosis (primary focus);<br>2. Alleviating inflammatory responses;<br>3. The potential to effectively promote wound healing. | 29, 32 |
| Dental pulp stem cells | 1. Robust immunomodulatory effects by regulating immune responses and alleviating neuroinflammation;<br>2. Promote angiogenesis, the development of new blood vessels, which is essential for tissue repair;<br>3. Enhance neurite outgrowth, supporting the reconnection of damaged neural circuits and promoting functional recovery;<br>4. Suppress the polarisation of M1 macrophages, a type of immune cell that exacerbates inflammation and tissue damage after spinal cord injury. | 37-40 |
| Macrophage/microglia | 1. Reducing inflammation and facilitating functional recovery after spinal cord injury;<br>2. Improve neurological recovery by inhibiting neuronal apoptosis and promoting axonal regeneration. | 4, 7, 44, 45 |