Study	Home exercise N	Mean	SD	Control N	Mean	SD	Standard mean difference with 95% CI		Weight (%)
Latham, 2014	94	7.6	2.9	85	6.3	2.9		0.45 [0.15, 0.75]	21.57
Salpakoski, 2014	38	7.18	2.93	39	7.22	2.51		-0.01 [-0.46, 0.43]	18.69
Magaziner, 2019	63	6.7	3.1	60	6.8	3.1		-0.03 [-0.39, 0.32]	20.52
Taraldsen, 2019	56	6	5	57	6	6		0.00 [-0.37, 0.37]	20.23
Soukkio, 2021	47	8.2	1.6	48	6.3	1.8		1.12 [0.68, 1.55]	18.98
Overall								0.30 [-0.10, 0.69]	

Heterogeneity: $\tau^2 = 0.17$, $I^2 = 82.17\%$, $H^2 = 5.61$

Test of $\theta_i = \theta_j$: $Q(4) = 22.43$, $p = 0.00$

Test of $\theta = 0$: $z = 1.48$, $p = 0.14$

Random-effects DerSimonian-Laird model