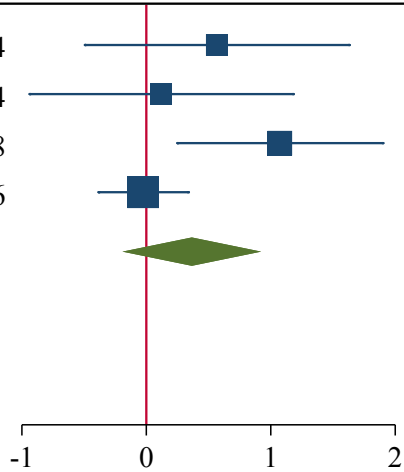
Study	Home exercise N	Home exercise Mean	Home exercise SD	Control N	Control Mean	Control SD	Standard mean difference with 95% CI	Weight (%)
Mangione, 2005 (I1)	12	321.1	101.7	5	266.2	82.4	0.57 [-0.49, 1.63]	17.69
Mangione, 2005 (I2)	11	278.9	114.6	5	266.2	82.4	0.12 [-0.94, 1.18]	17.75
Mangione, 2010	14	299.5	80	12	219.4	67.8	1.07 [0.25, 1.90]	23.70
Magaziner, 2019	60	239.2	93.7	59	241.6	95.6	-0.03 [-0.38, 0.33]	40.86
Overall							0.37 [-0.19, 0.92]	



Heterogeneity: $\tau^2 = 0.16$, $I^2 = 52.26\%$, $H^2 = 2.09$

Test of $\theta_i = \theta_j$: $Q(3) = 6.28$, $p = 0.10$

Test of $\theta = 0$: $z = 1.28$, $p = 0.20$

Random-effects DerSimonian-Laird model