Study	Home exercise			Control				Standard mean difference with 95% CI	Weight (%)
	N	Mean	SD	N	Mean	SD			
Hauer, 2002	12	93	8.2	12	96.1	8.2		-0.38 [-1.19, 0.43]	11.62
Crotty, 2002	34	96.5	4.3	32	91.4	10.3		0.65 [0.16, 1.15]	19.98
Karlsson, 2016	80	14.9	9.1	79	14.9	7.6		0.00 [-0.31, 0.31]	27.13
Williams, 2016	21	18.2	2.9	22	17.7	3		0.17 [-0.43, 0.77]	16.64
Taraldsen, 2019	55	18	3	57	19	4		-0.28 [-0.65, 0.09]	24.64
Overall								0.05 [-0.29, 0.38]	

Heterogeneity: $\tau^2 = 0.08$, $I^2 = 59.99\%$, $H^2 = 2.50$

Test of $\theta_i = \theta_j$: $Q(4) = 10.00$, $p = 0.04$

Test of $\theta = 0$: $z = 0.26$, $p = 0.79$

Random-effects DerSimonian-Laird model