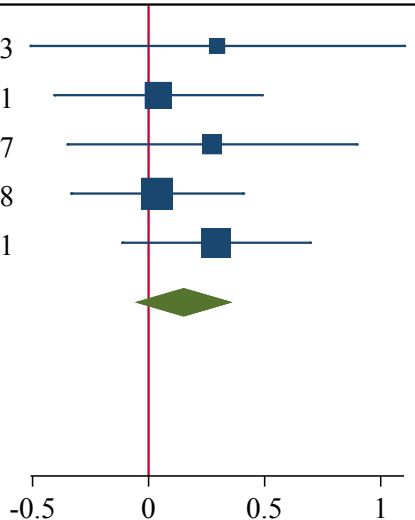
Study	Home exercise N	Home exercise Mean	Home exercise SD	Control N	Control Mean	Control SD	Standard mean difference with 95% CI	Weight (%)
Hauer, 2002	12	7.3	1.4	12	6.9	1.3	0.30 [-0.51, 1.10]	6.86
Salpakoski, 2014	38	6.8	7.7	39	6.5	7.1	0.04 [-0.41, 0.49]	22.23
Williams, 2016	20	15.8	6	20	14.2	5.7	0.27 [-0.35, 0.90]	11.44
Taraldsen, 2019	55	41	26.5	57	40	28	0.04 [-0.33, 0.41]	32.33
Soukkio, 2021	47	20.8	4.5	48	19.4	5.1	0.29 [-0.11, 0.70]	27.14
Overall							0.15 [-0.06, 0.36]	

Heterogeneity: $I^2 = 0.00\%$, $H^2 = 0.33$

Test of $\theta_i = \theta_j$: $Q(4) = 1.33$, $p = 0.86$

Test of $\theta = 0$: $z = 1.41$, $p = 0.16$



Fixed-effects inverse-variance model