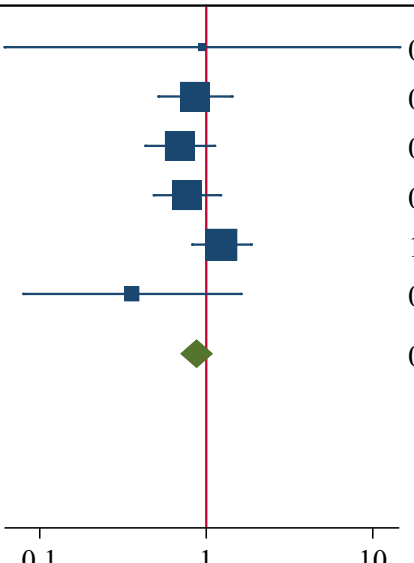
Study	Home exercise Events	Home exercise Total	Control Events	Control Total	Risk ratio with 95% CI	Weight (%)
Crotty, 2002	1	34	1	32	0.94 [0.06, 14.42]	0.94
Orwig, 2011	21	91	24	89	0.86 [0.52, 1.42]	22.23
Shyu, 2013 (I1)	28	101	18	45	0.69 [0.43, 1.12]	22.81
Shyu, 2013 (I2)	31	99	18	44	0.77 [0.48, 1.21]	22.83
Karlsson, 2016	38	106	27	93	1.23 [0.82, 1.86]	26.35
Taylor, 2023	2	19	5	17	0.36 [0.08, 1.61]	4.83
Overall					0.87 [0.70, 1.10]	



Heterogeneity: $I^2 = 6.72\%$, $H^2 = 1.07$

Test of $\theta_i = \theta_j$: $Q(5) = 5.36$, $p = 0.37$

Test of $\theta = 0$: $z = -1.17$, $p = 0.24$

Fixed-effects Mantel-Haenszel model