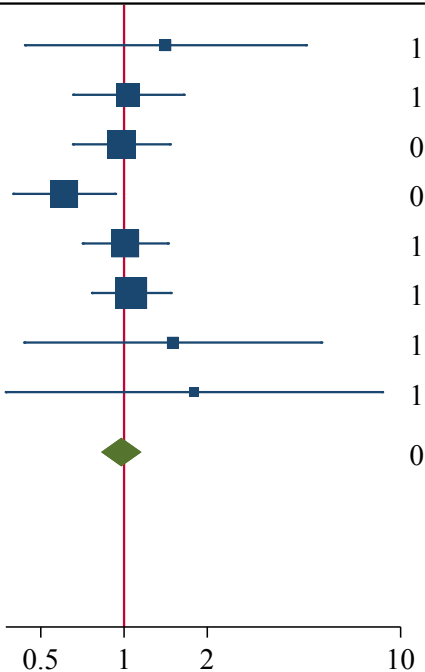
Study	Home exercise Events	Home exercise Total	Control Events	Control Total	Risk ratio with 95% CI	Weight (%)
Crotty, 2002	6	34	4	32	1.41 [0.44, 4.55]	2.53
Ziden, 2008	20	45	21	49	1.04 [0.65, 1.64]	12.33
Orwig, 2011	31	91	31	89	0.98 [0.65, 1.46]	19.22
Shyu, 2013 (I1)	30	101	22	45	0.61 [0.40, 0.93]	18.67
Shyu, 2013 (I2)	50	99	22	44	1.01 [0.71, 1.44]	18.68
Karlsson, 2016	46	106	38	93	1.06 [0.77, 1.47]	24.83
Magaziner, 2019	6	105	4	105	1.50 [0.44, 5.16]	2.45
Taylor, 2023	4	19	2	17	1.79 [0.37, 8.57]	1.29
Overall					0.98 [0.83, 1.16]	



Heterogeneity: $I^2 = 0\%$, $H^2 = 0.94$

Test of $\theta_i = \theta_j$: $Q(7) = 6.60$, $p = 0.47$

Test of $\theta = 0$: $z = -0.27$, $p = 0.79$

Fixed-effects Mantel-Haenszel model