**Web figure 5:** Unified Parkinson's disease rating scale – total score



| Study or Subgroup | Intervention Mean | SD | Total | No Intervention Mean | SD | Total | Weight | Mean Difference IV, Fixed, 95% CI |
|---|---|---|---|---|---|---|---|---|
| **4.1.1 General Physiotherapy v Control** | | | | | | | | |
| Ellis 2005 | -6.2 | 6.2 | 32 | -1 | 6 | 33 | 66.3% | -5.20 [-8.17, -2.23] |
| Fisher 2008 | -5.2 | 8.72 | 10 | -3.2 | 10.1 | 10 | 8.5% | -2.00 [-10.27, 6.27] |
| **Subtotal (95% CI)** | | | 42 | | | 43 | 74.8% | -4.84 [-7.63, -2.04] |
| Heterogeneity: Chi² = 0.51, df = 1 (P = 0.48); I² = 0% | | | | | | | | |
| Test for overall effect: Z = 3.39 (P = 0.0007) | | | | | | | | |
| | | | | | | | | |
| **4.1.2 Exercise v Control** | | | | | | | | |
| Boehm 2011 | -7.1 | 13.5 | 50 | 5.8 | 14.3 | 52 | 20.1% | -12.90 [-18.30, -7.50] |
| **Subtotal (95% CI)** | | | 50 | | | 52 | 20.1% | -12.90 [-18.30, -7.50] |
| Heterogeneity: Not applicable | | | | | | | | |
| Test for overall effect: Z = 4.69 (P < 0.00001) | | | | | | | | |
| | | | | | | | | |
| **4.1.3 Treadmill v Control** | | | | | | | | |
| Fisher 2008 | -2.1 | 14 | 10 | -3.2 | 10.1 | 10 | 5.1% | 1.10 [-9.60, 11.80] |
| **Subtotal (95% CI)** | | | 10 | | | 10 | 5.1% | 1.10 [-9.60, 11.80] |
| Heterogeneity: Not applicable | | | | | | | | |
| Test for overall effect: Z = 0.20 (P = 0.84) | | | | | | | | |
| | | | | | | | | |
| **Total (95% CI)** | | | 102 | | | 105 | 100.0% | -6.15 [-8.57, -3.73] |
| Heterogeneity: Chi² = 9.14, df = 3 (P = 0.03); I² = 67% | | | | | | | | |
| Test for overall effect: Z = 4.99 (P < 0.00001) | | | | | | | | |
| Test for subgroup differences: Chi² = 8.63, df = 2 (P = 0.01), I² = 76.8% | | | | | | | | |

Favours Intervention    Favours No Intervention