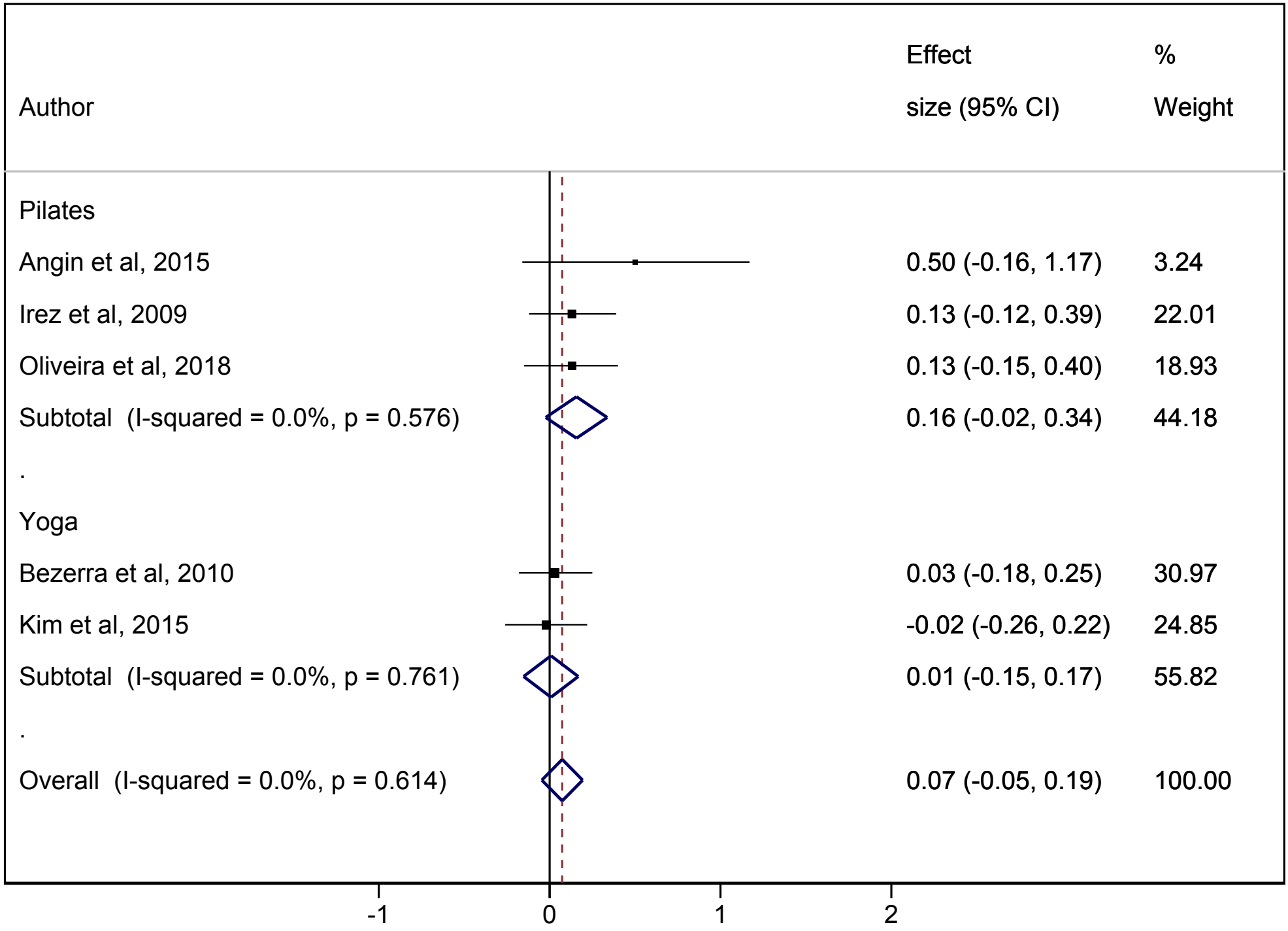
Author
Effect size (95% CI)
% Weight
Pilates
Angin et al, 2015
0.50 (-0.16, 1.17)
3.24
Irez et al, 2009
0.13 (-0.12, 0.39)
22.01
Oliveira et al, 2018
0.13 (-0.15, 0.40)
18.93
Subtotal (I-squared = 0.0%, p = 0.576)
0.16 (-0.02, 0.34)
44.18
.
Yoga
Bezerra et al, 2010
0.03 (-0.18, 0.25)
30.97
Kim et al, 2015
-0.02 (-0.26, 0.22)
24.85
Subtotal (I-squared = 0.0%, p = 0.761)
0.01 (-0.15, 0.17)
55.82
.
Overall (I-squared = 0.0%, p = 0.614)
0.07 (-0.05, 0.19)
100.00
-1
0
1
2