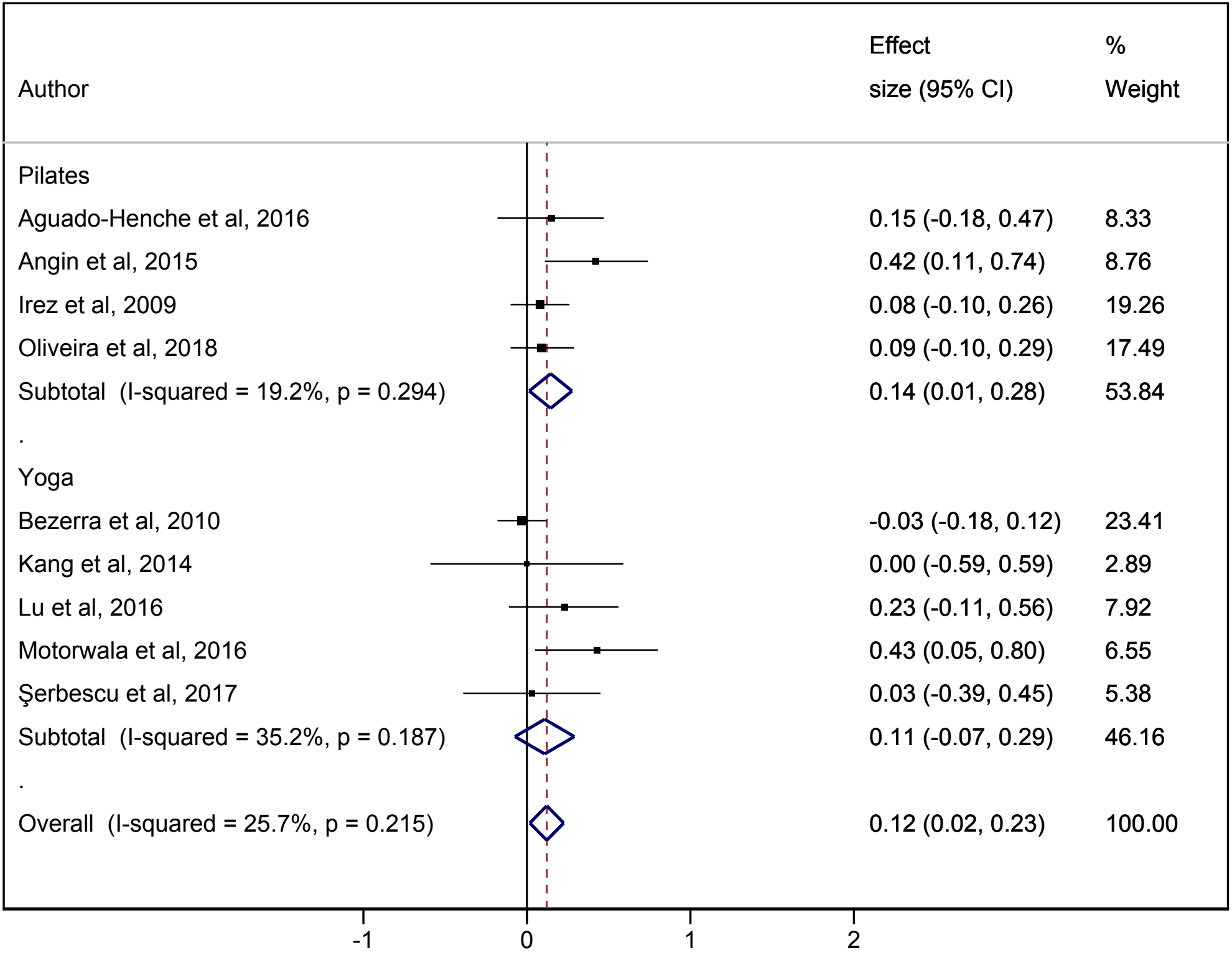
Author
Effect size (95% CI)
% Weight
Pilates
Aguado-Henche et al, 2016 0.15 (-0.18, 0.47) 8.33
Angin et al, 2015 0.42 (0.11, 0.74) 8.76
Irez et al, 2009 0.08 (-0.10, 0.26) 19.26
Oliveira et al, 2018 0.09 (-0.10, 0.29) 17.49
Subtotal (I-squared = 19.2%, p = 0.294) 0.14 (0.01, 0.28) 53.84
.
Yoga
Bezerra et al, 2010 -0.03 (-0.18, 0.12) 23.41
Kang et al, 2014 0.00 (-0.59, 0.59) 2.89
Lu et al, 2016 0.23 (-0.11, 0.56) 7.92
Motorwala et al, 2016 0.43 (0.05, 0.80) 6.55
Şerbescu et al, 2017 0.03 (-0.39, 0.45) 5.38
Subtotal (I-squared = 35.2%, p = 0.187) 0.11 (-0.07, 0.29) 46.16
.
Overall (I-squared = 25.7%, p = 0.215) 0.12 (0.02, 0.23) 100.00
-1
0
1
2