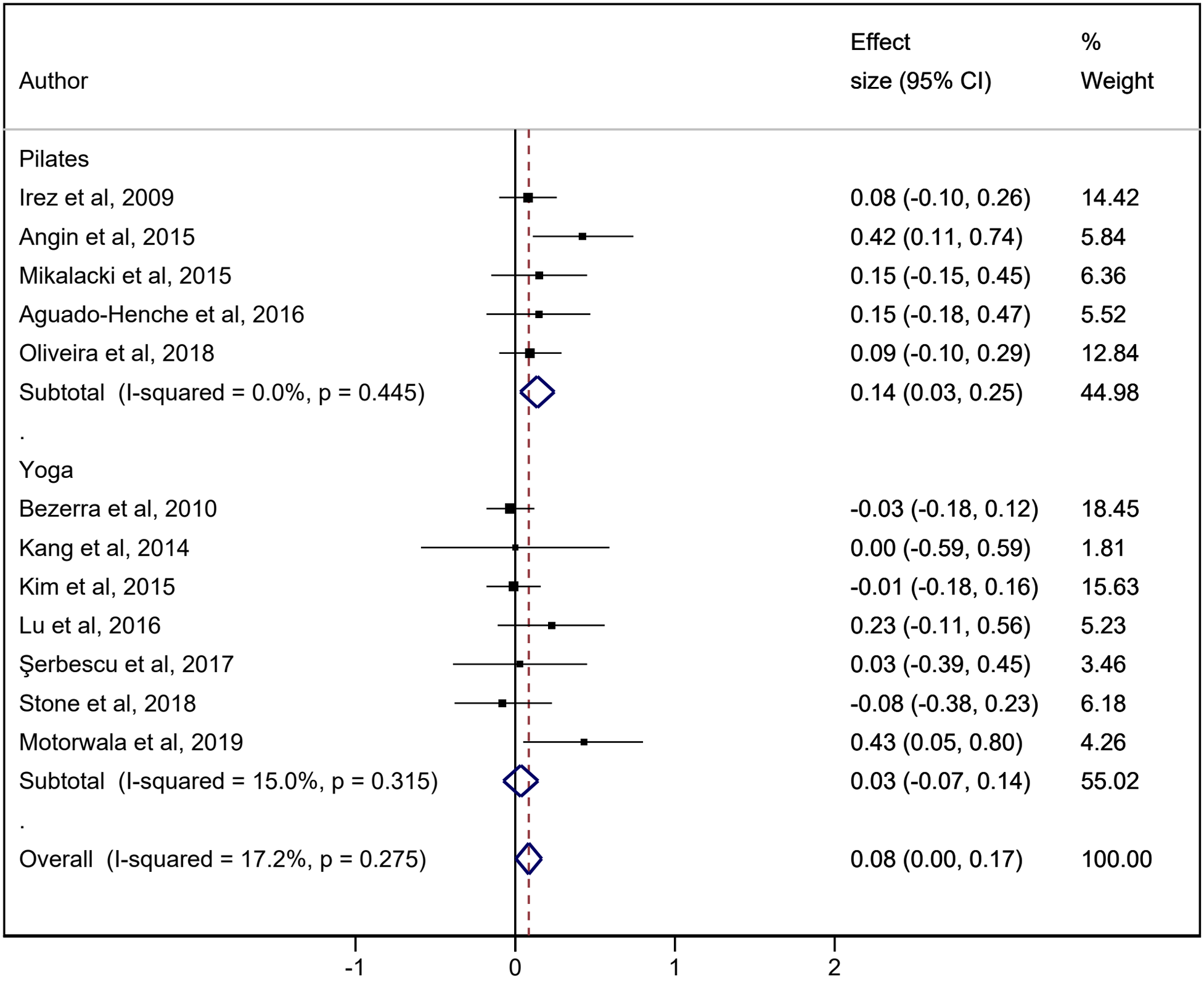
Author
Effect size (95% CI)
% Weight
Pilates
Irez et al, 2009 0.08 (-0.10, 0.26) 14.42
Angin et al, 2015 0.42 (0.11, 0.74) 5.84
Mikalacki et al, 2015 0.15 (-0.15, 0.45) 6.36
Aguado-Henche et al, 2016 0.15 (-0.18, 0.47) 5.52
Oliveira et al, 2018 0.09 (-0.10, 0.29) 12.84
Subtotal (I-squared = 0.0%, p = 0.445) 0.14 (0.03, 0.25) 44.98
.
Yoga
Bezerra et al, 2010 -0.03 (-0.18, 0.12) 18.45
Kang et al, 2014 0.00 (-0.59, 0.59) 1.81
Kim et al, 2015 -0.01 (-0.18, 0.16) 15.63
Lu et al, 2016 0.23 (-0.11, 0.56) 5.23
Şerbescu et al, 2017 0.03 (-0.39, 0.45) 3.46
Stone et al, 2018 -0.08 (-0.38, 0.23) 6.18
Motorwala et al, 2019 0.43 (0.05, 0.80) 4.26
Subtotal (I-squared = 15.0%, p = 0.315) 0.03 (-0.07, 0.14) 55.02
.
Overall (I-squared = 17.2%, p = 0.275) 0.08 (0.00, 0.17) 100.00
-1
0
1
2