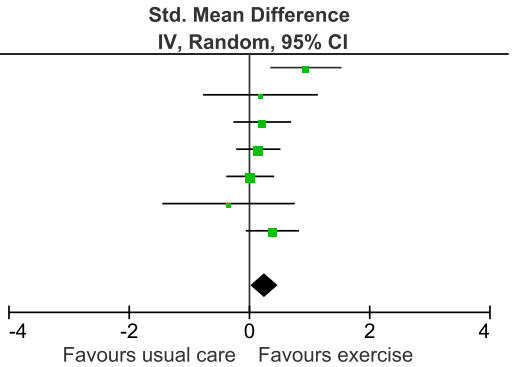
Study or Subgroup	Exercise Intervention Mean	SD	Total	Usual care Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Baumann 2010	63.1	21.3	24	33.9	37.4	25	12.0%	0.94 [0.35, 1.53]
Hacker 2011	88.5	10.9	8	85.2	21.2	9	5.4%	0.18 [-0.77, 1.14]
Hacker 2017	79.3	23.9	33	74	25.4	34	16.4%	0.21 [-0.27, 0.69]
Knols 2011	76.1	24.9	57	72.6	22.2	57	22.9%	0.15 [-0.22, 0.52]
Persoon 2017	86.2	16.3	50	86	14.7	47	20.9%	0.01 [-0.39, 0.41]
Santa Mina 2020	84	6.3	6	86.3	6	7	4.2%	-0.35 [-1.45, 0.75]
Wiskemann 2011	70	24.2	40	60.5	25.1	40	18.3%	0.38 [-0.06, 0.82]
Total (95% CI)			**218**			**219**	**100.0%**	**0.25 [0.02, 0.48]**

Heterogeneity: Tau² = 0.03; Chi² = 8.35, df = 6 (P = 0.21); I² = 28%

Test for overall effect: Z = 2.09 (P = 0.04)