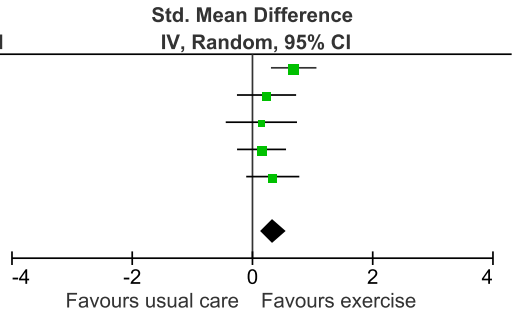
Study or Subgroup	Exercise intervention Mean	SD	Total	Usual care Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Knols 2011	203.4	61.5	57	162	58.4	57	26.7%	0.69 [0.31, 1.06]
Koutoukidis 2020	67.4	23.9	33	61.8	23.4	31	17.0%	0.23 [-0.26, 0.73]
Pahl 2020	74	35.7	21	69	30.8	23	12.2%	0.15 [-0.44, 0.74]
Persoon 2017	173.9	55.9	48	165.3	57.2	45	23.6%	0.15 [-0.26, 0.56]
Wiskemann 2011	167.8	49.5	40	149.3	58.7	40	20.6%	0.34 [-0.10, 0.78]
Total (95% CI)			**199**			**196**	**100.0%**	**0.35 [0.13, 0.56]**

Heterogeneity: Tau² = 0.01; Chi² = 4.61, df = 4 (P = 0.33); I² = 13%

Test for overall effect: Z = 3.14 (P = 0.002)