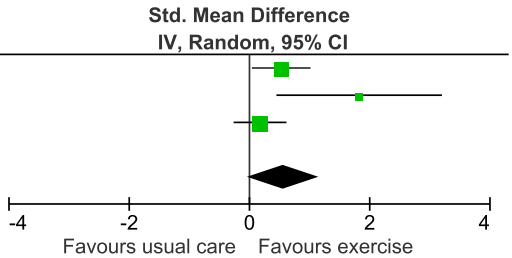
Study or Subgroup	Exercise intervention Mean	SD	Total	Usual care Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Hacker 2011	18.03	6.01	33	14.97	5.45	34	41.7%	0.53 [0.04, 1.02]
Santa Mina 2020	23.85	3.5	6	17.6	2.9	7	14.3%	1.82 [0.45, 3.20]
Wiskemann 2011	132.3	36.8	40	124.9	46.2	40	44.0%	0.18 [-0.26, 0.61]
Total (95% CI)			**79**			**81**	**100.0%**	**0.56 [-0.04, 1.16]**

Heterogeneity: Tau² = 0.16; Chi² = 5.37, df = 2 (P = 0.07); I² = 63%

Test for overall effect: Z = 1.82 (P = 0.07)