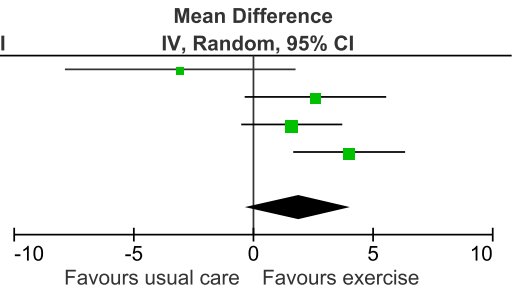
| Study or Subgroup | Exercise intervention Mean | SD | Total | Usual care Mean | SD | Total | Weight | Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|
| Hacker 2011 | 10.05 | 5.46 | 8 | 13.11 | 4.57 | 9 | 14.2% | -3.06 [-7.88, 1.76] |
| Hacker 2017 | 13.03 | 5.58 | 33 | 10.44 | 6.73 | 34 | 24.7% | 2.59 [-0.37, 5.55] |
| Persoon 2017 | 18.7 | 6 | 48 | 17.1 | 4.3 | 45 | 31.6% | 1.60 [-0.51, 3.71] |
| Santa Mina 2020 | 18.4 | 2.4 | 6 | 14.4 | 1.8 | 7 | 29.6% | 4.00 [1.66, 6.34] |
| **Total (95% CI)** | | | **95** | | | **95** | **100.0%** | **1.89 [-0.30, 4.09]** |

Heterogeneity: Tau² = 2.82; Chi² = 7.23, df = 3 (P = 0.06); I² = 58%

Test for overall effect: Z = 1.69 (P = 0.09)