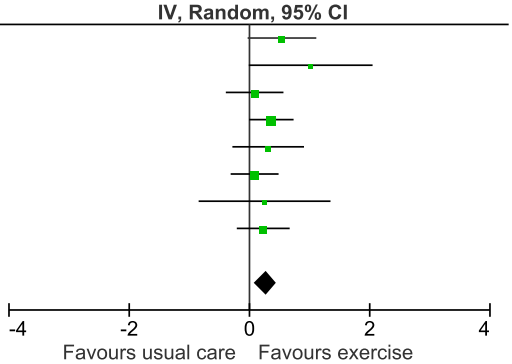
Study or Subgroup	Exercise Intervention Mean	SD	Total	Usual care Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Baumann 2010	57.5	21.4	24	45.2	23.3	25	10.0%	0.54 [-0.03, 1.11]
Hacker 2011	76	12.2	8	58.3	19.5	9	3.1%	1.02 [-0.01, 2.05]
Hacker 2017	64.4	18.2	33	62.5	24.9	34	14.1%	0.09 [-0.39, 0.57]
Knols 2011	73.3	14.9	57	67.7	15.7	57	23.7%	0.36 [-0.01, 0.73]
Pahl 2020	49	19	21	43.3	17	23	9.2%	0.31 [-0.28, 0.91]
Persoon 2017	75	18.7	50	73.4	18.4	47	20.5%	0.09 [-0.31, 0.48]
Santa Mina 2020	67.1	9	6	65	6.6	7	2.7%	0.25 [-0.85, 1.35]
Wiskemann 2011	61.7	22.2	40	57.1	17.3	40	16.8%	0.23 [-0.21, 0.67]
Total (95% CI)			**239**			**242**	**100.0%**	**0.27 [0.09, 0.45]**

Heterogeneity: Tau² = 0.00; Chi² = 4.58, df = 7 (P = 0.71); I² = 0%
Test for overall effect: Z = 2.99 (P = 0.003)