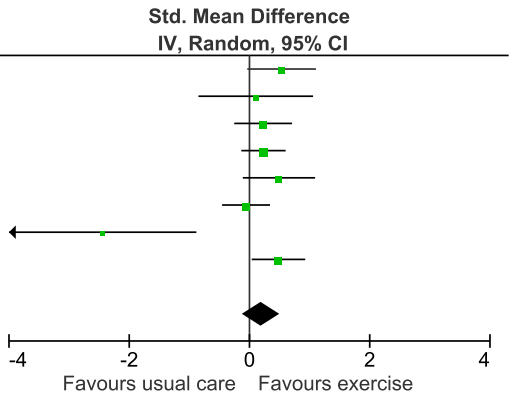
Study or Subgroup	Exercise Intervention Mean	SD	Total	Usual care Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Baumann 2010	61.6	22.7	24	48.7	24.7	25	12.8%	0.53 [-0.04, 1.11]
Hacker 2011	85.8	13.1	8	83.7	23.1	9	7.0%	0.10 [-0.85, 1.06]
Hacker 2017	79.4	18.9	33	74.9	20.2	34	14.8%	0.23 [-0.25, 0.71]
Knols 2011	83.7	14.2	57	80.4	14	57	17.6%	0.23 [-0.14, 0.60]
Pahl 2020	67	18.3	21	58.3	16.6	23	12.2%	0.49 [-0.11, 1.09]
Persoon 2017	83.1	19.1	50	84.1	15.3	47	16.8%	-0.06 [-0.46, 0.34]
Santa Mina 2020	69.9	6.7	6	87	6.3	7	3.1%	-2.45 [-4.02, -0.88]
Wiskemann 2011	73.7	19.6	40	63.5	22.2	40	15.7%	0.48 [0.04, 0.93]
Total (95% CI)			**239**			**242**	**100.0%**	**0.20 [-0.10, 0.50]**

Heterogeneity: Tau² = 0.10; Chi² = 16.33, df = 7 (P = 0.02); I² = 57%

Test for overall effect: Z = 1.31 (P = 0.19)