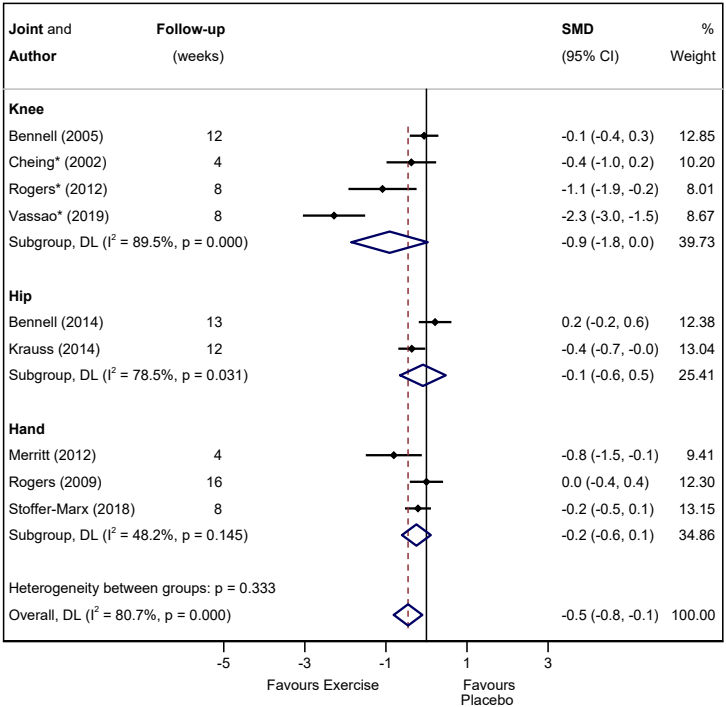
Joint and Author
Follow-up (weeks)
SMD (95% CI)
% Weight
Knee
Bennell (2005) 12 -0.1 (-0.4, 0.3) 12.85
Cheing* (2002) 4 -0.4 (-1.0, 0.2) 10.20
Rogers* (2012) 8 -1.1 (-1.9, -0.2) 8.01
Vassao* (2019) 8 -2.3 (-3.0, -1.5) 8.67
Subgroup, DL (I2 = 89.5%, p = 0.000) -0.9 (-1.8, 0.0) 39.73
Hip
Bennell (2014) 13 0.2 (-0.2, 0.6) 12.38
Krauss (2014) 12 -0.4 (-0.7, -0.0) 13.04
Subgroup, DL (I2 = 78.5%, p = 0.031) -0.1 (-0.6, 0.5) 25.41
Hand
Merritt (2012) 4 -0.8 (-1.5, -0.1) 9.41
Rogers (2009) 16 0.0 (-0.4, 0.4) 12.30
Stoffer-Marx (2018) 8 -0.2 (-0.5, 0.1) 13.15
Subgroup, DL (I2 = 48.2%, p = 0.145) -0.2 (-0.6, 0.1) 34.86
Heterogeneity between groups: p = 0.333
Overall, DL (I2 = 80.7%, p = 0.000) -0.5 (-0.8, -0.1) 100.00
-5
-3
-1
1
3
Favours Exercise
Favours Placebo