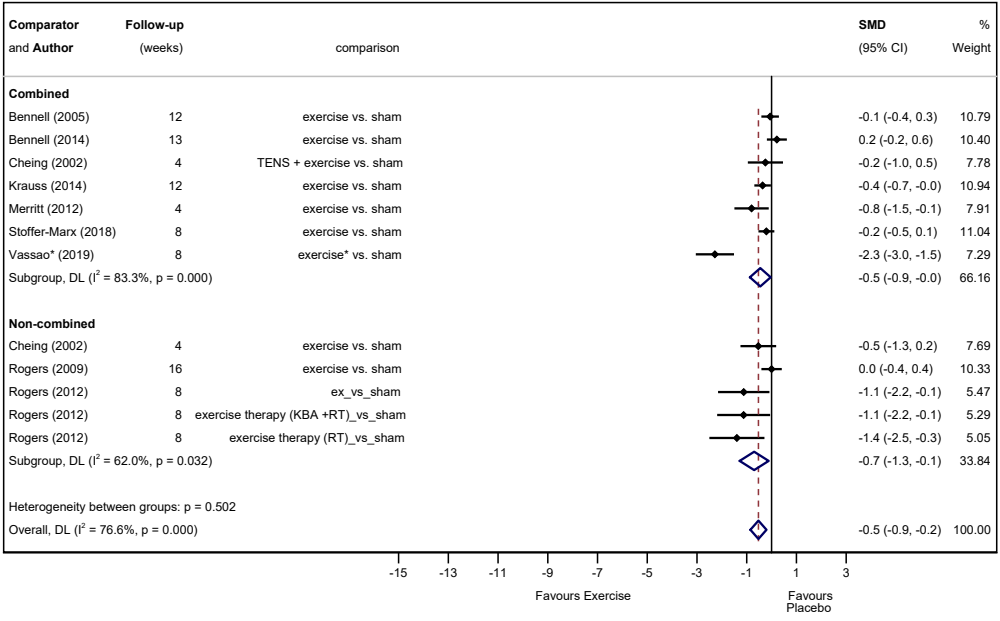
Comparator and Author
Follow-up (weeks)
comparison
SMD (95% CI)
% Weight
Combined
Bennell (2005) 12 exercise vs. sham -0.1 (-0.4, 0.3) 10.79
Bennell (2014) 13 exercise vs. sham 0.2 (-0.2, 0.6) 10.40
Cheing (2002) 4 TENS + exercise vs. sham -0.2 (-1.0, 0.5) 7.78
Krauss (2014) 12 exercise vs. sham -0.4 (-0.7, -0.0) 10.94
Merritt (2012) 4 exercise vs. sham -0.8 (-1.5, -0.1) 7.91
Stoffer-Marx (2018) 8 exercise vs. sham -0.2 (-0.5, 0.1) 11.04
Vassao* (2019) 8 exercise* vs. sham -2.3 (-3.0, -1.5) 7.29
Subgroup, DL (I2 = 83.3%, p = 0.000) -0.5 (-0.9, -0.0) 66.16
Non-combined
Cheing (2002) 4 exercise vs. sham -0.5 (-1.3, 0.2) 7.69
Rogers (2009) 16 exercise vs. sham 0.0 (-0.4, 0.4) 10.33
Rogers (2012) 8 ex_vs_sham -1.1 (-2.2, -0.1) 5.47
Rogers (2012) 8 exercise therapy (KBA +RT)_vs_sham -1.1 (-2.2, -0.1) 5.29
Rogers (2012) 8 exercise therapy (RT)_vs_sham -1.4 (-2.5, -0.3) 5.05
Subgroup, DL (I2 = 62.0%, p = 0.032) -0.7 (-1.3, -0.1) 33.84
Heterogeneity between groups: p = 0.502
Overall, DL (I2 = 76.6%, p = 0.000) -0.5 (-0.9, -0.2) 100.00
-15 -13 -11 -9 -7 -5 -3 -1 1 3
Favours Exercise
Favours Placebo