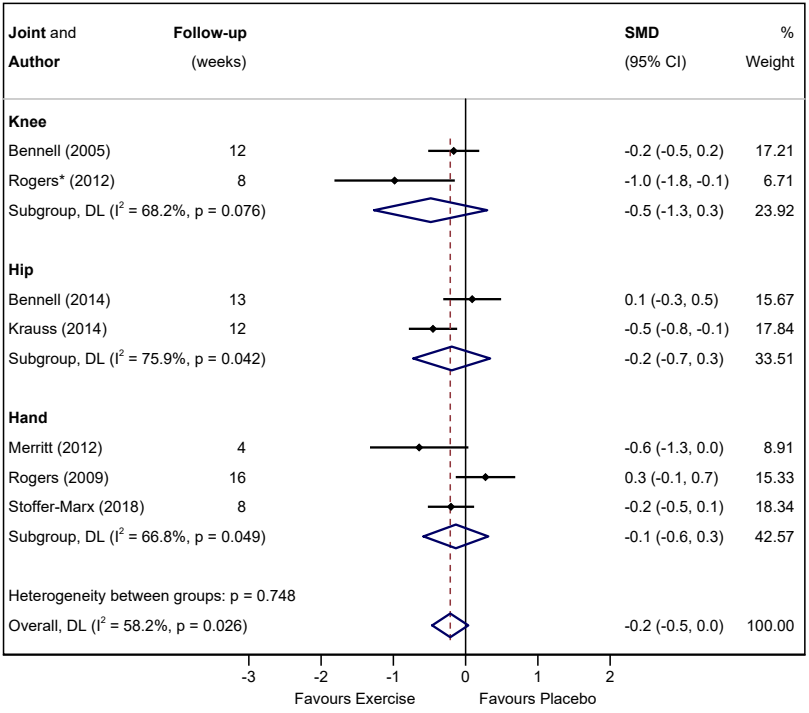
Joint and Author
Follow-up (weeks)
SMD (95% CI)
% Weight
Knee
Bennell (2005) 12 -0.2 (-0.5, 0.2) 17.21
Rogers* (2012) 8 -1.0 (-1.8, -0.1) 6.71
Subgroup, DL (I2 = 68.2%, p = 0.076) -0.5 (-1.3, 0.3) 23.92
Hip
Bennell (2014) 13 0.1 (-0.3, 0.5) 15.67
Krauss (2014) 12 -0.5 (-0.8, -0.1) 17.84
Subgroup, DL (I2 = 75.9%, p = 0.042) -0.2 (-0.7, 0.3) 33.51
Hand
Merritt (2012) 4 -0.6 (-1.3, 0.0) 8.91
Rogers (2009) 16 0.3 (-0.1, 0.7) 15.33
Stoffer-Marx (2018) 8 -0.2 (-0.5, 0.1) 18.34
Subgroup, DL (I2 = 66.8%, p = 0.049) -0.1 (-0.6, 0.3) 42.57
Heterogeneity between groups: p = 0.748
Overall, DL (I2 = 58.2%, p = 0.026) -0.2 (-0.5, 0.0) 100.00
-3
-2
-1
0
1
2
Favours Exercise
Favours Placebo