| Study or Subgroup      | Exercise Intervention | Usual care | Std. Mean Difference | Std. Mean Difference |
|-----------------------|-----------------------|------------|----------------------|----------------------|
|                       | Mean | SD  | Total | Mean | SD  | Total | Weight | IV, Random, 95% CI  | 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: $\tau^2 = 0.10$; $\chi^2 = 16.33$, df = 7 ($P = 0.02$); $I^2 = 57$

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