Study	Experimental			Control			Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total			
Houghton 2017	214.00	44.0000	12	258.00	75.0000	12	22.0%	−44.00 [−93.20; 5.20]	
Kelardeh 2020	256.33	35.6200	12	286.81	25.7000	11	50.7%	−30.48 [−55.72; −5.24]	
Reljic 2021	238.00	62.0000	29	229.00	76.0000	17	27.3%	9.00 [−33.60; 51.60]	
Total (95% CI)			**53**			**40**	**100.0%**	**−22.69 [−83.91; 38.53]**	
Prediction interval								**[−268.17; 222.79]**	

Heterogeneity: Tau^2 = 191.9906; Chi^2 = 3.19, df = 2 (P = 0.20); I^2 = 37%

−200 −100 0 100 200