Study	Exp Mean	erimental SD	Total	Mean	Control SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
Abdelbasset 2020	168.29			177.20	12.8000	16		. , ,	- 1
Hallsworth 2011	2165.00	816.0000	11	2445.00	644.0000	8	12.2%	-0.36 [-1.28; 0.56]	
Hallsworth 2015	159.00	62.0000	11	145.00	37.0000	12	13.5%	0.27 [-0.56; 1.09]	- :
Houghton 2017	169.00	50.0000	12	187.00	53.0000	12	13.8%	-0.34 [-1.14; 0.47]	
Keating 2023	4386.50	852.0000	7	5301.00	2574.8000	5	9.3%	-0.48 [-1.65; 0.69]	
Pugh 2014	5.90	1.9000	13	4.40	1.0800	8	12.1%	0.87 [-0.05; 1.80]	
Pugh 2013	5.40	1.9500	6	4.50	1.1700	5	8.9%	0.50 [-0.72; 1.71]	-
Stine 2022	5.20	1.1000	18	7.20	2.8000	10	13.5%	-1.04 [-1.86; -0.21]	
Total (95% CI) 109						76	100.0%	• '	
Prediction interval [-1.49; 1.07] Heterogeneity: $Tau^2 = 0.2196$; $Chi^2 = 14.78$, $df = 7$ (P = 0.04); $I^2 = 53\%$									
Heterogeneity: Tau-	= 0.2196;	$Cni^- = 14.7$	8, df =	I(P = 0.0)	$(4); I^{-} = 53\%$				
									-1.5 -1 -0.5 0 0.5 1 1.5