	Expe	rimental	Control					Mean Difference	Mean Difference
Study	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Houghton 2017	214.00	44.0000	12	258.00	75.0000	12	22.7%	-44.00 [-93.20; 5.20]	-
Kelardeh 2020	256.33	35.6200	12	286.81	25.7000	11	49.5%	-30.48 [-55.72; -5.24]	=
Reljic 2021	238.00	62.0000	29	229.00	76.0000	17	27.8%	9.00 [-33.60; 51.60]	:
Total (95% CI)			53	33 40 100.0% -			100.0%	-22.57 [-84.34; 39.19]	
Prediction interval							[-283.03; 237.88]		
Heterogeneity: $Tau^2 = 226.0695$; $Chi^2 = 3.19$, $df = 2$ (P = 0.20); $I^2 = 37\%$									1 1 1 1
									-200 -100 0 100 200