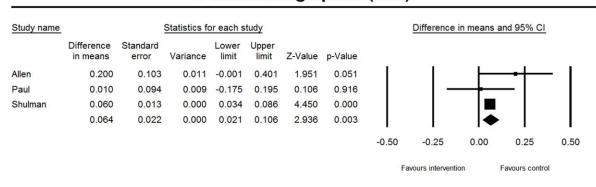
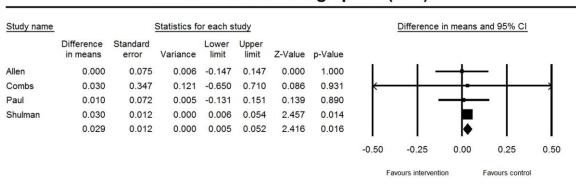
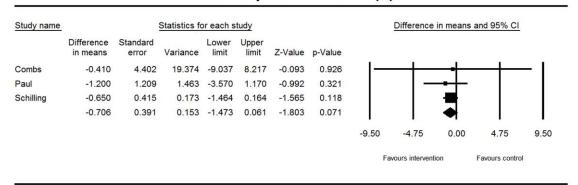
Fast walking speed (m/s)



Comfortable walking speed (m/s)



Timed Up and Go Test (s)



6-Minute Walk (m)

Study name	Statistics for each study								Difference in means and 95% CI					
	Difference in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value							
Combs	57.700	182.608	33345.637	-300.205	415.605	0.316	0.752	- 1	$\overline{}$	- -		—		
Schilling	24.100	32.688	1068.538	-39.968	88.168	0.737	0.461			+-	-			
Shulman	16.500	4.540	20.610	7.602	25.398	3.635	0.000			-				
	16.669	4.495	20.207	7.858	25.479	3.708	0.000		ļ	 				
								-420.00	-210.00	0.00	210.00	420.00		
								Fa	vours intervention	on	Favours contro	ol		

Maximal oxygen consumption (ml/kg/min)

Study name	Statistics for each study							Difference in means and 95% CI				
	Difference in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value					
DiFrancisco A	-1.500	1.144	1.309	-3.742	0.742	-1.311	0.190	-	- -	+	. [- 1
DiFrancisco B	-2.200	1.013	1.026	-4.185	-0.215	-2.172	0.030	-	- -	—I		
Shulman	-1.582	0.172	0.030	-1.919	-1.245	-9.204	0.000		-	- 1		
	-1.597	0.168	0.028	-1.926	-1.269	-9.528	0.000	- 1	•		ļ	J
								-4.75	-2.38	0.00	2.38	4.75
								Favours intervention			Favours contro	ſ