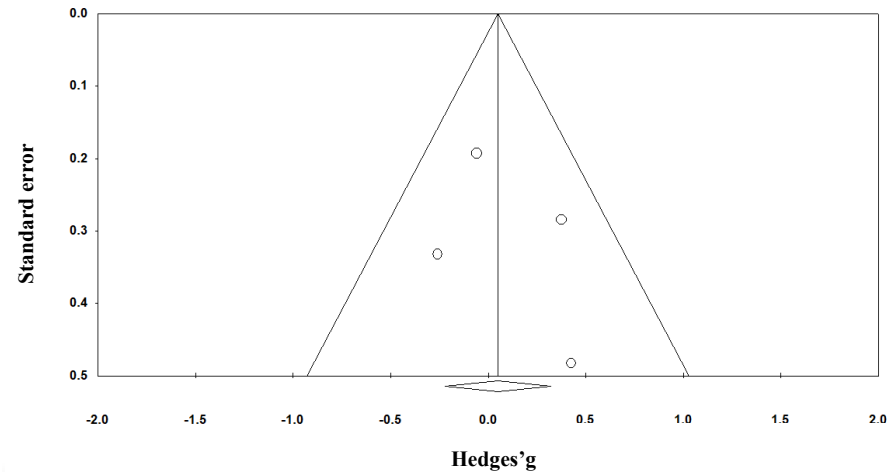


Supplementary Figure 1 Funnel plot of standard error by Hedges'g for trials included in the meta-analysis for strength and physical function. Each circle represents one trial.

a) Strength (Egger's test p-value= 0.59)



b) Physical function (Egger's test p-value= 0.11)

