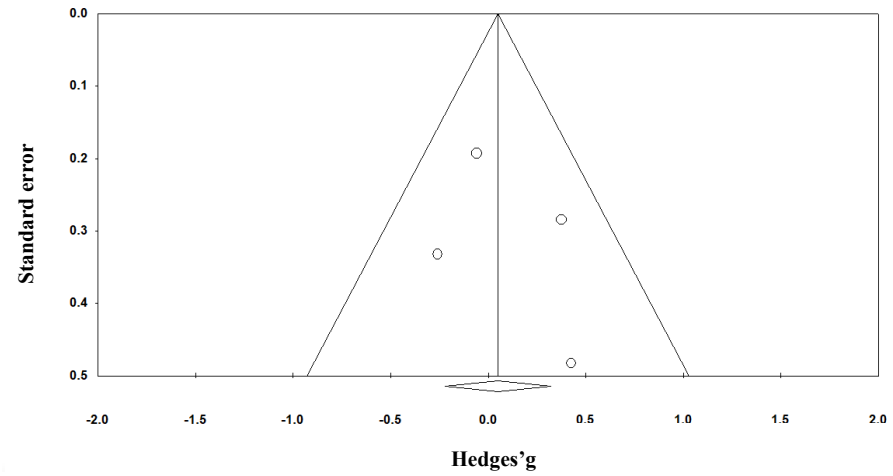


**Supplementary Figure 1** Funnel plot of standard error by Hedges'g for trials included in the meta-analysis for strength and physical function. Each circle represents one trial.

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



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

