Appendix table 2. Mean, standard deviation, and sample size of each study

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| --- | --- | --- |
| Study name | Intervention group | Control group |
| Mean (SD)pre-intervention | Mean (SD) post-intervention | Sample size | Mean (SD)pre-intervention | Mean (SD) post-intervention | Sample size |
| Balance performanceChae SH, Kim YL, Lee SM (2017)Cho KH, Lee KJ, Song CH (2012)Choi YK, Nam CW, Lee JH, Park YH (2013)Hwangbo PN, Don Kim K (2016)Junior VADS et al (2019)Karthikbabu et al (2011)Khanal D, Singaravelan R, Khatri S (2013)Kim K, Lee DK, Jung SI (2015)Liao WC et al (2018) ꝉLynch EA et al (2007) ꝉ ꝉNoh HJ, Lee SH, Bang DH (2019)Puckree T, Naidoo P (2014)Seo KC, Kim HA (2015) | 45.47 (4.93)39.09 (5.66)27.80 (7.90)41.80 (4.20)10.50 (1.30)4.47 (1.06)9.93 (2.12)42.50 (1.10)--42.880 (2.40)43.430 (17.10)22.80 (2.10) | 47.07 (5.22)43. 09 (4.8)29.40 (6.8)47.60 (3.30)11.30 (1.40)10.67 (1.29)15.67 (2.44)42.50 (1.10)--43.25 (2.5644.71 (2.24)23.10 (3.10) | 15111515151515101910122510 | 47.00 (5.18)41.09 (4.01)27.80 (7.90)42.00 (4.30)10.64 (1.40)4.40 (0.74)10.27 (2.49)42.50 (1.10)--42.25 (2.56)44.71 (22.24)23.10 (3.10) | 47.27 (5.08)43.90 (4.06)30.00 (5.90)44.60 (4.30)11.50 (2.00)8.80 (1.15)13.63 (2.35)41.60 (1.20)--46.55 (1.76)48.1 (23.18)23.30 (2.30) | 15111515111515101911122510 |
| Gait speedChoi YK, Nam CW, Lee JH, Park YH (2013)Dalal KK et al (2018)Kim BR, Kang TW (2018)Kim CH, Kim YN (2018)Kim K, Lee DK, Jung SI (2015)Lynch EA et al (2007) ꝉ ꝉRibeiro T et al (2013)Noh HJ, Lee SH, Bang DH (2019) | 40.40 (26.50)22.69 (3.69)13.77 (2.11)11.95 (2.51)14.60 (1.10)-0.40 (0.10)0.47 (0.05) | 36.60 (25.90)17.44 (2.81)9.82 (1.54)11.69 (1.23)12.60 (1.70)-0.40 (1.10)0.64 (0.04) | 111614121010912 | 38.20 (17.20)25.06 (3.69)13.79 (2.17)16.33 (2.02)14.60 (1.10)-0.50 (0.20)0.46 (0.04) | 36.80 (3.50)21.88 (3.75)11.84 (1.97)14.26 (2.35)14.30 (0.90)-0.50 (0.20)0.46 (0.04) | 1116131110111112 |
| Trunk controlHwangbo PN, Don Kim K (2016)Karthikbabu et al (2011)Khanal D, Singaravelan R, Khatri S (2013) | 14.00 (3.40)11.27 (2.31)6.47 (2.29) | 18.50 (3.30)19.20 (1.56)9.87 (2.50) | 151515 | 14.00 (3.00)11.47 (1.95)6.60 (2.03) | 15.70 (3.10)16.34 (1.11)8.40 (2.03) | 151515 |
| Basic functional mobilityChae SH, Kim YL, Lee SM (2017)Cho KH, Lee KJ, Song CH (2012)Kim BR, Kang TW (2018)Kim CH, Kim YN (2018)Kim K, Lee DK, Jung SI (2015)Liao WC et al (2018) ꝉSeo KC, Kim HA (2015) | 19.63 (8.64)21.74 (3.41)14.36 (1.25)16.18 (1.07)18.40 (1.20)-53.40 (6.20) | 17.40 (9.64)20.40 (3.19)10.38 (1.82)12.63 (1.58)16.1 (1.6)-48.60 (4.60) | 15111412101010 | 17.24 (6.57)19.60 (4.42)14.04 (2.44)16.97 (1.98)18.50 (1.00)-51.20 (7.30) | 16.76 (6.86)19.08 (4.52)12.19 (2.22)14.95 (2.31)18.29 (1.00)-50.90 (7.10) | 15111311101910 |

Note: ꝉ = Mean difference (95% CI) in the intervention group: -0.83 (-11.11 to -0.54); Mean difference (95% CI) in the control group: -4.51 (1.71 to 7.32); ꝉ ꝉ = the study did not present numerical data to calculate effect size