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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 performance  Chae 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) ꝉ  Lynch EA et al (2007) ꝉ ꝉ  Noh 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 (2.56  44.71 (2.24)  23.10 (3.10) | 15  11  15  15  15  15  15  10  19  10  12  25  10 | 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) | 15  11  15  15  11  15  15  10  19  11  12  25  10 |
| Gait speed  Choi 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 ꝉ  Ribeiro 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) | 11  16  14  12  10  10  9  12 | 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) | 11  16  13  11  10  11  11  12 |
| Trunk control  Hwangbo 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) | 15  15  15 | 14.00 (3.00)  11.47 (1.95)  6.60 (2.03) | 15.70 (3.10)  16.34 (1.11)  8.40 (2.03) | 15  15  15 |
| Basic functional mobility  Chae 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) ꝉ  Seo 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) | 15  11  14  12  10  10  10 | 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) | 15  11  13  11  10  19  10 |

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