## (A) FM-B

	VE	RT+UR		UR				Mean Difference	Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% Cl	IV, Random, 95% Cl		
Huang 2019	7.5	2.38	20	5.4	2.03	20	47.0%	2.10 [0.73, 3.47]			
Jiang 2012	5.32	3.17	48	2.02	3.05	48	53.0%	3.30 [2.06, 4.54]			
Total (95% CI)			68			68	100.0%	2.74 [1.56, 3.91]	-		
Heterogeneity: Tau <sup>2</sup> :		-4 -2 0 2 4									
Test for overall effect	. Z = 4.57		Favours [UR] Favours [VRT+UR]								

# (B) ABC

	VRT+UR				UR			Mean Difference	Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% Cl	IV, Random, 95% Cl		
Hansson 2020	5.92	24.67	19	0	25.13	13	14.0%	5.92 [-11.68, 23.52]			
Wang YQ 2022	17.99	14.71	27	10.33	11.75	27	86.0%	7.66 [0.56, 14.76]			
Total (95% CI)			46			40	100.0%	7.42 [0.83, 14.00]			
Heterogeneity: Tau <sup>2</sup> : Test for overall effect											

## (C) COP movement area with eyes open

		VR		C	ontrol			Mean Difference	Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% Cl	IV, Random, 95% Cl		
Yao 2021	-4.53	3.21	24	-3.39	2.71	20	54.9%	-1.14 [-2.89, 0.61]			
Zhao 2022	-0.52	3.72	20	-0.35	2.35	20	45.1%	-0.17 [-2.10, 1.76]			
Total (95% CI)			44			40	100.0%	-0.70 [-2.00, 0.59]	-		
Heterogeneity: Tau <sup>2</sup> = Test for overall effect:			-4 -2 0 2 4 Favours [VR] Favours [control]								

# (D) COP movement area with eyes closed

		VR		C	ontrol			Mean Difference	Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% Cl	IV, Random, 95% Cl		
Yao 2021	-12.7	7.47	24	-6	6.87	20	43.1%	-6.70 [-10.94, -2.46]			
Zhao 2022	-2.01	1.69	20	-0.88	2.15	20	56.9%	-1.13 [-2.33, 0.07]	•		
Total (95% CI)			44			40	100.0%	-3.53 [-8.93, 1.88]	-		
Heterogeneity: Tau <sup>2</sup> = Test for overall effect:											

## (E) Number of falls

	VRT+UR UR					Risk Ratio	Risk Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl			
Correia 2021	0	33	4	35	39.6%	0.12 [0.01, 2.10]				
Dai 2013	1	24	2	24	60.4%	0.50 [0.05, 5.15]				
Total (95% CI)		57		59	100.0%	0.28 [0.05, 1.73]				
Total events	1		6							
Heterogeneity: Tau <sup>2</sup> =			•	P = 0.4	3); I² = 09	6		00		
Test for overall effect:	Z=1.37	(P = 0.1	7)				Favours [VRT+UR] Favours [UR]	00		