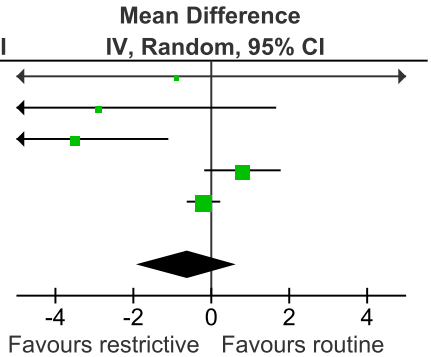
Study or Subgroup	Restrictive Mean	Restrictive SD	Restrictive Total	Routine Mean	Routine SD	Routine Total	Weight	Mean Difference IV, Random, 95% CI
Clec'h et al, 2008	39.4	29.4	81	40.3	33.3	84	1.8%	-0.90 [-10.48, 8.68]
Krivopal et al, 2003	16.45	11.87	51	19.34	10.65	43	6.8%	-2.89 [-7.44, 1.66]
Leong et al, 2000	7.6	6.6	100	11.1	10.3	100	17.3%	-3.50 [-5.90, -1.10]
Price et al, 1999	12	14.8	1588	11.2	14.4	1839	33.9%	0.80 [-0.18, 1.78]
Rao et al, 1997	5.9	1.5	100	6.1	1.6	100	40.2%	-0.20 [-0.63, 0.23]
Total (95% CI)			**1920**			**2166**	**100.0%**	**-0.63 [-1.93, 0.67]**

Heterogeneity: Tau² = 1.04; Chi² = 12.56, df = 4 (P = 0.01); I² = 68%

Test for overall effect: Z = 0.95 (P = 0.34)