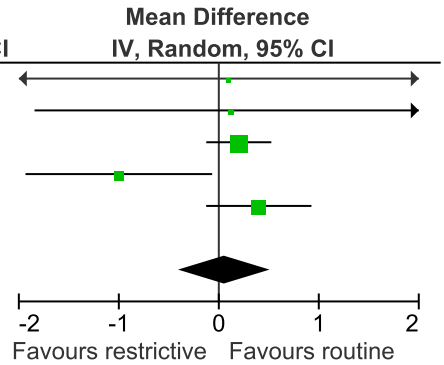
Study or Subgroup	Restrictive Mean	Restrictive SD	Restrictive Total	Routine Mean	Routine SD	Routine Total	Weight	Mean Difference IV, Random, 95% CI
Clec'h et al, 2008	9.8	9.5	81	9.7	10.6	84	2.1%	0.10 [-2.97, 3.17]
Hejblum et al, 2009	9.94	8.75	144	9.82	8.24	144	5.0%	0.12 [-1.84, 2.08]
Krinsley et al, 2003	4.9	4.3	1267	4.7	4.1	1297	43.8%	0.20 [-0.13, 0.53]
Leong et al, 2000	1.7	3	100	2.7	3.7	100	16.9%	-1.00 [-1.93, -0.07]
Price et al, 1999	6.4	8.2	1588	6	7.4	1839	32.3%	0.40 [-0.13, 0.93]
Total (95% CI)			**3180**			**3464**	**100.0%**	**0.06 [-0.40, 0.51]**

Heterogeneity: Tau² = 0.10; Chi² = 6.79, df = 4 (P = 0.15); I² = 41%

Test for overall effect: Z = 0.24 (P = 0.81)