	Manual Ther	apy + Exe	rcise	Exe	ercis	e		Mean Difference	Mean Difference Risk of Bia
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI A B C D E I
1.1.1 end week 3									
Ragonese 2009 Subtotal (95% CI)	1.6	1.5	10 10	0.9	1.2	10 10			??●●●
Heterogeneity: Not ap Test for overall effect:		0.25)							
Total (95% CI)			10			10	100.0%	0.70 [-0.49, 1.89]	
Heterogeneity: Not ap	plicable								-4 -2 0 2 4
Test for overall effect:	Z = 1.15 (P =	0.25)							Favours Exercise Favours Combined manual + exercise
Test for subgroup diff	erences: Not a	pplicable							Tavours Exercise Tavours combined mandar 1 exercise
<u>Risk of bias legend</u>									
(A) Random sequence	generation (se	lection bia	s)						
(B) Allocation conceal	ment (selection	bias)							
(C) Blinding of particip	oants and perso	onnel (perf	ormance	bias)					
(D) Blinding of outcon	ne assessment	(detection	bias)						
(E) Incomplete outcom	ne data (attritio	n bias)							
(F) Selective reporting	(reporting bias	5)							
(G) Other bias									