	Exe	rgame	Control			Mean Difference		Mean Difference	
Study or Subgroup	Mean [Falls/pers]	SD [Falls/pers]	Total	Mean [Falls/pers]	SD [Falls/pers]	Total	Weight	IV, Random, 95% CI [Falls/pers]	IV, Random, 95% CI [Falls/pers]
1.1.1 Active control group (other exercise program)									
Fu 2015	0.54	0.5	30	1.52	0.6	30	25.0%	-0.98 [-1.26, -0.70]	-
Kwok 2016	0.34	0.54	35	0.28	0.43	29	25.3%	0.06 [-0.18, 0.30]	+
Stanmore 2019 Subtotal (95% CI)	1.26	0.9	49 <b>114</b>	3.11	8.0	43 <b>102</b>	24.6% <b>74.8</b> %	-1.85 [-2.20, -1.50] -0.92 [-1.99, 0.16]	-
Heterogeneity: Tau <sup>2</sup> = 0	0.88; Chi <sup>2</sup> = 85.22, df	f = 2 (P < 0.00001	); I <sup>2</sup> = 9	8%					
Test for overall effect: Z	Z = 1.68 (P = 0.09)								
1.1.2 Passive control	group (no exercise	program)							
Duque 2013 Subtotal (95% CI)	1.1	0.7	30 <b>30</b>	2	0.2	40 <b>40</b>	25.2% <b>25.2</b> %	-0.90 [-1.16, -0.64] <b>-0.90 [-1.16, -0.64</b> ]	<b>+</b>
Heterogeneity: Not app	licable								
Test for overall effect: Z	Z = 6.84 (P < 0.0000	1)							
Total (95% CI)			144			142	100.0%	-0.91 [-1.65, -0.17]	-
Heterogeneity: Tau <sup>2</sup> = 0	0.55; Chi <sup>2</sup> = 87.03, di	f = 3 (P < 0.00001	); I <sup>2</sup> = 9	7%					1 1 1
Test for overall effect: $Z = 2.40 (P = 0.02)$									Favours Exergames Favours Control
Test for subgroup differences: Chi² = 0.00, df = 1 (P = 0.98), l² = 0%									

Figure 1: Forest Plot: Effect of exergames on fall incidence.

Notes: Fall incidence rate is given as the mean number of falls per patient at three to 12 months follow-up. A negative mean difference means a reduction in fall incidence in the exergames group.