Study or Subgroup	Exergame Mean [points]	Exergame SD [points]	Exergame Total	Control Mean [points]	Control SD [points]	Control Total	Weight	Mean Difference IV, Random, 95% CI [points]
1.2.1 Active control group (other exercise program)								
Eggenberger 2015	11.6	0.98	24	11.7	0.6	32	15.3%	-0.10 [-0.54, 0.34]
Eggenberger 2016	11.5	1.3	19	11.9	0.5	14	14.7%	-0.40 [-1.04, 0.24]
Karssemeijer 2019	9.3	2.2	32	9.1	2.3	60	13.3%	0.20 [-0.76, 1.16]
Laver 2012	3.3	2.8	22	3.2	2.7	22	10.2%	0.10 [-1.53, 1.73]
Martel 2018	10.5	1.4	8	10.4	1.5	16	12.1%	0.10 [-1.12, 1.32]
Van den Berg 2016	5.2	2.3	27	4.5	2	29	12.5%	0.70 [-0.43, 1.83]
Subtotal (95% CI)			**132**			**173**	**78.1%**	**-0.06 [-0.37, 0.25]**
Heterogeneity: Tau² = 0.00; Chi² = 3.23, df = 5 (P = 0.66); I² = 0%								
Test for overall effect: Z = 0.37 (P = 0.71)								
1.2.2 Passive control group (no exercise program)								
Martel 2018	10.5	1.4	8	9	1.9	12	11.0%	1.50 [0.05, 2.95]
Swinnen 2021	8.5	2.5	23	3.8	2.5	22	10.9%	4.70 [3.24, 6.16]
Subtotal (95% CI)			**31**			**34**	**21.9%**	**3.10 [-0.04, 6.23]**
Heterogeneity: Tau² = 4.57; Chi² = 9.30, df = 1 (P = 0.002); I² = 89%								
Test for overall effect: Z = 1.94 (P = 0.05)								
Total (95% CI)			**163**			**207**	**100.0%**	**0.74 [-0.12, 1.60]**
Heterogeneity: Tau² = 1.20; Chi² = 45.44, df = 7 (P < 0.00001); I² = 85%								
Test for overall effect: Z = 1.69 (P = 0.09)								
Test for subgroup differences: Chi² = 3.86, df = 1 (P = 0.05), I² = 74.1%								

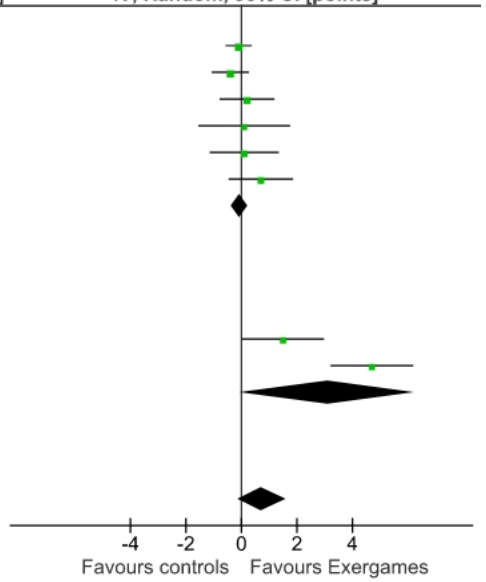

Figure 2. Forest plot for SPPB score.