Study or Subgroup	Exergame Mean [Seconds]	Exergame SD [Seconds]	Exergame Total	Control Mean [Seconds]	Control SD [Seconds]	Control Total	Weight	Mean Difference IV, Random, 95% CI [Seconds]
1.5.1 Active control group (other exercise program)								
Martel 2018	22.6	22.8	8	24.2	19.9	16	2.4%	-1.60 [-20.17, 16.97]
Pompeu 2012	31.2	23.1	16	23.4	19.9	16	3.7%	7.80 [-7.14, 22.74]
Yeşilyaprak 2016	24.45	9.85	7	14.6	9.9	11	9.5%	9.85 [0.50, 19.20]
Subtotal (95% CI)			31			43	15.7%	7.60 [0.31, 14.89]
Heterogeneity: Tau² = 0.00; Chi² = 1.17, df = 2 (P = 0.56); I² = 0%								
Test for overall effect: Z = 2.04 (P = 0.04)								
1.5.2 Passive control group (no exercise program)								
Lai 2013	48.7	26.7	15	23	21.5	15	2.8%	25.70 [8.35, 43.05]
Lauze 2018	17.9	20.8	6	6.7	8.6	6	2.6%	11.20 [-6.81, 29.21]
Lee 2013	21.8	8.1	27	15.95	6.1	28	57.7%	5.85 [2.05, 9.65]
Lee 2017	24.6	13.5	26	18.2	10	21	18.4%	6.40 [-0.32, 13.12]
Martel 2018	22.6	22.8	8	10.6	10.5	12	2.9%	12.00 [-4.88, 28.88]
Subtotal (95% CI)			82			82	84.3%	8.08 [3.42, 12.75]
Heterogeneity: Tau² = 7.43; Chi² = 5.39, df = 4 (P = 0.25); I² = 26%								
Test for overall effect: Z = 3.39 (P = 0.0007)								
Total (95% CI)			113			125	100.0%	7.09 [4.21, 9.98]
Heterogeneity: Tau² = 0.00; Chi² = 6.58, df = 7 (P = 0.47); I² = 0%								
Test for overall effect: Z = 4.82 (P < 0.00001)								
Test for subgroup differences: Chi² = 0.01, df = 1 (P = 0.91), I² = 0%								

Favours Exergames   Favours control

Figure 4: Forest plot for the One-leg stance.