Study | Restricted | Mean | SD  | Total | Routine | Mean | SD  | Total | Weight | Mean Difference [95% CI]
--- | --- | --- | --- | --- | --- | --- | --- | --- | --- | ---
Krivopal et al, 2003 | 16.45 | 11.87 | 51 | 19.34 | 10.65 | 43 | 81.6% | -2.89 [-7.44, 1.66]
Clec'h et al, 2008 | 39.5 | 29.4 | 81 | 40.3 | 33.3 | 84 | 18.4% | -0.80 [-10.38, 8.78]
Patients | 132 | 127 | 100.0% | -2.50 [-6.62, 1.61] | 

Overall effect: p=0.23; heterogeneity: $I^2=0$

---

Study | Restricted | Mean | SD  | Total | Routine | Mean | SD  | Total | Weight | Mean Difference [95% CI]
--- | --- | --- | --- | --- | --- | --- | --- | --- | --- | ---
Rao et al, 1997 | 5.9 | 1.5 | 100 | 6.1 | 1.6 | 100 | 39.0% | -0.20 [-0.63, 0.23] |
Price et al, 1999 | 12.1 | 2.8 | 1588 | 11.3 | 3.1 | 1839 | 40.9% | 0.80 [0.60, 1.00]
Leong et al, 2000 | 7.6 | 6.6 | 100 | 11.1 | 10.3 | 100 | 13.8% | -3.50 [-5.90, -1.10] |
Krivopal et al, 2003 | 16.45 | 11.87 | 51 | 19.34 | 10.65 | 43 | 5.0% | -2.89 [-7.44, 1.66] |
Clec'h et al, 2008 | 39.5 | 29.4 | 81 | 40.3 | 33.3 | 84 | 1.3% | -0.80 [-10.38, 8.78] |
Patients | 1920 | 2166 | 100.0% | -0.39 [-1.48, 0.70] |

Overall effect: p=0.48; heterogeneity: $I^2=87$

---

- **Favours restrictive**
- **Favours routine**