

Table I. Characteristics of included studies

Study	Balance training group						Control group						Jadad scores
	<i>n</i>	Age, years Mean (SD)	Male (<i>n</i>)	BMI (kg/m ²) or body mass (kg) Mean (SD)	Fall history	Methods	<i>n</i>	Age, years Mean (SD)	Male (<i>n</i>)	BMI (kg/m ²) or Body mass (kg) Mean (SD)	Fall history	Methods	
Miko et al. 2017 (3)	50	69.33 (4.56)	-	24.17	-	12-month balance training programme, 3 times a week, for 30 min	50	69.33 (4.56)	-	24.38	-	Usual activities	5
Dohrn et al. 2017 (20)	61	75.7 (5.8)	1	24.5 (4.0)	26 patients, last year	12-week balance training programme with 3 45-min sessions/week	30	75.2 (4.6)	1	25.4 (4.2)	15 patients, last year	Usual activities	3
Burke et al. 2012 (21)	17	72.82 (3.64)	-	26.28 (2.23)	0.71 (0.92) times/patient, last 6 months	Balance training with muscle strengthening for 8 weeks, twice a week, 60 min/day	16	74.44 (3.69)	-	25.39 (2.31)	1.37 (1.59) times/patient, last 6 months	Usual activities	3
Madureira et al. 2010 (22)	30	74.57 (4.82)	-	24.39 (4.49)	-	12 months of balance programme (1 h exercise session/week and home-based exercises)	30	73.40 (4.61)	-	26.51 (5.32)	-	Usual activities	4
Madureira et al. 2007 (14)	30	74.57 (4.82)	-	24.39 (4.49)	-	12-month balance training programme	30	73.40 (4.61)	-	26.51 (5.32)	-	Usual activities	4
Carter et al. 2001 (15)	40	71.6 (3.9)	-	63.6 (12.4)	-	10-week community-based strength and balance training programme	39	70.8 (4.0)	-	59.0 (11.3)	-	Usual activities	3