

Table 6. Weight loss

Study	Measure	Timing	Comparison	Intervention group			Control group			Comparison between groups	CR
				N	Mean	Range (P25~P75)	N	Mean	Range (P25~P75)		
Wu, 2023	Weight loss (%)	6th vs. 15th day after the operation	Exercise vs. usual care	62	-0.15	-1.40–1.83	59	1.99	0.58–4.04	AD -2.14	NO
		6 th day vs. 1 month after the operation	Exercise vs. usual care	62	-1.45	-3.25–1.52	59	1.73	-0.47–3.95	AD -3.18	NO
Zhang, 2022	Weight loss (%)	6th vs. 15th day after the operation	Exercise vs. usual care	34	-0.20	-1.10; 1.09	34	2.45	0.91; 5.43	AD -2.65	NO
		6 th day vs. 1 month after the operation	Exercise vs. usual care	34	-1.54	-3.40; 1.12	34	3.33	-0.54; 4.88	AD -4.87	NO

AD, absolute difference; CR, clinically relevant; MD, mean difference; N, number of patients; SD, standard deviation