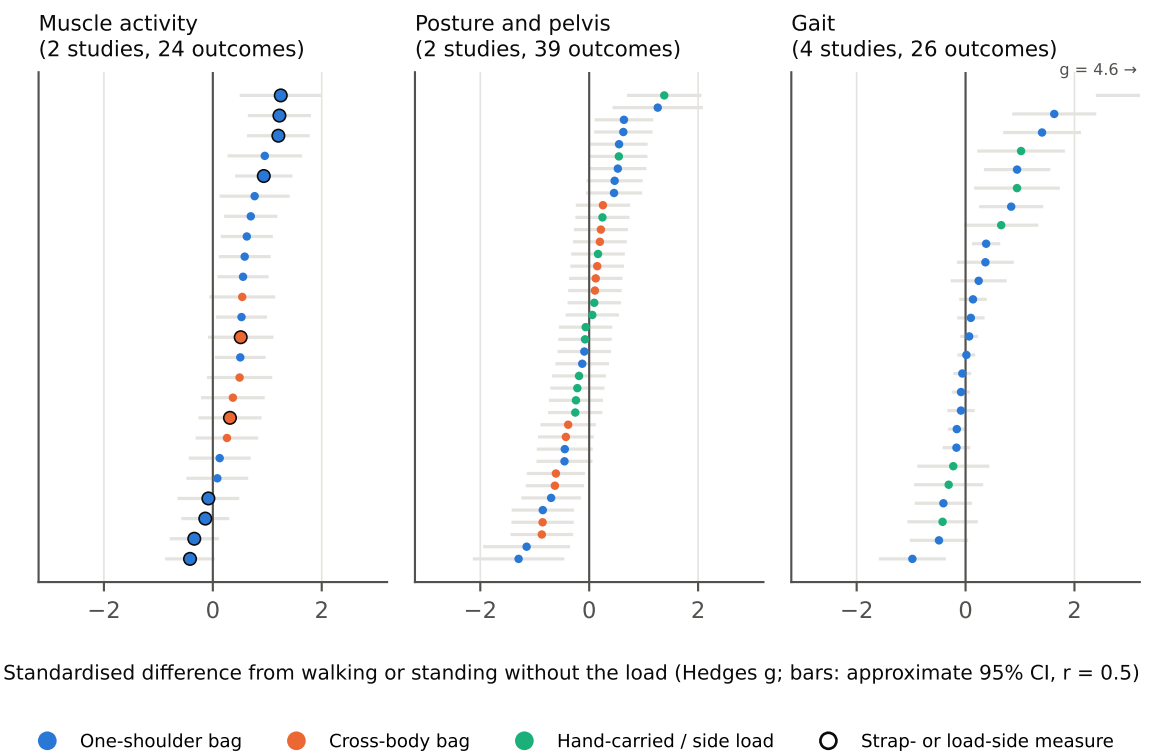

Muscle activity
(2 studies, 24 outcomes)
Posture and pelvis
(2 studies, 39 outcomes)
Gait
(4 studies, 26 outcomes)
g = 4.6 →
−2
0
2
−2
0
2
−2
0
2
Standardised difference from walking or standing without the load (Hedges g; bars: approximate 95% CI, r = 0.5)
One-shoulder bag
Cross-body bag
Hand-carried / side load
Strap- or load-side measure