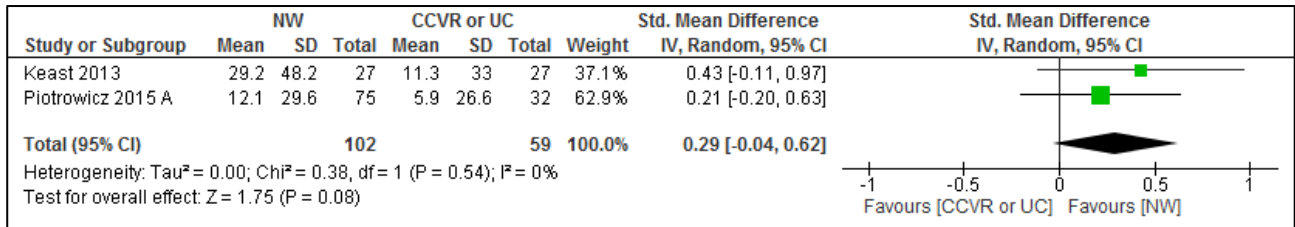
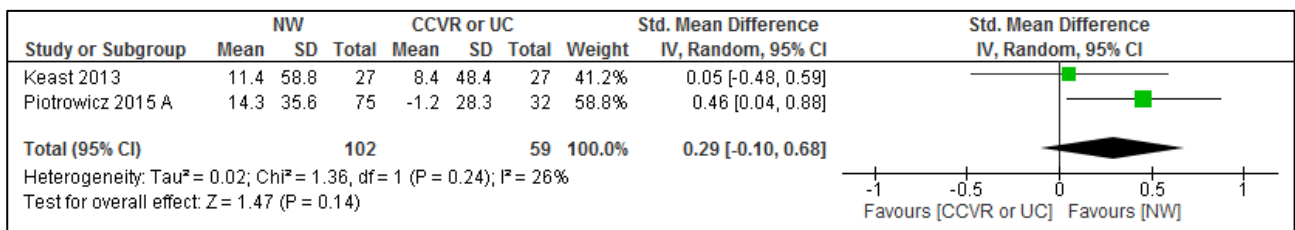


Figure 4. Synthesis of results: NW versus CCVR or UC in Heart Failure

6MWT



peak VO₂



Abbreviations. 6MWT: Six-Minute Walking Test, peak VO₂: Oxygen Uptake, NW: Nordic Walking, CCVR: Conventional Cardiovascular Rehabilitation, UC: Usual care, CI: Confidence Interval