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| ***S1 Table****. Summary of intervention programs used in the included studies (alphabetical order by program)* |
| **Program** **(Year)** | **Intervention Details** | **Dynamic warm-up** | **Plyometrics** | **Balance** |
| **Strength** | **Agility** | **Flexibility** |
| **Mixed approaches** |
| *Aerts et al.*  *(2013)21* | 5 - 10 min. progressive warm-up program with monthly change of program emphasis (technique, fundamentals and performance).2 times per week for 3 month. CPL: 66.7%  |  None | Pt. 1 wk. 1: 1 jump EX wk. 2: 1 jump EX wk. 3: 4 jump EX wk. 4: 5 jump EXPt. 2 wk. 1 - 4: 3 jump EXPt. 3 wk. 1 - 4: 5 jump EX |  None |
| Pt. 1 wk. 1 - 2: 4 EX (LE) wk. 3: 1 EX (LE) wk. 4: NonePt. 2 wk. 1 - 4: 2 EX (LE, core)Pt. 3 wk. 1 - 4: None |  None |  None |
| Eils *et al.* *(2010)46* | 20 min. proprioceptive exercise program 1 time per week for 9 - 18 weeks. CPL: N/D |  None |  1 jump EX |  5 EX |
|  None |  None |  None |
| *Emery et al.*  *(2007)29* | 15 - 20 min. prevention program consisting of a standardized warm-up (10 min.) with additional warm-up component (5 min.). Additionally, home-based balance training program using a wobble board (20 min.) with progression exercises.5 times per week for 18 weeks. CPL: 60.3% (home) |  Jogging and running EX |  None |  Sport-specific  Home EX (wobble board) |
|  None |  None |  Static Dynamic  |
| *Emery et al.*  *(2010)32* | 15 - min. warm-up routine, including 5 min. of aerobic, static stretching and dynamic stretching components (same as control) in addition to 10 min. of neuromuscular training components (i.e. strength, agility and balance). Additionally, a 15 - min. home-based balance training program was included.15 min. per training session and study period was 1 year.CPL: N/R (on-field); < 15% (home) |  None |  1 jumping EX |  2 (LE) |
|  1 (core) 2 (LE) |  None |  None |
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| **Program** **(Year)** | **Intervention Details** | **Dynamic warm-up** | **Plyometrics** | **Balance** |
| **Strength** | **Agility** | **Flexibility** |
| *FIFA 11+ (2012)37* *(2014)\*34* *(2014)#33* *(2015)+41* *(2017)&40**The 11+/F-MARC 11+*  *(2008)¶16*  | 20 min. three component warm-up program with 3 difficulty stages. 3 - 4 times per week for 9 months. Only the running exercises on match days.\*#+&5 - 6 times per week for one season.¶∞CPL: 100%; 74%\*; 98%#; moderate+ 73%&CPL: 77%¶ |  6 running drills\*¶∞ |  2 jumping EX\*¶∞ |  1 EX\*¶∞ |
|  3 EX (LE, core)\* 4 EX (LE, core)¶∞ |  2 drills\*¶∞ |  None\*¶∞ |
| *The 11/F-MARC 11 (2008)*\**28* *(2012)&43* | 10 – 15 min. warm-up program with 10 evidence-based exercises focusing on core stability, balance, dynamic stabilization and eccentric hamstring strength. Every practice (15 consecutive sessions) thereafter once a week for 8 months.\*Every practice for 4 yrs..¶2 times per week for 20 weeks.∞CPL: 52%\*; 73%& |  Jogging\*∞ N/D¶ |  2 jumping EX\*¶∞ |  4 EX (ball, pair)¶ 4 EX (ball, pair, balance mat)\*∞ |
|  2 EX (LE, core)¶ 3 EX (LE, core)\*∞ |  1 drill\*¶∞ |  None\*¶∞ |
| *HarmoKnee* *(2010)30*  | 20 - 25 min. knee injury prevention program to increase overall awareness of injury risk and aiming on achieving an improved motion pattern. 2 times per week (preseason) and once (in season) for 9 months.CPL: 94% recalled ≥ 75% |  5 jogging and running EX 6 "muscle activation" EX (LE, hip/groin, lower back) |  4 jump EX |  None |
|  6 EX (LE, core) |  None |  None |
| *LaBella et al.*  *(2011)36* | 20 min. progressive neuromuscular warm-up training before each practice (including strengthening, plyometrics, balance and agility exercises) with abbreviated version before matches for one entire season.Compliance: 80% |  Jogging 16 running technique  |  wk. 1: 7 jumping EX wk. 2 -3: 8 jumping EX wk. >4: 7 jumping EX |  None |
|  wk. 1: 7 EX (LE, core) wk. 2: 9 EX (LE, core) wk. 3: 10 EX (LE, core) wk. 4+: 9 EX (LE, core) |  3 drills |  None |
| McGuine *et al.* *(2006)38* | 10 - min. program consisting of double- and single- leg stance exercises. Progressions were: flat surface to balance board; eyes open to closed and integrating functional sport activities such as throwing, catching and dribbling on 1 leg. 3 - 5 times per week for 1 seasonCPL: N/R |  None |  None | wk. 1: 3 (LE)wk. 2: 2 (LE)wk. 3: 4 (LE)wk. 4+: 3 (LE) |
| wk. 1 - 2: 1 (LE)wk. 4 - 5+: 1 (LE) |  None |  None |
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| **Program** **(Year)** | **Intervention Details** | **Dynamic warm-up** | **Plyometrics** | **Balance** |
| **Strength** | **Agility** | **Flexibility** |
| *OSTRC Shoulder Injury Prevention Program  (2016)19* | 10 min. warm-up to prevent shoulder injury by improving glenohumeral internal and external rotation, scapular muscle strength, kinetic chain and thoracic mobility. Additional difficulty levels.3 times per week prior to throwing activities for 7 months. CPL: 64% - 93% |  None |  None |  None |
|  wk. 1 - 6: 3 EX (core, UE) wk. 7 - 12: 3 EX (core, UE) wk. 13-18: 3 EX (core, UE) wk. >18: EX of choice |  None | wk. 1 - 6: 2 EX (UE)wk. 7 - 12: 2 EX (UE)wk. 13 - 18: 2 EX (UE)wk. 18 - 24: 1 EX (UE)wk. >18/24: EX of choice |
| *Østerås et al.*  *(2015)45* | 10 - 15 min. shoulder muscle strength program as a prolonged warm-up.3 times per week for 8 months.COL: 71% |  None |  None |  None |
|  3 EX (UE, core) |  None |  None |
| *Pasanen et al.*  *(2008)22* | 20 - 30 min. neuromuscular warm-up program to enhance motor skills, body control, activation and preparation of the neuromuscular system for sports specific maneuvers with 3 difficulty levels. 2 - 3 times per week for 6 months. CPL: 43% - 82% |  Jogging  8 running technique  Speed run  |  1 of 3 EX |  1 of 3 EX (even surface, balance board, medicine ball) |
|  1 of 3 EX (LE) 1 of 3 EX (core) |  None | Only for impaired players 3 EX (LE, hip, back) |
| *PEP Program*  *(2008)35* | 30 min. warm-up program focuses on ACL injury prevention by stretching, strengthening, plyometrics, agilities and avoidance of high-risk positions.Replacement exercises were given. 3 times per week 12 weeks. CPL: 71.1% |  3 jogging and running drills |  5 jump EX |  None |
|  3 EX (LE) |  3 drills |  5 EX (LE) |
| *Sportsmetrics* *(2015)39* | 90 – 120 min. progressive neuromuscular training program consisted of a general dynamic warm-up, jump and flexibility training and sport specific strength, speed and endurance drills.3 times per week for 6 weeks.CPL: N/D*'* |  Dynamic warm-up (N/D) |  wk. 1 - 2: 10 EX (LE) wk. 3 - 4: 8 EX (LE) wk. 5 - 6: 7 EX (LE) |  None |
|  None |  wk. 1 - 6: 6 EX |  None |
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| **Program** **(Year)** | **Intervention Details** | **Dynamic warm-up** | **Plyometrics** | **Balance** |
| **Strength** | **Agility** | **Flexibility** |
| **General approach** |
| *Hölmich et al.* *(2010)48* | 13 min. warm-up program to prevent groin injury. Prior to each practice (2-4 times) for one entire season.CPL: N/D |  None |  None |  1 EX |
|  4 EX (pair, ball, LE, core, hip/groin) |  None |  1 EX (static) |
| *Hupperets et al. (2009)23* | 30 min. generalized proprioceptive balance board warm-up program for the prevention of ankle sprain recurrences in volleyball [1], [2] with 1-3 difficulty levels.3 times per week for 8 weeks. CPL: 65% |  None |  None |  6 EX (even surface, balance board, eyes open/ closed) |
|  None |  None |  None |
| *Mohammadi et al. (2007)42* | Proprioceptive, strength, orthosis or no intervention (4 study arms) for 1 season.CPL: N/R |  N/D |  N/D |  Single leg stance |
|  10 sets 20 reps |  N/D |  N/D |
| *Nordic Hamstring*(2006)47 *(2011)\*44* (2015)#31 | 10 - week progressive eccentric hamstring lowering exercise for 27 trainings sessions (into normal strength training)\*.CPL: 46.8%; 91%\*; 91%# |  None\*’’ |  None\*’’ |  None\*’’ |
|  1 EX (LE, core) |  None |  None |
| *Waldén et al.* *(2012)24* | 15 min. neuromuscular warm-up program with 4 levels and 1 partner exercise for progression targeting core stability, balance and proper knee alignment. 2 times per week for 7 months. CPL: N/D |  Jogging EX |  1 jumping EX |  None |
|  5 EX (LE, core) |  None |  None |
| **Sports-specific approach** |
| *Cumps et al.*  *(2007)13* | 5 - 10 min. progressive BB specific balance training without (Pt. 1) and on balance semi globes (Pt. 2 - 4) 3 times per week (session 1 (eye open focus ball), 2 (as 1 without ball focus) and 3 (eyes closed)) over 22 weeks.CPL: N/D |  None | Pt. 1 wk. 4: 1 EX (4 variations) | Pt. 1 - 4 wk. 1 - 3, 5 - 16, 17 - 20, 21 - 22: 1EX (4 variations) |
|  None |  None |  None |
| ACL, anterior cruciate ligament; BB, basketball; CPL, compliance; EX, exercise(s); KLIP Program, Knee Ligament Injury Prevention Program; LE, lower extremity; min., minutes; N/D, not described; OSTRC, Oslo Sports Trauma Research Center; PEP Program, Prevent injury and Enhance Performance Program; Pt., part/phase; reps, repetitions; s, seconds; UE, upper extremity; VB, volleyball; wk., week(s); yrs., years |