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| ***S2 Table****. Summary of characteristics of included studies for the injury rates (alphabetical order by first author)* |
| **Author (Year)DesignCountry** | **Follow up****(mo.)** | **Population****(Level\*\*)** | **Subjects** | **Intervention** |
| **Intervention** | **Control** | **Intervention** | **Control** |
| **N** | **Sex** | **Age in yrs.**  | **N** | **Sex** | **Age in yrs.** |
| **Mixed approaches** |
| *Aerts et al.* *(2013)*21RCTBelgium | 6 | Basketball (AM)  | 90 | ♂: 49♀: 41 | ♂: 24.9 ± 4.9♀: 23.7 ± 5.8 | 93 | ♂: 50♀: 43 | ♂: 26.7 ± 5.2♀: 22.9 ± 3.9 | *Jump-Landing Training Program* [3-mo./2 x wk./5-10 min.] | Followed their normal training and warm-up routine. |
| *Andersson et al.**(2016)*19RCT (cluster)Norway |  | Handball (P) | 331  | ♂: 171 ♀: 160 | ♂: 21.9 ± 3.7♀: 22.5 ± 4.2 | 329  | ♂: 168♀: 161 | ♂: 23.5 ± 4.8♀: 21.6 ± 3.3 | *OSTRC Shoulder Injury Prevention Warm-up* *Program* [7-mo./3 x wk./10 min.] | Followed their normal warm-up routine. |
| Eils *et al.**(2010)46*RCT (cluster)Germany  |  | Basketball(P) | 89 | ♂: 49♀: 32 | 22.6 ± 6.3  | 91 | ♂: 54♀: 37 | 25.5 ± 7.2  | *Multistation Proprioceptive Exercise Program* [1-S/1 x wk./20 min.] | Followed their normal warm-up routine. |
| *Emery et al.**(2007)*29RCT (cluster)Canada | 9 | Basketball(AM) | 494 | ♂: 244♀: 250  | 13 - 18 | 426 | ♂: 220♀: 206 | 12 - 10 | *Balance Training Program* [18-wk./5 x wk./T/15-20 min.] | Standardized warm-up program.[10 min./T] |
| *Emery et al.**(2010)*32RCT (cluster)Canada |  | Soccer(AM) | 380 | ♂: 219♀: 161 | 13 – 18 | 364 | ♂: 251♀: 113 | 13 - 18 | *Neuromuscular Prevention*[1-yr./15 min./T] | A 15 min. warm-up program including aerobic, static and dynamic stretching. |
| *Gilchrist et al.**(2008)*35RCT (cluster)USA |  | Soccer (P) | 582  | ♀ | 19.88 | 852 | ♀ | 19.88 | *Prevent injury and Enhance Performance (PEP)* *Program* [12-wk./3 x wk./< 30 min.] | Followed their normal warm-up routine. |
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| **Author (Year)DesignCountry** | **Follow up** **(mo.)** | **Population (Level\*\*)** | **Subjects** | **Intervention** |
| **Intervention** | **Control** | **Intervention** | **Control** |
| **N** | **Sex** | **Age in yrs.**  | **N** | **Sex** | **Age in yrs.** |
| Hammes *et al.**(2014)33*RCT (cluster)Switzerland |  | Soccer(AM) | 146 | ♂ | 45 ± 8 | 119 | ♂ | 43 ± 6 | *FIFA 11+ Warm-up Program* [9-mo./20 min./T] | Followed their normal training routine. |
| *Kiani et al.* *(2010)*30CTSweden | 9 | Soccer (AM) | 777  | ♀ | 14.7 | 729 | ♀ | 15.0 | *HarmoKnee* [9-mo./pS: 2 x wk.; cS: 1 x wk./20-25 min.] | Followed their normal training and warm-up routine. |
| *LaBella et al.**(2011)36*RCT (cluster)USA |  | SoccerBasketball(AM) | 737 | ♀ | 16.2 ± 1.5 | 755 | ♀ | 16.2 ± 1.1 | *Neuromuscular Warm-up*[1-S/20 min./T][shorten program/M] | Followed their normal warm-up routine. |
| *Longo et al. (2012)*37RCT (cluster)Italy | 9 | Basketball (P) | 80 | ♂ | 13.5 ± 2.3 | 41 | ♂ | 15.2 ± 4.6  | *FIFA 11+ Warm-up Program* [9-mo./3-4 x wk./20 min.] | Followed their normal warm-up routine. |
| McGuine *et al.**(2006)38*RCT USA |  | SoccerBasketball(AM) | 373 | ♀: 261♂: 112 | 16.6 ± 1.1  | 392 | ♀: 262♂: 130 | 16.4 ± 1.2 | *Balance Training Program*[4-wk./5 x wk. and rest of S/3 x wk.]’ | Followed their normal conditioning routine. |
| Noyes *et al.**(2015)39*CT USA |  | Mixed sports(AM) | 1000 | ♀ | 13 - 18 | 1120 | ♀ | 13 - 18 | *Sportsmetrics – Neuromuscular Retraining Program*[6-wk./3 x wk./60-90 min.] | Followed their normal training routine. |
| *Østerås et al. (2015)*45RCT (pilot)Norway |  | Handball (P) | 38 | ♀ | 15.3 ± 0.6 | 34 | ♀ | 15.3 ± 0.7 | *Shoulder Muscle Strength Training Program* [8-mo./3 x wk./10-15 min.] | No specific upper body strength training. |
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| **Author (Year)DesignCountry** | **Follow up****(mo.)** | **Population****(Level\*\*)** | **Subjects** | **Intervention** |
| **Intervention** | **Control** | **Intervention** | **Control** |
| **N** | **Sex** | **Age in yrs.** | **N** | **Sex** | **Age in yrs.** |
| Owoeye *et al.**(2014)34*RCT (cluster)Nigeria |  | Soccer(P) | 212 | ♂ | 17.80 ± 0.94 | 204 | ♂ | 17.49 ± 1.10 | *FIFA 11+ Warm-up Program* [6-mo./20 min./T] | Followed their normal warm-up routine. |
| *Pasanen et al. (2008)*22RCT (cluster)Finland | 6 | Floorball (P) | 256  | ♀ | 24.2 ± 5.0 | 201 | ♀ | 23.3 ± 4.8 | *Neuromuscular Training Program* [6-mo./20-30 min./T] | Followed their normal training routine. |
| Silvers-Granelli *et al.**(2015)*41RCT (cluster)USA |  | Soccer(AM) | 675 | ♂ | 20.40 ± 1.66  | 815 | ♂ | 20.68 ± 1.46  | *FIFA 11+ Warm-up Program* [1-S/3 x wk./15-20 min./T] | N/D |
| Silvers-Granelli *et al.**(2017)*40RCT (cluster)USA |  | Soccer(AM) | 675 | ♂ | 20 ± 2 | 815 | ♂ | 21 ± 1 | *FIFA 11+ Warm-up Program* [1-S/15-20 min./T] | N/D |
| *Soligard et al.**(2008)*16RCT (cluster)Norway |  | Soccer(AM) | 1055 | ♀ | ≤16 yrs. | 837 | ♀ | ≤16 yrs. | *FIFA 11+ Warm-up Program* [8-mo./20 min./T] | Followed their normal warm-up routine. |
| *Steffen et al. (2008)*28RCT (cluster)Norway |  | Soccer(AM) | 1073 | ♀ | 15.4 ± 0.8 | 947 | ♀ | 15.4 ± 0.8 | *"The 11" Prevention Program* [8-mo./each T (15 consecutive sessions) and thereafter 1 x wk./25min.] | Followed their normal warm-up routine. |
| van Beijsterveldt *et al.**(2012)43*RCT (cluster)Netherlands  |  | Soccer(AM) | 223  | ♂ | 24.4±4.1  | 233 | ♂ | 25.1±4.3  | *“The 11” Prevention Program* [1-S/10-15min./T] | Followed their normal warm-up routine. |
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| **Author (Year)DesignCountry** | **Follow up****(mo.)** | **Population****(Level\*\*)** | **Subjects** | **Intervention** |
| **Intervention** | **Control** | **Intervention** | **Control** |
| **N** | **Sex** | **Age in yrs.** | **N** | **Sex** | **Age in yrs.** |
| **General approach** |
| *Hölmich et al.**(2010)*48RCT (cluster)Denmark |  | Soccer(AM) | 477  | ♂ | 24.49 | 430  | ♂ | 24.62 | *Preventive Groin Warm-up Program* [1-S/13 min./T] | Followed their normal warm-up routine. |
| *Horst et al. (2015)*31RCT Netherlands |  | Soccer(AM) | 292 | ♂ | 24.5 ± 3.6  | 287 | ♂ | 24.6 ± 4.1  | *Nordic Hamstring Training*[13-wk./1-2 x wk.] | Followed their usual training routine. |
| *Hupperets et al. (2009)*23RCTNetherlands | 12 | Mixed sports(AM) | 256 | ♂: 136 ♀: 120 | 28.6 ± 11.8 | 266 | ♂: 140 ♀: 126 | 28.0 ± 11.6 | *Proprioceptive Balance Board Training Warm-Up Program* [8-wk./3 x wk./30 min.] | Usual care (rehabilitation) without any interference by the authors. |
| *Gabbe et al. (2006)*47RCT Australia |   | Australian Football (P, AM)  | 114 | ♂ | 23.4 (18.0 - 35.0)  | 106 | ♂ | 23.9 (17.4 - 36.0)  | *Nordic Hamstring Training*[12-wk./Club’s core training] | Followed stretching and range of movement exercises. |
| *Mohammadi et al. (2007)*42RCT (pilot)Iran |  | Soccer(P) | 60 | ♂ | 24.6 ± 2.63  | 20 | ♂ | 24.6 ± 2.63  | *Proprioception, strength training,* *Orthosis or no intervention* [1-S] | Followed usual training routine. |
| *Petersen et al. (2011)*44RCT (cluster)Denmark | 1  | Soccer (P, AM)  | 461 | ♂ | 23.0 ± 4.0 | 481 | ♂ | 23.5 ± 4.0 | *Nordic Hamstring Training*[10-wk./strength training] | Followed their normal training routine. |
| *Waldén et al.* *(2012)*24RCT (cluster)Sweden |  | Soccer(AM) | 2479 | ♀ | 14.0 ± 1.2 | 2085 | ♀ | 14.1 ± 1.2 | *Neuromuscular Warm-up Program* [7-mo./2 x wk./15 min.] | Followed their normal warm-up routine. |
| **Sports-specific approach** |
| *Cumps et al.(2007)*13CT (pilot)BelgiumNetherlands |  | Basketball(P) | 26 | ♂: 19♀: 7 | ♂: 16.6 ± 1.3 ♀: 20.7 ± 7.4  | 25  | ♂: 16 ♀: 9  | ♂: 17.0 ± 1.8 ♀: 19.8 ± 3.0  | *Progressive Balance Training Program* [22-wk./3 x wk./5 -10 min.] | Followed their normal warm-up routine. |
| Level\*\*: P, professional/elite/highest level; AM, amateur.C, coaches; cS, competitive season; CT, controlled trail; M, match/game; min., minutes; mo., months; N/D, not described; reps, repetitions; S, season; T, training/practice; wk., weeks; yrs., years.Values presented as mean ± standard deviation if not otherwise stated. |