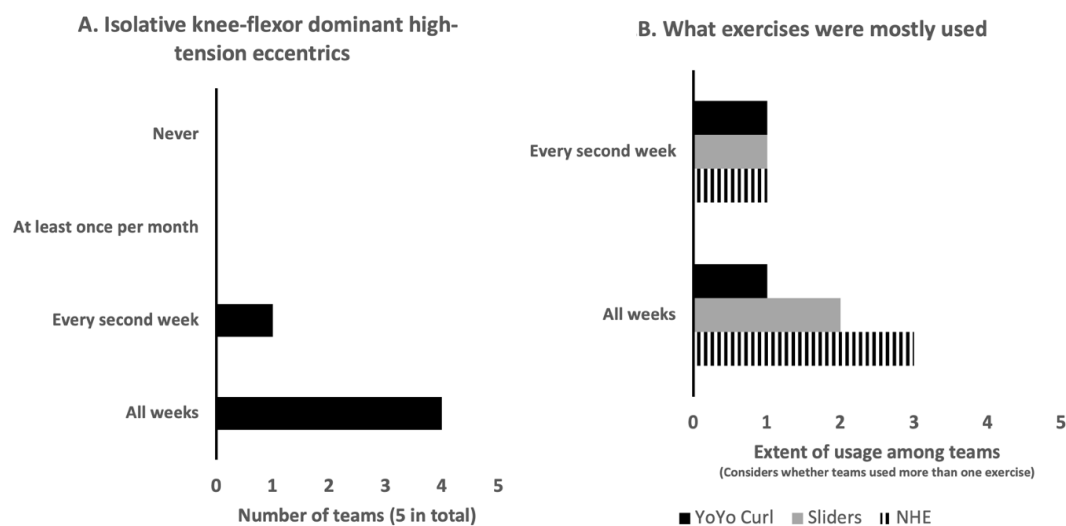
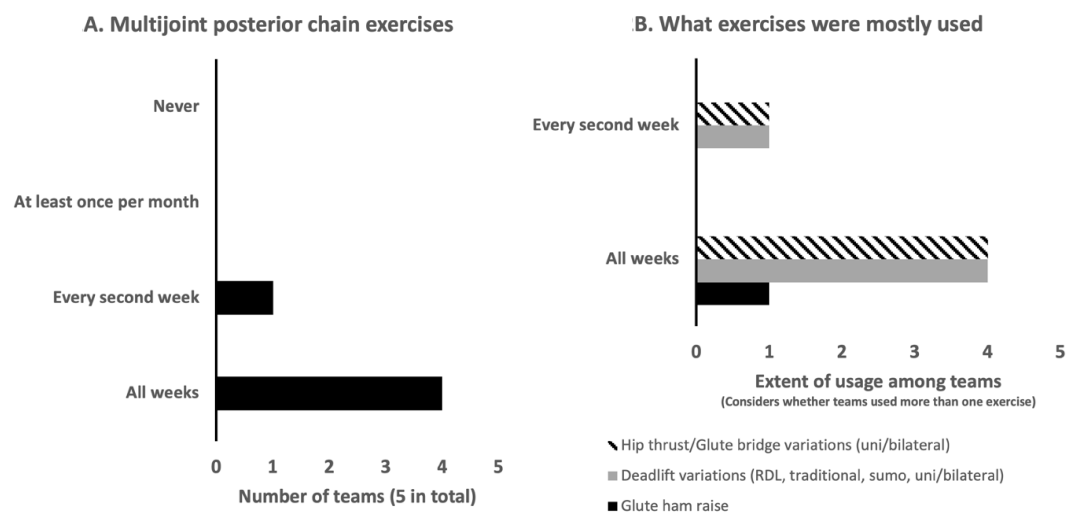


A musculoskeletal multifactorial individualized programme for hamstring muscle injury risk reduction in professional football: results of a prospective cohort study

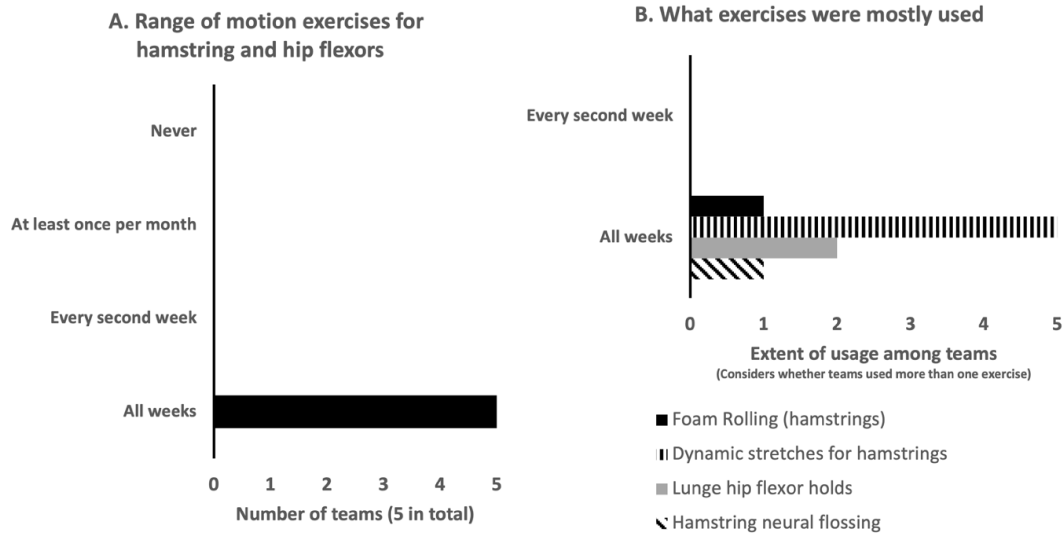
2019 questionnaire answers



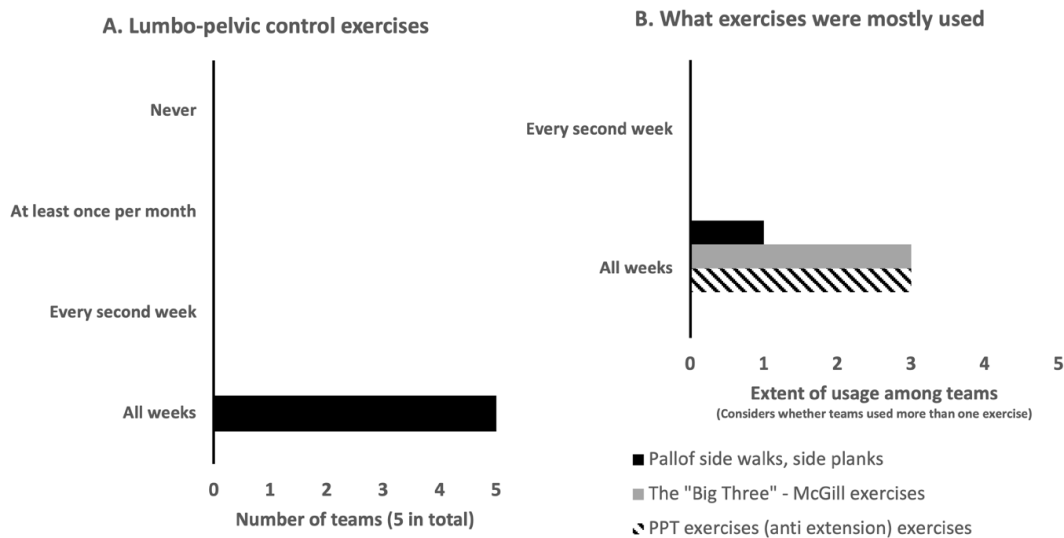
Supplementary Figure 1. Usage of knee flexor eccentrics in the 2019 season. A) Usage frequency of isolative knee-flexor dominant high-tension eccentrics and B) the corresponding exercises that were typically used at a specific training frequency.



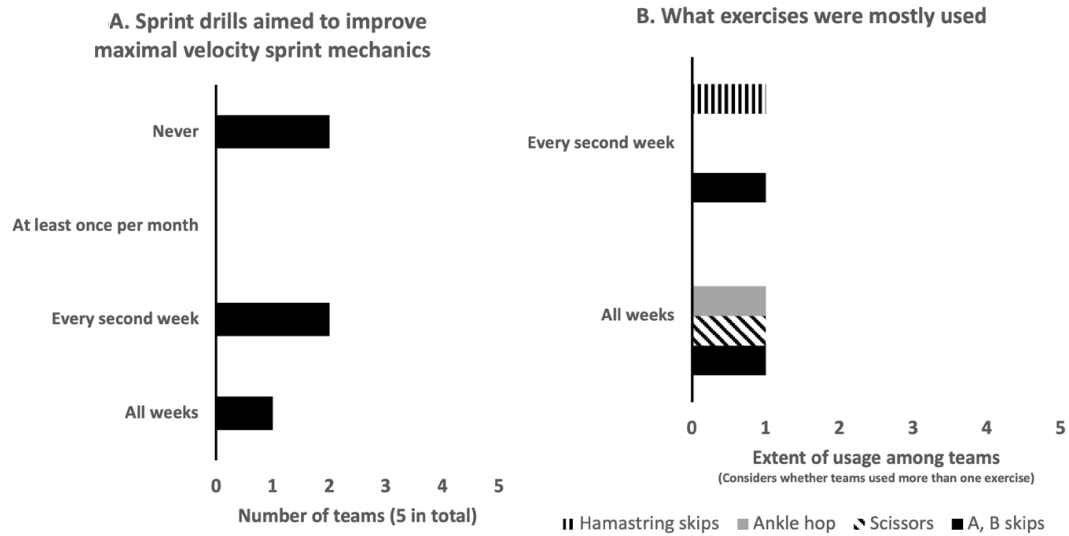
Supplementary Figure 2. Usage of multi-joint posterior chain exercises in the 2019 season. A) Usage frequency of multi-joint posterior chain exercises and B) the corresponding exercises that were typically used at a specific training frequency.



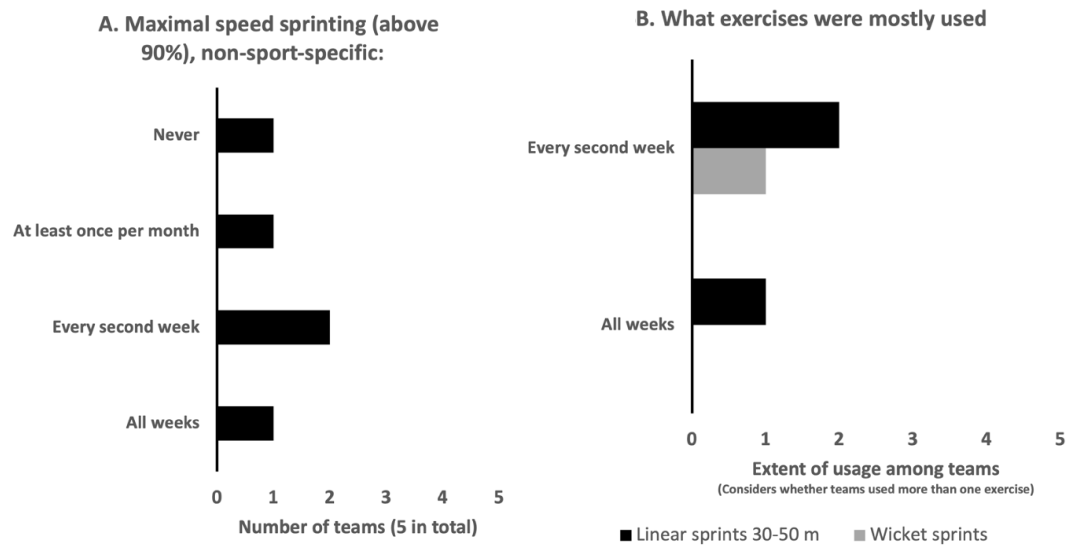
Supplementary Figure 3. Usage of range of motion exercises in the 2019 season. A) Usage frequency of range of motion exercises and B) the corresponding exercises that were typically used for the hamstrings and hip flexors at a specific training frequency.



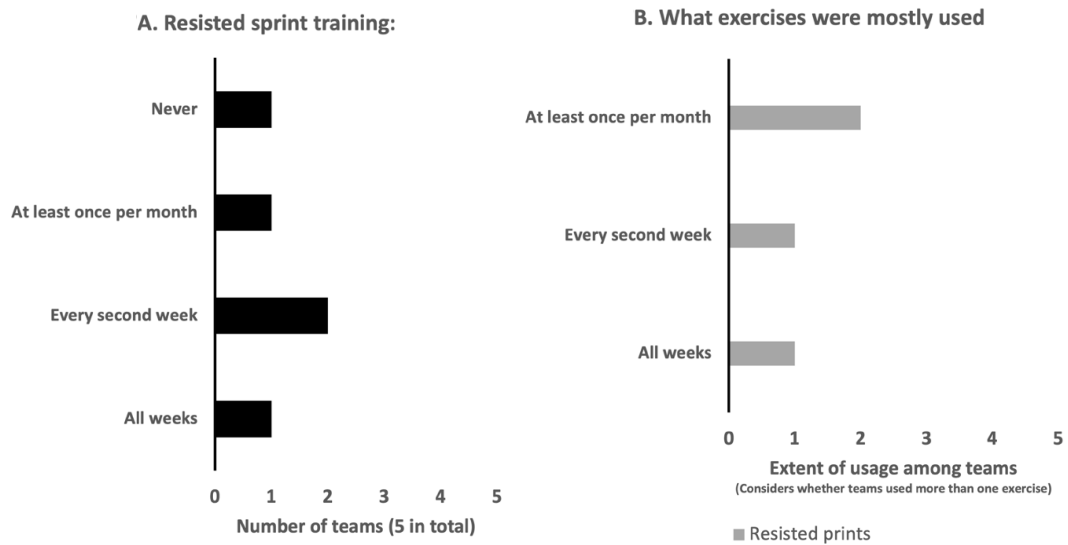
Supplementary Figure 4. Usage of lumbopelvic exercises in the 2019 season. A) Usage frequency of lumbo-pelvic control exercises and B) the corresponding exercise categories that were typically used at a specific training frequency.



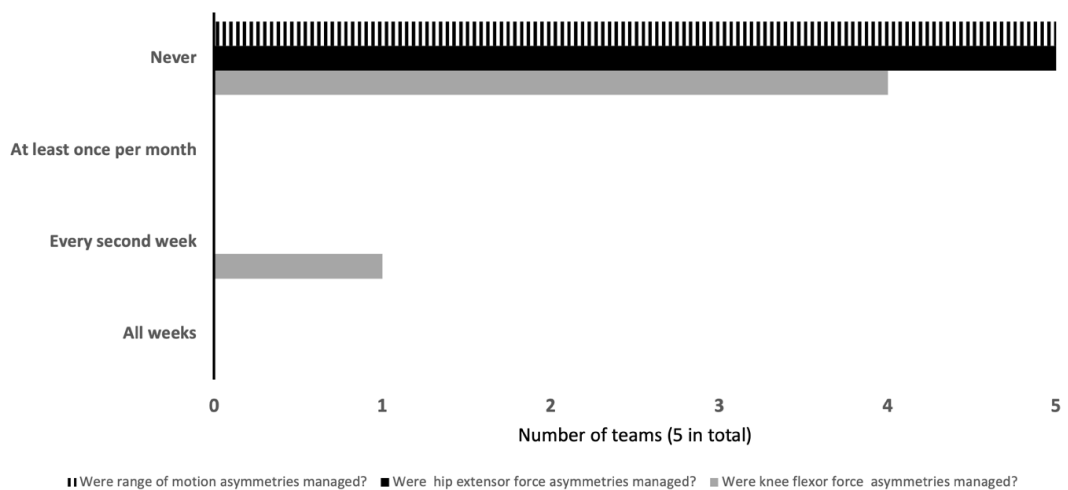
Supplementary Figure 5. Usage of sprint drill exercises in the 2019 season. A) Usage frequency of sprint drill exercises and B) the corresponding exercises that were typically used at a specific frequency.



Supplementary Figure 6. Usage of non-sport-specific maximal sprinting training in the 2019 season. A) Usage frequency of non-sport-specific maximal sprinting and B) the corresponding methods that were typically used at a specific frequency.



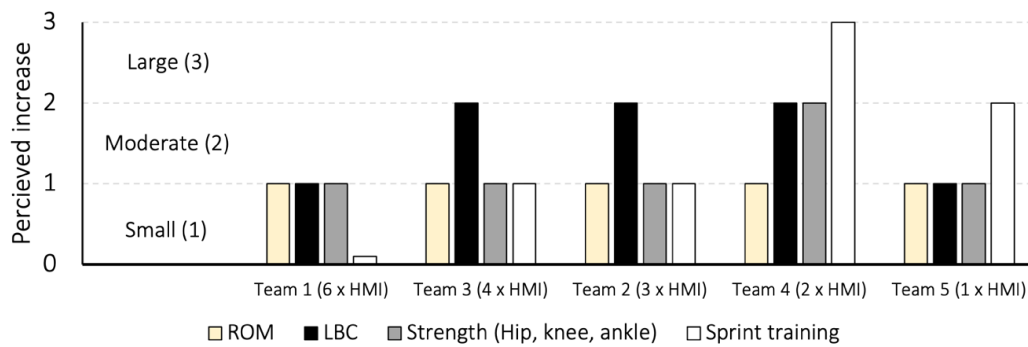
Supplementary Figure 7. Usage of resisted sprint training in the 2019 season. A) Usage frequency of resisted sprint training and B) the corresponding training frequency that was typically used.



Supplementary Figure 8. Management of asymmetries for the hip extensors force output, the knee flexors force output, and hamstring and hip flexor range of motion in the 2019 season.

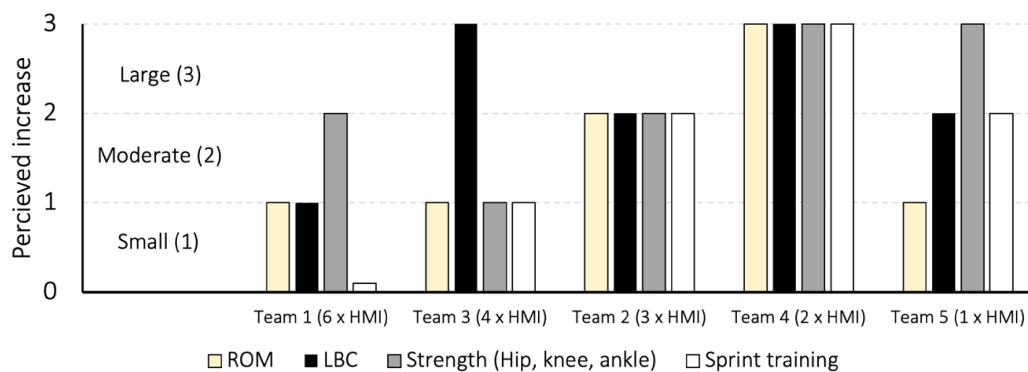
2021 season questionnaire

1. From a group perspective, what was the perceived increase in training volume (compared to control season) in the following categories:

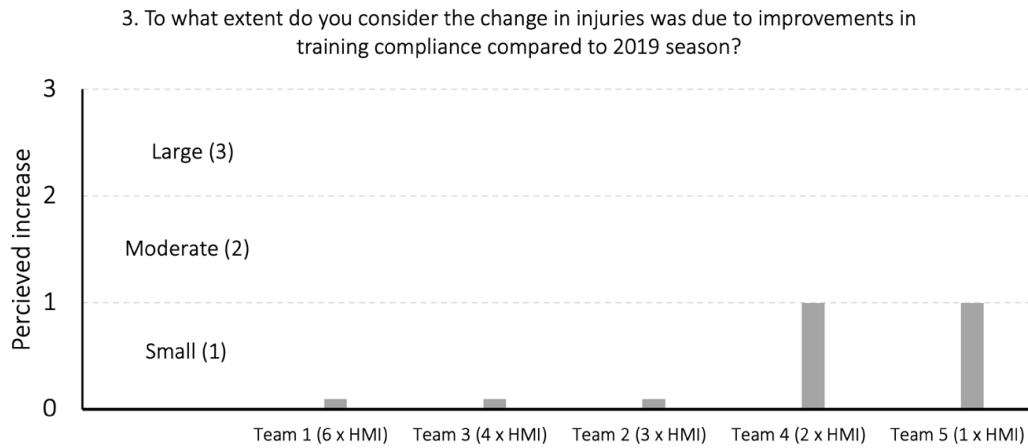


Supplementary Figure 9. Perceived volume increase in training categories from a group perspective. Teams are ordered from highest to lowest hamstring injury occurrence. ROM: Range of motion, LBC: Lumbo-pelvic control. HMI: Hamstring muscle injury.

2. From an individualized perspective, what is the increase in programming detail within the following categories:



Supplementary Figure 10. Perceived increase in training detail with training categories. Teams are ordered from highest to lowest hamstring injury occurrence. ROM: Range of motion, LBC: Lumbo-pelvic control. HMI: Hamstring muscle injury.



Supplementary Figure 11. Perceived influence of compliance between season. Teams are ordered from highest to lowest hamstring injury occurrence. HMI: Hamstring muscle injury.