

## Appendix A

Table 1: Individual and overall quality score and corresponding level of scientific evidence for previous injury as a risk factor for injury

Study name	Question number														Quality score (%)	Level of evidence
	1	2	3	5	6	7	10	11	12	18	20	21	22	25		
Nordstrom et al., 2014	1	1	1	1	1	1	1	1	1	1	1	1	1	0	88	2++
Hagglund et al. 2013	1	1	1	2	1	1	1	1	1	1	1	1	1	1	100	2++
Fousekis et al. 2011	1	1	1	0	1	1	1	1	1	1	1	1	0	1	80	2++
Walden et al. 2006	1	1	1	2	1	1	1	1	1	1	1	1	1	1	100	2++
Hagglund et al. 2006	1	1	1	2	1	1	1	1	1	1	1	1	1	1	100	2++
Arnason et al. 2004	1	1	1	2	1	1	1	1	1	1	1	1	1	1	100	2++

Table 2: Individual and overall quality score and corresponding level of scientific evidence for muscle imbalance as a risk factor for injury

Study name	Question number														Quality score (%)	Level of evidence
	1	2	3	5	6	7	10	11	12	18	20	21	22	25		
Fousekis et al. 2012	1	1	1	1	1	1	1	1	1	1	1	1	0	1	87	2++
Fousekis et al. 2011	1	1	1	0	1	1	1	1	1	1	1	1	0	1	80	2++
Croisier et al. 2008	1	1	1	1	1	1	1	1	1	0	1	1	1	1	87	2++
Dauty et al. 2003	1	1	1	2	1	1	1	1	1	1	1	1	1	1	100	2++

Table 3: Individual and overall quality score and corresponding level of scientific evidence for Questionnaire as a testing tool to identify injury risk

Study name	Question number														Quality score (%)	Level of evidence
	1	2	3	5	6	7	10	11	12	18	20	21	22	25		
Devantier, 2011	1	1	1	1	1	1	1	1	1	1	1	1	1	0	87	2++

Table 4: Individual and overall quality score and corresponding level of scientific evidence for isokinetic testing as a testing tool to identify injury risk

Study name	Question number														Quality score (%)	Level of evidence
	1	2	3	5	6	7	10	11	12	18	20	21	22	25		
Fousekis et al. 2012	1	1	1	1	1	1	1	1	1	1	1	1	0	1	87	2++
Fousekis et al. 2011	1	1	1	0	1	1	1	1	1	1	1	1	0	1	80	2++
Croisier et al. 2008	1	1	1	1	1	1	1	1	1	0	1	1	1	1	87	2++
Dauty et al. 2003	1	1	1	2	1	1	1	1	1	1	1	1	1	1	100	2++

Table 5: Individual and overall quality score and corresponding level of scientific evidence for eccentric exercise as an exercise to prevent injury

Study name	Question number																											Quality Score (%)	Level of Evidence
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27		
Arnason et al. (2008)	1	1	1	1	0	1	1	0	0	1	1	1	1	0	0	1	1	0	1	0	1	0	0	0	0	0	5	54	2+
Croisier et al. (2008)	1	1	1	1	1	1	1	1	1	1	1	1	1	0	0	1	1	0	1	1	1	0	0	0	1	1	5	71	2+
Fredberg et al. 2008	1	1	1	1	0	1	1	1	1	1	1	1	1	0	1	1	1	1	0	1	1	1	1	0	0	1	5	74	1+
Askling et al. (2003)	1	1	1	1	2	1	1	1	0	0	1	1	1	0	0	1	1	0	1	1	1	1	0	1	0	0	5	69	1+

Table 6: Individual and overall quality score and corresponding level of scientific evidence for balance/proprioception exercise as an exercise to prevent injury

Study name	Question number																											Quality Score (%)	Level of Evidence
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27		
Mohammadi et al. 2007	1	1	1	1	0	1	1	0	0	1	1	1	1	0	0	1	0	1	0	0	1	0	1	1	0	0	5	57	1+