

Prognostic factors for lower extremity and spinal injuries identified through medical screening and training load monitoring in professional football (soccer): a systematic review

**Online supplementary file 3: Results of univariate and multivariate analyses for all prognostic factors from each study**

**Arnason et al<sup>30</sup>**

*Outcome: Hamstring Muscle Strain injuries*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	<b>Previous hamstring injury</b>	<b>7.42</b>	<b>2.9-19.0</b>	<b>&lt;0.001</b>

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate:</i>	<b>Increasing age</b>	<b>1.40</b>	<b>1.2-0.4</b>	<b>&lt;0.001</b>
	<b>Previous hamstring injury</b>	<b>11.60</b>	<b>3.5-39.0</b>	<b>&lt;0.001</b>

Key: OR=odds ratio, CI=confidence interval. Prognostic factors in **bold** denote statistical significance.

*Outcome: Groin Strain injuries*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	<b>Previous groin strain injury</b>	<b>5.71</b>	<b>2-15.9</b>	<b>&lt;0.001</b>

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Previous groin strain</b>	<b>7.30</b>	<b>2.3-23.2</b>	<b>0.001</b>
	<b>Decreased ROM into hip abduction</b>	<b>0.90</b>	<b>0.8-1.0</b>	<b>0.050</b>

Key: OR=odds ratio, CI=confidence interval. Prognostic factors in **bold** denote statistical significance.

*Outcome: Ankle sprain injuries*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	<b>Previous ankle injury</b>	<b>5.31</b>	<b>1.5-19.4</b>	<b>0.009</b>

Key: OR=odds ratio, CI=confidence interval. Prognostic factors in **bold** denote statistical significance.

*Outcome: Knee sprain injuries*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	<b>Previous knee injury</b>	<b>4.56</b>	<b>1.6-13.4</b>	<b>0.002</b>

Key: OR=odds ratio, CI=confidence interval. Prognostic factors in **bold** denote statistical significance.

**Bengtsson et al<sup>31</sup>**

*Outcome: Muscle injuries*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>RR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	IR in matches with $\leq 3$ and $\geq 4$ days recovery			
	League	1.11	0.96-1.28	0.151
	UCL	1.18	0.91-1.54	0.208
	EL	0.99	0.40-2.46	0.977
	Other cup	1.22	0.90-1.67	0.205
	IR in matches with $\leq 4$ and $\geq 6$ days recovery			
	<b>League</b>	<b>1.32</b>	<b>1.15-1.51</b>	<b>&lt;0.001</b>
	UCL	1.66	0.85-3.24	0.135
	EL	0.50	0.25-1.01	0.055
	Other cup	1.26	0.87- 1.83	0.218
	IR in matches with $\leq 4$ and $\geq 6$ days recovery: Per muscle group			
	<b>Hamstring</b>	<b>1.28</b>	<b>1.06-1.56</b>	<b>0.011</b>
	<b>Quadriceps</b>	<b>1.80</b>	<b>1.19-2.72</b>	<b>0.006</b>
	Adductor	1.11	0.84-1.46	0.467
	Calf	1.13	0.75-1.70	0.559

Key: RR= rate ratio, CI=confidence interval, UCL=UEFA Champions League match, EL=UEFA Europa League Match. Prognostic factors in **bold** denote statistical significance.

Outcome: Ligament injuries

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>RR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<i>IR in matches with <math>\leq 3</math> and <math>\geq 4</math> days recovery</i>			
	League	0.98	0.79-1.20	0.819
	UCL	1.00	0.68-1.48	0.983
	EL	0.88	0.21-3.73	0.867
	Other cup	1.15	0.73-1.81	0.542
	<i>IR in matches with <math>\leq 4</math> and <math>\geq 6</math> days recovery</i>			
	League	0.90	0.75-1.09	0.292
	UCL	0.81	0.39-1.67	0.567
	EL	0.45	0.17-1.25	0.126
	Other cup	1.84	1.03-3.30	0.041

Key: RR= rate ratio, CI=confidence interval, UCL=UEFA Champions League match, EL=UEFA Europa League Match. Prognostic factors in **bold** denote statistical significance.

Outcome: All injuries

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>RR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	<i>IR in matches with <math>\leq 3</math> and <math>\geq 4</math> days recovery</i>			
	League	1.02	0.93-1.11	0.713
	UCL	1.11	0.95-1.31	0.193
	EL	1.26	0.76-2.08	0.365
	Other cup	1.05	0.87-1.28	0.607
	<i>IR in matches with <math>\leq 4</math> and <math>\geq 6</math> days recovery</i>			
	League	1.09	1.00-1.18	0.045
	UCL	1.22	0.85-1.75	<b>0.290</b>
	EL	0.65	0.41-1.03	0.064
	Other cup	1.18	0.94-1.47	0.153

Key: RR= rate ratio, CI=confidence interval, UCL=UEFA Champions League match, EL=UEFA Europa League Match. Prognostic factors in **bold** denote statistical significance.

**Carling et al**<sup>32</sup>

Outcomes: listed in table

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>IRR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	<i>General strains</i>			
	2 matches ≤ 3 days	2.0	0.7-5.8	0.1944
	3 matches ≤ 4 days	2.6	0.8-8.7	0.1179
	<i>Hamstring strain</i>			
	2 matches ≤ 3 days	2.0	0.8-4.8	0.1120
	3 matches ≤ 4 days	2.2	(0.8-8.7)	0.1453
	<i>Quadriceps strain</i>			
	2 matches ≤ 3 days	No data	No data	No data
	3 matches ≤ 4 days	No data	No data	No data
	<i>Groin strain</i>			
	2 matches ≤ 3 days	2.7	0.2-43.0	0.4845
	3 matches ≤ 4 days	No data	No data	No data
	<i>Calf strain</i>			
	2 matches ≤ 3 days	No data	No data	No data
	3 matches ≤ 4 days	No data	No data	No data
	<i>Ankle sprain</i>			
	<b>2 matches ≤ 3 days</b>	<b>5.4</b>	<b>1.0-29.3</b>	<b>0.052</b>
	<b>3 matches ≤ 4 days</b>	<b>10.4</b>	<b>1.9-57.9</b>	<b>0.006</b>
	<i>Knee sprain</i>			
	2 matches ≤ 3 days	No data	No data	No data
	3 matches ≤ 4 days	No data	No data	No data

**Faude et al<sup>33</sup>**

*Outcome: All injuries*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>&gt; 1SD below mean OR</i>	<i>95% CI</i>	<i>P value</i>	<i>&gt; 1SD above mean OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	Age (years)	0.70	0.27- 1.81	0.47	1.21	0.41- 3.49	0.74
	Weight (Kg)	0.56	0.21- 1.52	0.27	1.92	0.62- 5.84	0.27
	<b>Height (cm)</b>	1.70	0.59- 4.85	0.34	<b>9.64</b>	<b>1.56- 58.52</b>	<b>0.01</b>
	BMI (kg/m <sup>2</sup> )	0.58	0.22- 1.54	0.29	0.68	0.26- 1.76	0.44
	Games last season	1.49	0.51- 4.26	0.48	0.81	0.30- 2.19	0.69
	Training time (hours)	3.15	0.91- 10.7	0.07	1.17	0.48- 2.80	0.74
	<b>Match time (hours)</b>	0.93	0.36- 2.42	0.89	<b>0.26</b>	<b>0.10- 0.67</b>	<b>0.004</b>
	Exposure time (hours)	3.17	0.92- 10.73	0.07	0.90	0.38- 2.15	0.82

Key: OR=odds ratio, Ci=confidence interval, ACL=anterior cruciate ligament, Kg/m<sup>2</sup>=kilograms per square metre, kg=kilograms, SD=standard deviation. Prognostic factors in **bold** denote statistical significance.

*Outcome: Ankle sprain*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	Previous ankle sprain	1.39	0.62-3.10	0.44

Key: OR=odds ratio, Ci=confidence interval. Prognostic factors in **bold** denote statistical significance.

*Outcome: knee sprain*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	Previous knee sprain	1.50	0.61-3.72	0.39

Key: OR=odds ratio, Ci=confidence interval. Prognostic factors in **bold** denote statistical significance.

Outcome: ACL tear

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Previous ACL tear</b>	<b>5.24</b>	<b>1.42-19.59</b>	<b>0.01</b>

Key: OR=odds ratio, Ci=confidence interval, ACL=anterior cruciate ligament, Kg/m<sup>2</sup>=kilograms per square metre, kg=kilograms. Prognostic factors in **bold** denote statistical significance.

**Fousekis et al<sup>34</sup>**

Outcome: hamstring strain muscle injury

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Eccentric hamstring strength asymmetry above 15%</b>	<b>3.88</b>	<b>1.13-13.23</b>	<b>0.030</b>
	<b>Functional leg length asymmetries (1SD above/below mean right - left)</b>	<b>3.8</b>	<b>1.08-13.33</b>	<b>0.030</b>
	<b>Previous hamstring strain</b>	<b>0.15</b>	<b>0.029-0.79</b>	<b>0.020</b>
	Age (years)	no data	no data	no data
	Weight (kg)	no data	no data	no data
	Height (cm)	no data	no data	no data
	Mid thigh girth (cm)	no data	no data	no data
	Lower limb functional length (cm)	no data	no data	no data
	Isokinetic strength (concentric and eccentric) of ankle plantarflexors and dorsiflexors	no data	no data	no data
		no data	no data	no data
	Isokinetic strength (concentric and eccentric) of knee flexors and extensors	no data	no data	no data
		no data	no data	no data
	Functional knee strength ratio ( eccentric knee flexors: concentric knee extensors)	no data	no data	no data
		no data	no data	no data
	Ankle plantarflexor flexibility(degrees)	no data	no data	no data
Hamstring and quadriceps flexibility (degrees)	no data	no data	no data	
	no data	no data	no data	

Proprioception with kinaesthetic stabilometer	no data	no data	no data
	no data	no data	no data
Knee joint anterior stability/laxity (mm)	no data	no data	no data
Questionnaire for medical history	no data	no data	no data

Key: OR=odds ratio, CI=confidence interval, BMI=body mass index, ROM=range of movement, cm=centimetres, mm=millimetres. Prognostic factors in **bold** denote statistical significance.

*Outcome: Quadriceps strain muscle injury*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	Eccentric quadriceps strength asymmetry above 15%	5.02	0.928-27.14	0.060
	Weight (above median)	10.7	0.73-156.37	0.080
	Height (below median)	0.08	0.00-1.35	0.080
	Quadriceps flexibility asymmetry (greater/equal to 6 degrees)	4.98	0.78-31.80	0.080
	Age (years)	no data	no data	no data
	Height (cm)	no data	no data	no data
	Mid-thigh girth (cm)	no data	no data	no data
	Lower limb functional length (cm)	no data	no data	no data
	Isokinetic strength (concentric and eccentric) of ankle plantarflexors and dorsiflexors	no data	no data	no data
		no data	no data	no data
	Isokinetic strength (concentric and eccentric) of knee flexors and extensors	no data	no data	no data
		no data	no data	no data
	Functional knee strength ratio (eccentric knee flexors:concentric knee extensors)	no data	no data	no data
		no data	no data	no data
	Ankle plantarflexor flexibility(degrees)	no data	no data	no data
		no data	no data	no data
	Hamstring and quadriceps flexibility (degrees)	no data	no data	no data
		no data	no data	no data

Proprioception with kinaesthetic stabilometer	no data	no data	no data
	no data	no data	no data
Knee joint anterior stability/laxity (mm)	no data	no data	no data
Previous muscle strain	no data	no data	no data

Key: OR=odds ratio, CI=confidence interval, BMI=body mass index, ROM=range of movement, cm=centimetres, mm=millimetres. Prognostic factors in **bold** denote statistical significance

**Fousekis et al<sup>35</sup>**

*Outcome: ankle sprain*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Eccentric ankle strength asymmetry above 15%</b>	<b>8.88</b>	<b>1.95-40.36</b>	<b>0.005</b>
	<b>BMI above median values (23.1)</b>	<b>8.16</b>	<b>1.42-46.63</b>	<b>0.018</b>
	<b>Weight (kg) above median values (72.6kg)</b>	<b>5.72</b>	<b>1.37-23.95</b>	<b>0.017</b>
	Age below median values (<23.9yrs)	0.28	0.061-1.24	0.092
	Ankle laxity Present	3.38	0.82-14.00	0.093
	Leg dominance	no data	no data	no data
	Ankle ROM (degrees)	no data	no data	no data
	Proprioception with kinaesthetic stabilometer	no data	no data	no data
	lower limb length (cm)	no data	no data	no data
	tibia length (cm)	no data	no data	no data
	Questionnaire for medical history	no data	no data	no data

Key: OR=odds ratio, CI=confidence interval, BMI=body mass index, ROM=range of movement, cm=centimetres, mm=millimetres. Prognostic factors in **bold** denote statistical significance.



**Hagglund et al**<sup>36</sup>  
 Outcome: All injuries

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	<i>Prognostic factors as categorical data</i>			
	<b>Previous injury</b>	<b>2.70</b>	<b>1.7-4.30</b>	<b>&lt;0.0001</b>
	<b>1-2 previous injuries</b>	<b>2.20</b>	<b>1.4-3.6</b>	<b>0.0013</b>
	<b>3-4 previous injuries</b>	<b>3</b>	<b>1.7-5.3</b>	<b>&lt;0.0001</b>
	<b>≥ 5 previous injuries</b>	<b>5.10</b>	<b>2.9-9.0</b>	<b>&lt;0.0001</b>
	Age > 1SD below mean (≤21 years)	1.20	0.8-1.8	0.3800
	Age > 1SD above mean (≥31 years)	1.20	0.8-1.9	0.3600
	Height >1SD below mean (≤176cm)	0.80	0.5-1.2	0.2700
	Height > 1SD above mean (≥188cm)	0.70	0.5-1.2	0.2100
	Weight > 1SD below mean (≤72kg)	0.80	0.5-1.2	0.2700
	Weight > 1 SD above mean (≥86kg)	0.90	0.6-1.4	0.7400
	BMI >1SD below mean (≤22 kg/m <sup>2</sup> )	1.00	0.7-1.5	0.9600
	BMI >1SD above mean (≥26kg/m <sup>2</sup> )	1.30	0.8-1.9	0.2900
	<i>Prognostic factors as continuous data</i>			
	Age (years)	1.00	1.0-1.0	0.8000
	<b>Previous injury</b>	<b>1.20</b>	<b>1.1-1.3</b>	<b>&lt;0.0001</b>
Height (cm)	1.00	1-1.00	0.9800	
Weight (kg)	1.00	1.0-1.0	0.5200	
BMI	1.10	0.9-1.2	0.2900	

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Previous injury (categorical)</b>	<b>2.70</b>	<b>1.7-4.3</b>	<b>&lt;0.0001</b>
	<b>1-2 previous injuries</b>	<b>2.20</b>	<b>1.4-3.6</b>	<b>0.0014</b>
	<b>3-4 previous injuries</b>	<b>3</b>	<b>1.8-5.3</b>	<b>&lt;0.0001</b>
	<b>≥5 previous injuries</b>	<b>5.20</b>	<b>2.9-9.0</b>	<b>&lt;0.0001</b>
	<b>Previous injuries (continuous)</b>	<b>1.20</b>	<b>1.1-1.3</b>	<b>&lt;0.0001</b>

Key: HR = hazard ratio, CI=confidence interval, SD=standard deviation, kg/m<sup>2</sup> = kilograms per square metre, BMI=body mass index, kg=kilograms, cm=centimetres. Prognostic factors in **bold** denote statistical significance.

Outcome: Hamstring injury

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	<b>Previous injury</b>	<b>3.20</b>	<b>1.8-6.0</b>	<b>&lt;0.001</b>
	<b>Age (years)</b>	<b>1.10</b>	<b>1.0-1.2</b>	<b>0.0210</b>

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Previous injury</b>	<b>3.50</b>	<b>1.9-6.5</b>	<b>&lt;0.0001</b>
	<b>Age (years)</b>	<b>1.10</b>	<b>1.0-1.2</b>	<b>0.0110</b>

Key: HR= Hazard ratio, CI=confidence interval. Prognostic factors in **bold** denote statistical significance.

Outcome: Groin injury

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	<b>Previous Injury</b>	<b>2.40</b>	<b>1.2-4.6</b>	<b>&lt;0.01</b>

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Previous Injury</b>	<b>no data</b>	<b>no data</b>	<b>no data</b>

Key: HR= Hazard ratio, CI=confidence interval. Prognostic factors in **bold** denote statistical significance.

Outcome: knee joint trauma

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	Previous Injury	3.10	1.3-7.6	0.0110
	Height (cm)	1.05	1.0-1.1	0.1300

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Previous Injury</b>	<b>3.10</b>	<b>1.3-7.6</b>	<b>0.0110</b>
	Height (cm)	1.05	1.0-1.1	0.1300

Key: HR= Hazard ratio, CI=Confidence interval, cm=centimetres, kg=kilograms. Prognostic factors in **bold** denote statistical significance.

Outcome: ankle sprain injury

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	Previous injury	2.80	0.8-9.6	0.0990
	Age (years)	0.90	0.8-1.0	0.1200
	Height (cm)	1.10	1.0-1.2	0.1600
	Weight (kg)	1.10	1.0-1.2	0.0910

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	Previous injury	3.00	0.9-10.4	0.0790
	Age (years)	0.90	0.8-1.0	0.0610
	Height (cm)	1.00	0.9-1.1	0.8900
	Weight (kg)	1.10	1-1.2	0.1900

Key: HR= Hazard ratio, CI=Confidence interval, cm=centimetres, kg=kilograms. Prognostic factors in **bold** denote statistical significance.

**Hagglund et al<sup>37</sup>**

Outcome: Adductor muscle injury

<i>Analysis type</i>	<i>Intrinsic Prognostic factor</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	Age (above mean)	1.24	0.96-1.59	0.094
	Stature (above mean)	0.97	0.75-1.24	0.792
	Body mass (above mean)	1.08	0.84-1.38	0.559
	<i>Position</i>			
	<b>Goalkeeper</b>	<b>0.58</b>	<b>0.33-0.99</b>	<b>0.048</b>
	Defender	1.19	0.83-1.70	0.345
	Midfielder	1.10	0.77-1.58	0.591
	Forward	1.00	No data	no data
	<i>Previous injury</i>			
	<b>Adductor</b>	<b>1.48</b>	<b>1.06-2.06</b>	<b>0.020</b>
	Hamstrings	1.25	0.04-1.68	0.131
	Quadriceps	1.31	0.89-1.91	0.170
	Calf	1.01	0.63-1.64	0.959
	<i>Extrinsic prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
	<i>Match type</i>			

League	1.00	no data	no data
UEFA CL	1.17	0.83-1.64	0.374
UEFA Europa	1.05	0.59-1.87	0.865
<b>Other Cup</b>	<b>0.60</b>	<b>0.37-0.97</b>	<b>0.035</b>
<i>Match venue</i>			
home	1.00	no data	no data
<b>Away</b>	<b>0.56</b>	<b>0.43-0.73</b>	<b>&lt;0.001</b>
<i>Part of Season</i>			
July- August	1.00	no data	no data
September-November	1.39	0.81-2.38	0.237
December-February	1.13	0.65-1.96	0.660
March-May	1.43	0.83-2.47	0.201
<i>Climate Region</i>			
Northern	1.00	no data	no data
Southern	1.04	0.77-1.40	0.803

<i>Analysis type</i>	<i>Intrinsic prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Previous adductor injury</b>	<b>1.40</b>	<b>1.00-1.96</b>	<b>0.047</b>
	<b>Goalkeeper</b>	<b>0.51</b>	<b>0.29-0.91</b>	<b>0.022</b>
	<i>Extrinsic prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
	<b>Away match</b>	<b>0.56</b>	<b>0.43-0.73</b>	<b>&lt;0.001</b>

Key: HR= Hazard ratio, OR= odds ratio, UEFA= Union of European Football Associations, CL= Champions League. Prognostic factors in **bold** denote statistical significance.

*Outcome: Hamstring muscle strain injury*

<i>Analysis type</i>	<i>Intrinsic Prognostic factor</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	Age (above mean)	1.02	0.84-1.23	0.881
	<b>Stature (above mean)</b>	<b>0.82</b>	<b>0.68-1.00</b>	<b>0.049</b>
	Body mass (above mean)	0.87	0.72-1.06	0.169
	<i>Position</i>			
	<b>Goalkeeper</b>	<b>0.11</b>	<b>0.06-0.23</b>	<b>&lt;0.001</b>
	Defender	0.80	0.61-1.04	0.094
	Midfielder	0.97	0.75-1.25	0.792
	Forward	1.00	no data	no data
	<i>Previous injury</i>			
	Adductor	1.22	Adductor	2.22
	<b>Hamstrings</b>	<b>1.64</b>	<b>1.32-2.04</b>	<b>&lt;0.001</b>

	<b>Quadriceps</b>	<b>1.44</b>	<b>1.08-1.93</b>	<b>0.014</b>
	Calf	1.40	1.00-1.95	0.050
<i>Extrinsic prognostic factors</i>				
	<i>Match type</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
	League	1.00	no data	no data
	UEFA CL	1.05	0.81-1.37	0.703
	UEFA Europa	0.72	0.43-1.18	0.190
	Other Cup	0.77	0.56-1.06	0.106
	<i>Match venue</i>			
	home	1.00	no data	no data
	<b>Away</b>	<b>0.75</b>	<b>0.62-0.91</b>	<b>0.003</b>
	<i>Part of Season</i>			
	July- August	1.00	no data	no data
	<b>September-November</b>	<b>2.24</b>	<b>1.34-3.74</b>	<b>0.002</b>
	<b>December-February</b>	<b>2.56</b>	<b>1.54-4.26</b>	<b>&lt;0.001</b>
	<b>March-May</b>	<b>2.56</b>	<b>1.54-4.28</b>	<b>&lt;0.001</b>
	<i>Climate Region</i>			
	Northern	1.00	no data	no data
	Southern	1.08	0.87-1.35	0.474

	<i>Intrinsic prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Previous hamstring injury</b>	<b>1.40</b>	<b>1.12-1.75</b>	<b>0.003</b>
	<b>Goalkeeper</b>	<b>0.11</b>	<b>0.06-0.24</b>	<b>&lt;0.001</b>
<i>Extrinsic prognostic factors</i>				
	<i>Time of season</i>			
	<b>Away match</b>	<b>0.76</b>	<b>0.63-0.92</b>	<b>0.004</b>
	<b>September-November</b>	<b>2.16</b>	<b>1.29-3.60</b>	<b>0.003</b>
	<b>December-february</b>	<b>2.55</b>	<b>1.53-4.24</b>	<b>&lt;0.001</b>
	<b>March-May</b>	<b>2.49</b>	<b>1.49-4.17</b>	<b>&lt;0.001</b>

Key: HR= Hazard ratio, OR= odds ratio, UEFA= Union of European Football Associations, CL= Champions League. Prognostic factors in **bold** denote statistical significance.

*Outcome: Quadriceps muscle strain injury*

<i>Analysis type</i>	<i>Intrinsic prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	Age (above mean)	1.06	0.79-1.41	0.71
	Stature (above mean)	0.88	0.66-1.17	0.367
	Body mass (above mean)	0.91	0.68-1.21	0.5

<i>Position</i>				
	Goalkeeper	0.46	0.23-0.90	0.23
	Defender	0.95	0.62-1.43	0.791
	Midfielder	1.18	0.62-1.43	0.418
	Forward	1	no data	no data
<i>Previous injury</i>				
	<b>Adductor</b>	<b>1.88</b>	<b>1.31-2.69</b>	<b>0.001</b>
	Hamstrings	1.25	0.89-1.76	0.202
	<b>Quadriceps</b>	<b>3.47</b>	<b>2.49-4.84</b>	<b>&lt;0.001</b>
	<b>Calf</b>	<b>2.08</b>	<b>1.37-3.17</b>	<b>0.001</b>
<hr/>				
	<i>Extrinsic prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Match type</i>				
	League	1	no data	no data
	UEFA CL	0.51	0.25-1.01	0.053
	UEFA Europa	1.19	0.55-2.60	0.656
	Other Cup	1.36	0.83-2.22	0.227
<i>Match venue</i>				
	home	1	no data	no data
	Away	1.02	0.71-1.47	0.901
<i>Part of Season</i>				
	July- August	1	no data	no data
	September-November	0.97	0.50-1.90	0.936
	December-February	0.95	0.48-1.85	0.87
	March-May	0.67	0.33-1.37	0.27
<i>Climate Region</i>				
	Northern	1	no data	no data
	Southern	0.87	0.55-1.36	0.528
<hr/>				
	<i>Intrinsic prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Previous quadriceps injury</b>	<b>3.1</b>	<b>2.21-4.36</b>	<b>&lt;0.001</b>
	<b>Previous adductor injury</b>	<b>1.68</b>	<b>1.16-2.41</b>	<b>0.006</b>
	<b>Previous calf injury</b>	<b>1.91</b>	<b>1.24-2.93</b>	<b>0.003</b>
	<b>Goalkeeper</b>	<b>0.41</b>	<b>0.20-0.82</b>	<b>0.012</b>
<hr/>				
	<i>Extrinsic prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
	<b>UEFA CL match</b>	<b>0.48</b>	<b>0.24-0.97</b>	<b>0.04</b>

Key: HR= Hazard ratio, OR= odds ratio, UEFA= Union of European Football Associations, CL= Champions League. Prognostic factors in **bold** denote statistical significance.

Outcome: calf muscle injury

<i>Analysis type</i>	<i>Intrinsic prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Univariate</i>	<i>Demographic factors:</i>			
	<b>Age (above mean)</b>	<b>2.02</b>	<b>1.45-2.82</b>	<b>&lt;0.001</b>
	Stature (above mean)	1.04	0.76-1.43	0.819
	Body mass (above mean)	1.19	0.87-1.64	0.282
	<i>Position</i>			
	<b>Goalkeeper</b>	<b>0.43</b>	<b>0.20-0.96</b>	<b>0.038</b>
	Defender	1.31	0.83-2.07	0.242
	Midfielder	1.16	0.73-1.85	0.524
	Forward	1	no data	no data
	<i>Previous injury</i>			
	<b>Adductor</b>	<b>1.87</b>	<b>1.26-2.77</b>	<b>0.002</b>
	<b>Hamstrings</b>	<b>2.1</b>	<b>1.51-2.54</b>	<b>&lt;0.001</b>
	Quadriceps	1.09	0.65-1.83	0.742
	<b>Calf</b>	<b>2.83</b>	<b>1.86-4.31</b>	<b>&lt;0.001</b>
	<i>Extrinsic prognostic factors</i>			
	<i>Match type</i>			
	League	1	no data	no data
	<b>UEFA CL</b>	<b>2.43</b>	<b>1.61-3.67</b>	<b>&lt;0.001</b>
	UEFA Europa	1.23	0.53-2.84	0.636
	Other Cup	0.89	0.47-1.68	0.708
	<i>Match venue</i>			
	home	1	no data	no data
	Away	0.9	0.63-1.28	0.544
	<i>Part of Season</i>			
	July- August	1	no data	no data
	September-November	0.88	0.42-1.86	0.745
	December-February	1.13	0.55-2.35	0.74
March-May	1.34	0.65-2.77	0.429	
<i>Climate Region</i>				
Northern	1	no data	no data	
Southern	0.89	0.57-1.39	0.614	
<i>Analysis type</i>	<i>Intrinsic prognostic factors</i>	<i>HR</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<b>Previous calf injury</b>	<b>2.33</b>	<b>1.52-3.57</b>	<b>&lt;0.001</b>
	<b>Previous adductor injury</b>	<b>1.71</b>	<b>1.15-2.55</b>	<b>0.008</b>
	<b>Previous hamstring injury</b>	<b>1.74</b>	<b>1.24-2.44</b>	<b>0.002</b>
	<b>Goalkeeper</b>	<b>0.36</b>	<b>0.16-0.82</b>	<b>0.015</b>

<b>Older age (age above mean)</b>	<b>1.93</b>	<b>1.38-2.71</b>	<b>&lt;0.001</b>
<i>Extrinsic prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
<b>UEFA Champions league match</b>	<b>2.72</b>	<b>1.78-4.14</b>	<b>&lt;0.001</b>

Key: HR= Hazard ratio, OR= odds ratio, UEFA= Union of European Football Associations, CL= Champions League. Prognostic factors in **bold** denote statistical significance.

### Hagglund et al<sup>38</sup>

Outcome: Patellar tendinopathy

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
Univariate	<b>Total exposure hours (only significant factor)</b>	<b>Not reported</b>	<b>Not reported</b>	<b>Not reported</b>
	<b>All other factors not reported as supplementary material unavailable</b>			
Multivariate	<b>Total exposure hours (per 10 hour increase)</b>	<b>1.02</b>	<b>1-1.04</b>	<b>0.033</b>
	<b>Body weight (per 5kg increase)</b>	<b>1.15</b>	<b>1-1.33</b>	<b>0.055</b>
	<b>Age</b>	<b>0.97</b>	<b>0.93-1.01</b>	<b>0.17</b>
(Note: P values accepted at 0.20)				

### Henderson et al<sup>39</sup>

Outcome: Hamstring injury in dominant leg

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>OR</i>	<i>95% CI</i>	<i>P Value</i>
Multivariate	<b>Age</b>	<b>1.78</b>	<b>1.17-2.72</b>	<b>0.007</b>
	<b>Active hip flexion (dominant)</b>	<b>0.77</b>	<b>0.62-0.97</b>	<b>0.023</b>
	<b>Non countermovement jump height</b>	<b>1.47</b>	<b>1.02-2.12</b>	<b>0.038</b>
	<b>Lean mass</b>	<b>0.84</b>	<b>0.71-1.01</b>	<b>0.06</b>



**Nilstad et al<sup>40</sup>**

Outcome: Lower extremity injury

<i>Analysis type</i>	<i>Prognostic factor</i>	<i>OR</i>	<i>95% CI</i>	<i>p value</i>
<i>Univariate</i>	<i>Previous injury:</i>			
	ACL Injury	1.97	0.77-5.05	0.16
	Knee injury	0.92	0.44-1.91	0.820
	Ankle injury	1.28	0.81-2.01	0.290
	Hamstring injury	0.86	0.44-1.66	0.640
	<i>Neuromuscular factors:</i>			
	Quadriceps strength	1.01	0.81-1.26	0.950
	Hamstring strength	1.15	0.91-1.46	0.230
	Hip abductor strength	0.89	0.71-1.12	0.320
	1 RM leg press	1.08	0.86-1.35	<b>0.530</b>
	Star excursion balance test	1.07	0.88-1.31	0.490
	Knee valgus angle	0.83	0.67-1.02	0.080
	<i>Anatomic factors:</i>			
	Knee joint laxity	1.1	0.94-1.29	0.24
	<b>Foot pronation</b>	<b>1.23</b>	<b>1-1.51</b>	<b>0.05</b>
	Generalised joint laxity	0.82	0.47-1.44	0.49
	<i>Analysis type</i>	<i>Prognostic factor</i>	<i>OR</i>	<i>95% CI</i>
<i>Multivariate</i>	<i>Demographic factors:</i>			
	Age	1.24	1-1.54	0.09
	<b>BMI</b>	<b>1.51</b>	<b>1.21-1.90</b>	<b>0.001</b>
	<i>Previous injury:</i>			
	ACL Injury	1.55	0.42-5.68	0.51
	<i>Neuromuscular factors:</i>			
	Knee valgus angle	0.9	0.71-1.15	0.460
<i>Anatomic factors:</i>				
Foot pronation	1.25	0.99-1.59	0.06	

Key: BMI= Body mass index, RM=Repetition maximum, ACL = anterior cruciate ligament, OR=odds ratio, CI= Confidence interval. Prognostic factors in **bold** denote statistical significance.

Outcome: thigh injuries

<i>Analysis type</i>	<i>Prognostic factor</i>	<i>OR</i>	<i>95% CI</i>	<i>p value</i>
Univariate	<i>Demographic factors:</i>			
	Age	0.98	0.7-1.38	0.9
	BMI	1.37	0.95-1.98	0.090
	<i>Previous injury:</i>			
	ACL Injury	No data	No data	No data
	Knee injury	No data	No data	No data
	Ankle injury	No data	No data	No data
	Hamstring injury	0.86	0.44-1.66	0.640
	<i>Neuromuscular factors:</i>			
	Quadiceps strength	1.1	0.72-1.66	0.660
	Hamstring strength	1.38	0.86-2.23	0.180
	Hip abductor strength	0.99	0.65-1.51	0.170
	1 RM leg press	1.32	0.87-2	0.190
	Star excursion balance test	0.88	0.62-1.25	0.48
	<i>Anatomic factors:</i>			
	Knee joint laxity	1.16	0.93-1.44	0.19
Foot pronation	1.13	0.77-1.66	0.54	
Generalised joint laxity	1.14	0.44-2.99	0.79	
	<i>Prognostic factor</i>	<i>OR</i>	<i>95% CI</i>	<i>p value</i>
Multivariate	<i>Demographic factors:</i>			
	<b>BMI</b>	<b>1.51</b>	<b>1.08-2.11</b>	<b>0.010</b>
	<i>Previous injury:</i>			
	Hamstring injury	1.35	0.42-4.38	0.62
<i>Neuromuscular factors:</i>				
	Hamstring strength	1.45	0.98-2.16	0.060

Key: BMI= Body mass index, RM=Repetition maximum, ACL = anterior cruciate ligament, OR=odds ratio, CI= Confidence interval. Prognostic factors in **bold** denote statistical significance.

Outcome: knee injuries

<i>Analysis type</i>	<i>Prognostic factor</i>	<i>OR</i>	<i>95% CI</i>	<i>p value</i>
<i>Univariate</i>	<i>Demographic factors:</i>			
	Age	1.2	0.91-1.58	0.19
	BMI	1.1	0.85-1.42	0.460
	<i>Previous injury:</i>			
	<b>ACL Injury</b>	<b>3.7</b>	<b>1.47-9.36</b>	<b>0.010</b>
	Knee injury	0.67	0.19-2.40	0.540
	<i>Neuromuscular factors:</i>			
	Quadriceps strength	0.87	0.62-1.23	0.430
	Hamstring strength	0.84	0.60-1.19	0.320
	Hip abductor strength	0.89	0.64-1.23	0.470
	1 RM leg press	0.9	0.65-1.25	0.530
	Star excursion balance test	0.93	0.7-1.23	0.6
	Knee valgus angle	0.8	0.59-1.08	0.14
	<i>Anatomic factors:</i>			
	Knee joint laxity	1.17	0.95-1.43	0.14
	Foot pronation	1.32	0.97-1.79	0.08
Generalised joint laxity	0.85	0.4-1.84	0.69	

<i>Analysis type</i>	<i>Prognostic factor</i>	<i>OR</i>	<i>95% CI</i>	<i>p value</i>
<i>Multivariate</i>	<i>Previous injury:</i>			
	ACL Injury	3.3	0.82-13.3	0.09
	Previous ankle injury	1.46	0.64-3.31	0.370
	<i>Neuromuscular factors:</i>			
	Knee valgus angle	0.12	0.01-1.3	0.18
	<i>Anatomic factors:</i>			
	Foot pronation	1.28	0.87-1.90	0.260
Knee joint laxity	1.12	0.84-1.51	0.47	

Key: BMI= Body mass index, RM=Repetition maximum, ACL = anterior cruciate ligament, OR=odds ratio, CI= Confidence interval. Prognostic factors in **bold** denote statistical significance.

Outcome: ankle injuries

<i>Analysis type</i>	<i>Prognostic factor</i>	<i>OR</i>	<i>95% CI</i>	<i>p value</i>
<i>Univariate</i>	<i>Demographic factors:</i>			
	<b>Age</b>	<b>0.64</b>	<b>0.44-0.95</b>	<b>0.03</b>
	BMI	1.25	0.90-1.72	0.180

<i>Previous injury:</i>				
	Knee injury	0.67	0.15-2.91	0.590
	Ankle injury	1.44	0.66-3.16	0.360
<i>Neuromuscular factors:</i>				
	Quadriceps strength	1.12	0.78-1.61	0.540
	Hamstring strength	1.12	0.81-1.57	0.490
	Hip abductor strength	1.11	0.83-1.48	0.470
	<b>1 RM leg press</b>	<b>1.47</b>	<b>1.05-2.05</b>	<b>0.020</b>
	Star excursion balance test	0.99	0.71-1.39	0.96
	Knee valgus angles	1.14	0.49-2.66	0.76
<i>Anatomic factors:</i>				
	Knee joint laxity	0.98	0.72-1.35	0.92
	<b>Foot pronation</b>	<b>1.56</b>	<b>1.13-2.15</b>	<b>0.01</b>
	Generalised joint laxity	1.14	0.49-2.66	0.76

<i>Analysis type</i>	<i>Prognostic factor</i>	<i>OR</i>	<i>95% CI</i>	<i>p value</i>	
<i>Multivariate</i>	<i>Demographic factors:</i>				
		Age	0.65	0.4-1.05	0.08
	<i>Neuromuscular factors:</i>				
		<b>Knee valgus angles</b>	<b>0.64</b>	<b>0.41-1.00</b>	<b>0.040</b>
		1 RM leg press	1.41	0.97-2.06	0.07
	<i>Anatomic factors:</i>				
		Foot pronation	1.55	0.99-2.41	0.07

Key: BMI= Body mass index, RM=Repetition maximum, ACL = anterior cruciate ligament, OR=odds ratio, CI= Confidence interval. Prognostic factors in **bold** denote statistical significance.

*Outcome: lower leg and foot injuries*

<i>Analysis Type</i>	<i>Prognostic factor</i>	<i>OR</i>	<i>95% CI</i>	<i>p value</i>	
<i>Univariate</i>	<i>Demographic factors:</i>				
		<b>Age</b>	<b>1.48</b>	<b>1-2.21</b>	<b>0.05</b>
		BMI	1.44	0.84-2.49	0.180
	<i>Previous injury:</i>				
		<b>Knee injury</b>	<b>3.73</b>	<b>1.47-9.46</b>	<b>0.010</b>
		Ankle injury	1.01	0.41-2.47	0.990
	<i>Neuromuscular factors:</i>				
		Quadriceps strength	0.85	0.61-1.19	0.340
		Hamstring strength	1.14	0.81-1.61	0.440
		Hip abductor strength	0.7	0.42-1.17	0.170
		1 RM leg press	0.95	0.59-1.52	0.820

Star excursion balance test	1.37	0.84-2.24	0.21
knee valgus angle	1.04	0.76-1.42	0.81
<i>Anatomic factors:</i>			
Knee joint laxity	0.83	0.58-1.19	0.32
Foot pronation	1.01	0.91-1.11	0.94
Generalised joint laxity	0.72	0.71-1.43	0.55

<i>Analysis Type</i>	<i>Prognostic factor</i>	<i>OR</i>	<i>95% CI</i>	<i>p value</i>
Multivariate	<i>Demographic factors:</i>			
	Age	1.47	0.98-2.2	0.06
	BMI	1.4	0.90-2.17	0.140
	<i>Previous Injury</i>			
	<b>Knee injury</b>	<b>3.57</b>	<b>1.27-9.99</b>	<b>0.02</b>

Key: BMI= Body mass index, RM=Repetition maximum, ACL = anterior cruciate ligament, OR=odds ratio, CI= Confidence interval. Prognostic factors in **bold** denote statistical significance.

#### Timmins et al<sup>41</sup>

Outcome: Hamstring muscle injuries

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>Rel. R</i>	<i>95% CI</i>	<i>P Value</i>
Univariate	<i>Passive fascicle length</i>			
	<10.56cm	<b>4.1</b>	<b>1.9-8.7</b>	<b>0.001</b>
	<i>Passive fascicle length relative to BFlh length</i>			
	<0.254	<b>3.7</b>	<b>1.9-7.3</b>	<b>0.001</b>
	<i>25% MVIC length</i>			
	<9.61	3.2	1.2-7.9	0.008
	<i>Passive fascicle length imbalance</i>			
	>10% imbalance	1.2	0.6-2.4	0.673
	>15% imbalance	1.5	0.7-3.0	0.271
	>20% imbalance	1.3	0.6-3.0	0.579
	<i>25% MVIC fascicle length imbalance</i>			
	>10% imbalance	<b>1.3</b>	<b>0.6-2.6</b>	<b>0.512</b>
	<15% imbalance	0.7	0.3-1.7	0.630
	<20% imbalance	0.4	0.1-1.7	0.249

<i>Passive muscle thickness</i>			
<2.35cm	0.56	0.2-1.5	0.320
<i>25% MVIC muscle thickness</i>			
<2.61cm	1.3	0.6-2.7	0.504
<i>Eccentric hams strength</i>			
<b>&lt;337N</b>	<b>4.4</b>	<b>1.1-17.5</b>	<b>0.013</b>
<b>&lt;145Nm</b>	<b>3.6</b>	<b>1.2-11.4</b>	<b>0.017</b>
<b>&lt;4.35N/Kg</b>	<b>2.5</b>	<b>1.1-6.2</b>	<b>0.041</b>
<b>&lt;1.86 Nm/kg</b>	<b>2.9</b>	<b>1.1-7.1</b>	<b>0.011</b>
<i>Eccentric strength imbalance</i>			
>10% imbalance	1.0	0.5-2.0	1
>15% imbalance	1.3	0.6-2.7	0.459
>20% imbalance	1.5	0.6-3.8	0.476
<i>MVIC strength</i>			
<400N	2.0	0.8-5.2	0.161
<172Nm	1.5	0.7-3.5	0.364
<4.60N/Kg	1.5	0.7-3.2	0.254
2.07 Nm/kg	1.6	0.8-3.3	0.192
<i>MVIC strength imbalance</i>			
<10% imbalance	0.8	0.4-1.8	0.826
>15% imbalance	1.3	0.6-2.9	0.434
>20% imbalance	1.1	0.4-3.3	0.732
<i>Previous injury</i>			
HSI	2.0	1.0-4.0	0.063
ACL	1.9	0.8-4.4	0.164
Calf strain	1.3	0.4-3.8	0.713
Quadriceps strain	1.8	0.8-3.9	0.215
Chronic groin pain	1.3	0.5-3.8	0.703
<i>Age</i>			
>18 compared to <18	1.5	0.2-9.7	1.00
<b>&gt;20.4 compared to &lt;20.4</b>	<b>8.4</b>	<b>1.1-59.5</b>	<b>0.005</b>
<b>&gt;23.7 compared to &lt;23.7</b>	<b>4.2</b>	<b>1.6-10.4</b>	<b>0.001</b>
<b>&gt;28.8 compared to &lt;28.8</b>	<b>2.2</b>	<b>1.1-4.3</b>	<b>0.043</b>
>32.6 compared to <32.6	0.7	0.2-2.6	0.739
<i>Height</i>			
>182.3cm	1.6	0.8-3.4	0.206
<i>Weight (kg)</i>			
>77.9kg	1.4	0.7-2.8	0.370

<i>Univariate (Logistic regression)</i>		OR	95% CI	P Value
	<b>Increased BFlh fascicle length (0.5cm)</b>	<b>0.261</b>	<b>0.10-0.57</b>	<b>0.002</b>
	<b>Increased eccentric hamstring strength(10Nm)</b>	<b>0.910</b>	<b>0.85-0.97</b>	<b>0.004</b>

Key: cm= centimetres, BFlh= Biceps femoris long head, MVIC= Maximal voluntary isometric contraction, N =newtons, Nm=newtonmetres, N/kg= newtonmetres per kilogram, HIS+hamstring injury, ACL =anterior cruciate ligament, kg = kilograms. OR= odds ratio obtained through logistic regression, Rel. R= relative risk, CI= Confidence interval. Prognostic factors in **bold** denote statistical significance.

#### **Waldén et al<sup>42</sup>**

*Outcome: Knee injuries*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>Rel.R</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<i>Previous history:</i>			
<i>(player as unit of analysis)</i>	<b>Previous ACL injury</b>	<b>3.4</b>	<b>1.8-6.3</b>	<b>&lt;0.05</b>
<i>(knee as unit of analysis)</i>	<b>Previous ACL injury</b>	<b>4.5</b>	<b>2.3-8.8</b>	<b>&lt;0.05</b>

Key: ACL=anterior cruciate ligament, Rel.R= relative risk, CI= Confidence interval. Prognostic factors in **bold** denote statistical significance.

*Outcome: Traumatic knee injuries*

<i>Analysis type</i>	<i>Prognostic factors</i>	<i>Rel.R</i>	<i>95% CI</i>	<i>P Value</i>
<i>Multivariate</i>	<i>Previous history:</i>			
<i>(player as unit of analysis)</i>	<b>Previous ACL injury</b>	<b>2.7</b>	<b>1.3-5.8</b>	<b>&lt;0.05</b>
<i>(knee as unit of analysis)</i>	<b>Previous ACL injury</b>	<b>2.6</b>	<b>1.1-6.7</b>	<b>&lt;0.05</b>

Outcome: Overuse knee injuries

Analysis type	Prognostic factors	Rel.R	95% CI	P Value
Multivariate (player as unit of analysis) (knee as unit of analysis)	<i>Previous history:</i>			
	<b>Previous ACL injury</b>	<b>4.8</b>	<b>2.0-11.2</b>	<b>&lt;0.05</b>
	<b>Previous ACL injury</b>	<b>7.9</b>	<b>3.4-18.5</b>	<b>&lt;0.05</b>

Van Dyk et al<sup>43</sup>

Outcome: Hamstring muscle strain injuries

Analysis type	Prognostic factors	OR	95% CI	P Value
Multivariate	<i>Quadriceps isokinetic factors:</i>			
	Conc 60 deg/s	1.01	1-1.01	0.060
	<b>BW adjusted</b>	<b>1.41</b>	<b>1.03-1.92</b>	<b>0.030</b>
	Conc 300 deg/s	1.01	1.00-1.01	0.970
	BW adjusted	0.91	0.53-1.79	0.870
	<i>Hamstring isokinetic factors:</i>			
	Conc 60 deg/s	1.01	1.00-1.01	0.170
	BW adjusted	1.33	0.78-2.33	0.290
	Conc at 300 deg/s	1.01	1.00-1.01	0.200
	BW adjusted	1.33	0.78-2.33	0.290
	Eccentric at 60 deg/s	1.01	1.00-1.01	0.120
	<b>BW adjusted</b>	<b>1.37</b>	<b>1.01-1.85</b>	<b>0.040</b>
	<i>Mixed quadriceps to hamstring ratios</i>			
	Quads conc/hams conc 60deg/s	1.32	0.76-2.27	0.320
	Quads conc/hams ecc 60deg/s	0.93	0.29-2.94	0.900
	Quads conc/hams conc 300deg/s	0.68	0.36-1.32	0.260
	Quads conc/hams ecc 60deg/s	0.68	0.31-1.52	0.350

Key: Conc=concentric, ecc=eccentric, deg/s= degrees per second, BW= Body weight, OR= odds ratio, CI= Confidence interval. Prognostic factors in **bold** denote statistical significance.