

Supplementary Table 2 - Injury locations

	Extended <i>Knee Control</i>			Adductor programme			Comparison group		
	All n (%)	Male n (%)	Female n (%)	All n (%)	Male n (%)	Female n (%)	All n (%)	Male n (%)	Female n (%)
<b>Injury locations (n=514)</b>	<b>n=197</b>	<b>n=56</b>	<b>n=141</b>	<b>n=125</b>	<b>n=14</b>	<b>n=111</b>	<b>n=192</b>	<b>n=40</b>	<b>n=152</b>
<b>Head and neck</b>	<b>6 (3.0)</b>	<b>1 (1.8)</b>	<b>5 (3.5)</b>	<b>4 (3.2)</b>	<b>0 (0.0)</b>	<b>4 (3.6)</b>	<b>5 (2.6)</b>	<b>1 (2.5)</b>	<b>4 (2.6)</b>
Head	3 (1.5)	0 (0.0)	3 (2.1)	3 (2.4)	0 (0.0)	3 (2.7)	2 (1.0)	0 (0.0)	2 (1.3)
Neck	3 (1.5)	1 (1.8)	2 (1.4)	1 (0.8)	0 (0.0)	1 (0.9)	3 (1.6)	1 (2.5)	2 (1.3)
<b>Upper limb*</b>	<b>5 (2.5)</b>	<b>1 (1.8)</b>	<b>4 (2.8)</b>	<b>6 (4.8)</b>	<b>1 (7.1)</b>	<b>5 (4.5)</b>	<b>7 (3.6)</b>	<b>2 (5.0)</b>	<b>5 (3.3)</b>
Shoulder	2 (1.0)	0 (0.0)	2 (1.4)	3 (2.4)	0 (0.0)	3 (2.7)	3 (1.6)	1 (2.5)	2 (1.3)
Wrist	1 (0.5)	0 (0.0)	1 (0.7)	0 (0.0)	0 (0.0)	0 (0.0)	1 (0.5)	0 (0.0)	1 (0.7)
Hand	2 (1.0)	1 (1.8)	1 (0.7)	3 (2.4)	1 (7.1)	2 (1.8)	3 (1.6)	1 (2.5)	2 (1.3)
<b>Trunk*</b>	<b>11 (5.6)</b>	<b>2 (3.6)</b>	<b>9 (6.4)</b>	<b>7 (5.6)</b>	<b>0 (0.0)</b>	<b>7 (6.3)</b>	<b>12 (6.3)</b>	<b>5 (12.5)</b>	<b>7 (4.6)</b>
Chest	1 (0.5)	0 (0.0)	1 (0.7)	0 (0.0)	0 (0.0)	0 (0.0)	1 (0.5)	1 (2.5)	0 (0.0)
Thoracic spine	4 (2.0)	0 (0.0)	4 (2.8)	1 (0.8)	0 (0.0)	1 (0.9)	1 (0.5)	1 (2.5)	0 (0.0)
Lumbosacral	6 (3.0)	2 (3.6)	4 (2.8)	6 (4.8)	0 (0.0)	6 (5.4)	10 (5.2)	3 (7.5)	7 (4.6)
<b>Lower limb</b>	<b>175 (88.8)</b>	<b>52 (92.9)</b>	<b>123 (87.2)</b>	<b>101 (80.8)</b>	<b>13 (92.9)</b>	<b>88 (79.3)</b>	<b>164 (85.4)</b>	<b>30 (75.0)</b>	<b>134 (88.2)</b>
Groin	20 (10.2)	12 (21.4)	8 (5.7)	14 (11.2)	1 (7.1)	13 (11.7)	17 (8.9)	5 (12.5)	12 (7.9)
Posterior thigh	16 (8.1)	7 (12.5)	9 (6.4)	5 (4.0)	0 (0.0)	5 (4.5)	19 (9.9)	5 (12.5)	14 (9.2)
Anterior thigh	13 (6.6)	3 (5.4)	10 (7.1)	6 (4.8)	1 (7.1)	5 (4.5)	18 (9.4)	5 (12.5)	13 (8.6)
Knee	47 (23.9)	13 (23.2)	34 (24.1)	19 (15.2)	2 (14.3)	17 (15.3)	41 (21.4)	4 (10.0)	37 (24.3)
Lower leg	32 (16.2)	4 (7.1)	28 (19.9)	14 (11.2)	2 (14.3)	12 (10.8)	22 (11.5)	4 (10.0)	18 (11.8)
Ankle	28 (14.2)	7 (12.5)	21 (14.9)	26 (20.8)	4 (28.6)	22 (19.8)	35 (18.2)	5 (12.5)	30 (19.7)
Foot	19 (9.6)	6 (10.7)	13 (9.2)	17 (13.6)	3 (21.4)	14 (12.6)	12 (6.3)	2 (5.0)	10 (6.6)
<b>Unspecified location</b>	<b>0 (0.0)</b>	<b>0 (0.0)</b>	<b>0 (0.0)</b>	<b>7 (5.6)</b>	<b>0 (0.0)</b>	<b>7 (6.3)</b>	<b>4 (2.1)</b>	<b>2 (5.0)</b>	<b>2 (1.3)</b>

Injury data is presented with contusions included. Up to three injuries could be reported for each player in a single week.

\*No injuries were reported to the upper arm, elbow, forearm or abdomen.