

**Supplementary Table 3** Details of adverse events (AEs) and serious adverse events (SAEs)

Author name (year)	Number of adverse events (AEs)	Number of serious adverse events (AEs)	AEs related to sport participation (number and type of AEs)	Exposure (hours)
Andersen et al. (2016) <sup>a,b,c,d</sup>	1 intervention, NR control	0 intervention, NR control	<b>N:</b> 1  <b>Type:</b> Achilles tendon tear (n=1)	32
Bjerre et al (2019)	71 intervention, 13 control	13 intervention, 24 control	<b>N:</b> 60  <b>Type:</b> muscle strain or sprain (n=40); partial and full ruptured of Achilles tendon (n=2); minor injuries not specified (n=18)	52
De Sousa et al. (2019) <sup>e,f</sup>	0 intervention, NR control	NR intervention, NR control	<b>N:</b> 0	24
Pedersen et al. (2016)	10 intervention, NR control	NR intervention, NR control	<b>N:</b> 3  <b>Type:</b> not specified minor injuries or pain (n=3)	8
Pereira et al. (2020)	1 intervention, NR control	0 intervention, NR control	<b>N:</b> 1  <b>Type:</b> finger subluxation (n=1)	40
Shimada et al. (2017)	0 intervention, 0 control	0 intervention, 0 control	<b>N:</b> 0	42
Skoradal et al. (2018) <sup>g,h</sup>	0 intervention, NR control	0 intervention, NR control	<b>N:</b> 0	30
Uth et al. (2014) <sup>i,j</sup>	5 intervention, NR control	NR intervention, NR control	<b>N:</b> 5  <b>Type:</b> fibula fracture (n=1), partial ruptured of Achilles (n=2), ankle sprain (n=1), quadriceps muscle strain (n=1)	24.5
Vorup et al. (2017)	2 intervention, NR control	NR intervention, NR control	<b>N:</b> 2  <b>Type:</b> shoulder injury (n=1), knee injury (n=1)	8.8
Same trials reporting different outcomes: <sup>a</sup> Andersen et al. 2014, <sup>b</sup> Andersen et al. 2016, <sup>c</sup> Helge et al. 2014, <sup>d</sup> Sundstrup et al. 2016, <sup>e</sup> De Sousa et al. 2019, <sup>f</sup> Vieira de Sousa et al. 2019, <sup>g</sup> Skoradal et al. 2018 (a), <sup>h</sup> Skoradal et al. 2018 (b), <sup>i</sup> Uth et al. 2014, <sup>j</sup> Uth et al. 2016. NR: not reported; AEs: Adverse events; SAEs: Serious adverse events				