

Supplementary table 1: Study characteristics

Reference	Study design	Treatment	Treatment details	Sample size	Sex	Age	Level of sport	FU time
Anterior Tibia				n (fractures)	M : F	yr (range)		mnths (range)
Johansson et al.	Retrospective case series	C	Immobilization and trainingrestriction	11 (14)	3 : 8	27.2 (11 - 44)	A	36 (24 - 60)
Orava et al.	Retrospective case series	C	Rest from sports (6 months (3-10))	17	6 : 2	24.6 (18 - 32)	A	xx
Navicular								
Benazzo et al.	Retrospective case series	C	Electrostimulation 24h until healing or improvement	13	4 : 17 *	21.8 (17 - 29) *	A	
Bojanic et al.	Prospective cohort	C	NWBC 6-8wk	17 (18)	8 : 9	20.1 (17 - 34)	A	33.9 (14 - 69)
Burne et al.	Retrospective case series	C	2:NWBC>6wk 1:NWB 6wk 2:NWB>1wk 6:WB	11	3 : 8	24.6 (13 - 49)	A	> 12
Khan et al.	Retrospective case series	C & S		82 (86)	51 : 31	20.2 (14 - 39)	A	33 (6 - 108)
		S	Bone graft / internal fixation / both	6				
			AC = unknown					
	C	5 no limitations, 40 AL, 22 NWBC >6 wk, 13 NWBC 2-5 wk	80					
McCormick et al.	Retrospective case series	S	Vitalization (7xIncl.BG) and 2x 4.0 /1x 2 4.5 cannulated screws, 1x 4.0mm screw AC = splint 2 wk, NWBC 4 wk, than NWB boot 4 wk	10	7 : 3	28.7 (18 - 54)	A / 3 NA	42.4
Saxena et al.2000	Retrospective case series	C & S		19 (22)	9 : 10	27.2 (17 - 48)	xx	36.5 (8 - 62)
		S (2)	Vitalization, BG and when needed 4.0mm cancellous screw	4				
			AC = unknown					
	C	Unknown	18					
Saxena et al.2006	Retrospective case series	C & S		19			xx	> 24 (3: >12)
		S (1)	Open reduction and internal fixation	13	6 : 7	26.2 (16 - 40)		
			AC = 6wk NWBC followed by WB 2-6wk until pain free					
	C	6wk NWBC followed by WB 2-6wk until pain free	6	2 : 4	21.5 (16 - 30)			
Torg et al. 1982	Retrospective case series	C & S		19 (21)	19 : 2	21.8 (15 - 42)	A	20.8 (4 - 42)
		S	1 open reduction and internal fixation, 1 BG	2	2 : 0			
			AC = NWBC 6 wk					
	C	10 NWBC 6-8 wk, 4 WBC (duration not specified), 5 AL	19	17 : 2				

Fifth Metatarsal								
Chuckpaiwong et al.	Retrospective case series	C & S		29	22 : 7	27.6 (12.4)	A / 3 NA	xx
		S (3)	Unknown	21				
		C	4-6 wk NWBC followed by 4-8wk functional splint	8				
DeLee et al.	Retrospective case series	S	7 ASIF screw, 3 Lienbach screw AC = NWBC 2wks, gradual WB progression with foot protection	10	9 : 1	21 (18 - 28)	A	14.5 (10 - 27)
Ekstrand et al.	Prospective cohort	C & S		20	20 : 0	23 (18 - 33) *	A	xx
		S	Unknown	14				
		C	Unknown	6				
Josefsson et al.	Retrospective case series	C	13 WB permitted & optional elastic bandage / 1 plaster cast 3 wk	14	14 : 0	24.7 (16 - 45)	xx	240 (144 - 312)
Lee et al.	Retrospective case series	S	19 T1 & 43 T2: tensionband wire / 13 T3: with BG AC = NWBC 6 wk followed by boot and WB	73 (75)	71 : 2	19.8 (13 - 33)	A	xx
Nagao et al.	Retrospective case series	S	47 Acutrak / 13 Plus headless compression screw fixation AC = WB & shoe insoles during sport	60	59 : 1	19 (15 - 31)	A	44.5 (5 - 110)
Pecina et al.	Retrospective case series	S	4.5mm malleolar screw AC = NWBC 3 wks followed by WB hardsole shoe & AL >6 wk	20	19 : 1	21 (16 - 26)	A	123.6 (42 - 228)
Popovic et al.	Retrospective case series	S		18	xx		A	37.2
		S	17 PC 4.5mm malleolar screw, 1 stainless steel 6.5mm cancellous screw	11		20.5 (18 - 23)		
		S	Open 4.5mm malleolar screw with BG AC = NWBC 3wks than WBC 3wks	7		20.6 (19 - 22)		

* Including other fractures

- 1) Surgery: all T2,3 except 1xT2 and 1xT3
- 2) Surgery: T2 and 5 patients secondary after 6-12wk NWBC
- 3) Surgery if displacement >2-3mm, competitive athletes, without progression >3months, not willing conservative treatment, abnormal sclerosis at fracture site (Torg2/3)

NWBC: non-weightbearing cast
WBC: weightbearing cast
NWB: non-weightbearing
WB: weightbearing
AL: activities limitations
AC: aftercare
BG: bone graft
PC: percutaneous

A: athletes
NA: non-athletes
FU: follow-up