

## Supplementary Tables

**Supplementary Table 1.** Search Strategy for MEDLINE, EMBASE, CENTRAL, PEDro, CINAHL and SPORTDiscus databases, January 14<sup>th</sup>, 2021.

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### MEDLINE, EMBASE and CENTRAL

1. (football\* or soccer).mp.
2. FOOTBALL/
3. soccer/
4. 1 or 2 or 3
5. (prevent\* or protect\* or risk\* or reduc\* or avoid\* or prehab\* or reccuren\*).mp.
6. randomized controlled trial.pt.
7. controlled clinical trial.pt.
8. randomized.ab.
9. placebo.ab,ti.
10. randomly.ab,ti.
11. trial.ab,ti.
12. groups.ab,ti.
13. 6 or 7 or 8 or 9 or 10 or 11 or 12
14. (animals not (humans and animals)).sh.
15. 13 not 14
16. 4 and 5 and 15

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### PEDro

Abstract & Title: Soccer

Method: Clinical trial

Abstract & Title: Football

Method: Clinical trial

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### CINAHL

- S1. football\* or soccer
  - S2. (MH "Football") OR (MH "Football Injuries")
  - S3. (MH "Soccer") OR (MH "Soccer Injuries")
  - S4. S1 OR S2 OR S3
  - S5. prevent\* or protect\* or risk\* or reduc\* or avoid\* or prehab\* or reccuren\*
  - S6. (MH "Randomized Controlled Trials+") OR (MH "Clinical Trials+")
  - S7. (MH "Random Assignment")
  - S8. (MH "Placebo Effect") OR (MH "Placebos")
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S9. (MH "Intervention Trials") OR (MH "Preventive Trials")

S10. (MH "Control Group") OR (MH "Group Exercise")

S11. S6 OR S7 OR S8 OR S9 OR S10

S12. (MH "Animals+")

S13. S11 not S12

S14. S4 AND S5 AND S13

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SPORTDiscus

S1. soccer

S2. football

S3. S1 OR S2

S4. prevent\* or protect\* or risk\* or reduc\* or avoid\* or prehab\* or reccuren\*

S5. randomized controlled trials

S6. controlled clinical trial

S7. randomized

S8. placebo

S9. randomly

S10. trial

S11. group

S12. S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11

S13. animals

S14. S12 not S13

S15. S3 AND S4 AND S14

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**Supplementary Table 2.** Characteristics of registered trials.

Database (number)	Year of registration / Status	Country	Participants (all football players)	Sample size	Intervention	Study length	Outcome
ClinicalTrials.gov NCT04674072	2020 / Not yet recruiting	Saudi Arabia	Male (18 to 40 years)	400	<p>IG: The intervention group will be instructed to include the reverse Nordic curl exercise into their warm-up 15 to 20 mins before training session (3 times per week) during one season (6 months).</p> <p>CG: The control group will practice their usual warm up. Usual warm-up is defined as any basic exercises performed before a performance or practice to prepare the muscles for vigorous actions.</p>	6 months	<p>Incidence of initial injuries.</p> <p>The incidence of recurrent injuries.</p>
ClinicalTrials.gov NCT04673903	2020 / Not yet recruiting	Saudi Arabia	Male (18 to 40 years)	400	<p>IG: Copenhagen adduction exercise to be included into the warm up before training session (3 times per week) during one season (6 months).</p> <p>CG: The control group will practice their usual warm up (defined as any basic exercises performed before a performance or practice to prepare the muscles for vigorous actions).</p>	6 months	<p>Incidence of initial injuries.</p> <p>The incidence of recurrent injuries.</p>

ClinicalTrials.gov NCT04272047	2020 / Not yet recruiting	Sweden	Male and female, youth and adult ( $\geq 14$ years)	750 participants	<p>IG-1: Knee Control+ program, 15-20 minute training program to be performed at all team training sessions during the season.</p> <p>IG-2: Adductor strengthening program to be performed 2-3 times per week, one set per side, during the pre-season, and 1 time per week, one set per side during the in-season.</p> <p>CG: Knee Control program, 15-20 minute training program to be performed as per the team's usual routines (no intervention from the researchers).</p>	7 months	All physical complaints injury in four main locations (i.e., ankle, knee, hamstrings, hip/groin)
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IG: Intervention Group; IG-1: Intervention Group 1; IG-2: Intervention group 2; CG: Control group.

Data search strategy for ClinicalTrials.gov: soccer OR football AND injury AND prevention.

Data search strategy for International Standard Randomized Controlled Trial Number Register [IRISCTN]: soccer OR football.

Data search strategy for Australian-New Zealand Clinical Trials Registry [ANZCTR]: soccer OR football.

Data search strategy for Registro Brasileiro de Ensaios Clínicos [ReBec]: "futebol", soccer, football.

**Supplementary Table 3.** Risk of bias of included studies (PEDro scale).

Study	Eligibility criteria specified	Random allocation	Concealed allocation	Groups similar at baseline	Participant blinding	Therapist blinding	Assessor blinding	Adequate follow-up	Intention to treat analysis	Between group comparisons	Point estimates and variability
Gilchrist, 2008	Yes	Yes	No	Yes	No	No	No	No	No	Yes	Yes
Hammes, 2015	Yes	Yes	No	No	No	No	No	Yes	No	Yes	Yes
Hasebe, 2020	No	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
Owoeye, 2014	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes
Silvers-Granelli, 2017	Yes	Yes	No	No	No	No	No	Yes	No	Yes	Yes
Soligard, 2008	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes
Steffen, 2008	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
van de Hoef, 2018	Yes	Yes	No	No	No	No	No	No	Yes	Yes	Yes
van der Horst, 2015	Yes	Yes	No	Yes	No	No	No	No	Yes	Yes	Yes
Waldén, 2012	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes