

Supplementary Table 1: Training and match exposure, preventive programme use and descriptive data on injury events

	Extended <i>Knee Control</i>			Adductor programme			Comparison group		
	All players	Male	Female	All players	Male	Female	All players	Male	Female
Exposure and preventive programme use	n=197	n=71	n=126	n=125	n=22	n=103	n=180	n=62	n=118
Training exposure h per player and week, mean \pm SD	3.0 \pm 2.0	3.4 \pm 2.3	2.8 \pm 1.9	2.5 \pm 1.8	2.1 \pm 1.9	2.6 \pm 1.8	2.6 \pm 2.0	2.9 \pm 2.2	2.5 \pm 1.9
Match exposure h per player and week, mean \pm SD	0.6 \pm 0.9	0.5 \pm 0.8	0.7 \pm 0.9	0.6 \pm 0.8	0.5 \pm 0.9	0.6 \pm 0.8	0.6 \pm 0.8	0.6 \pm 0.8	0.6 \pm 0.8
Total exposure h per player and week, mean \pm SD	3.6 \pm 2.3	4.0 \pm 2.6	3.5 \pm 2.2	3.1 \pm 2.2	2.6 \pm 2.2	3.1 \pm 2.2	3.2 \pm 2.3	3.5 \pm 2.6	3.1 \pm 2.2
Preventive programme use, times per week, mean \pm SD	1.6 \pm 1.2	1.8 \pm 1.4	1.5 \pm 1.1	1.0 \pm 0.9	0.9 \pm 1.0	1.0 \pm 0.9	1.4 \pm 1.2	1.3 \pm 1.2	1.5 \pm 1.2
Training exposure season, sum h	8211	2548	5664	4003	441	3563	5874	1601	4274
Match exposure season, sum h	1759	374	1385	910	109	801	1291	317	974
Total exposure season, sum h	9971	2922	7049	4913	550	4363	7165	1918	5248
Injury events (n=458)	n=171	n=51	n=120	n=114	n=14	n=100	n=173	n=38	n=135
Primary outcomes									
Injury to 3 lower-limb locations combined n (%)*	77 (45.0)	25 (49.0)	52 (43.3)	46 (40.4)	6 (42.9)	40 (40.0)	78 (45.1)	10 (26.3)	68 (50.4)
Groin injury n (%)	20 (11.7)	12 (23.5)	8 (6.7)	14 (12.3)	1 (7.1)	13 (13.0)	17 (9.8)	5 (13.2)	12 (8.9)
Secondary outcomes									
All physical complaints n (%)	171 (100)	51 (100)	120 (100)	114 (100)	14 (100)	100 (100)	173 (100)	38 (100)	135 (100)
New injury n (%)†	83 (49.7)	21 (42.9)	62 (52.5)	60 (52.6)	8 (57.1)	52 (52.0)	72 (41.6)	15 (39.5)	57 (42.2)
Re-injury same season n (%)†	29 (17.4)	5 (10.2)	24 (20.3)	21 (18.4)	1 (7.1)	20 (20.0)	34 (19.7)	10 (26.3)	24 (17.8)
Re-injury previous season n (%)†	55 (32.9)	23 (46.9)	32 (27.1)	33 (28.9)	5 (35.7)	28 (28.0)	67 (38.7)	13 (34.2)	54 (40.0)
Time-loss n (%)	81 (47.4)	26 (51.0)	55 (45.8)	67 (58.9)	9 (62.3)	58 (58.0)	113 (65.3)	26 (68.4)	87 (64.4)
Medical attention n (%)‡	44 (25.9)	20 (40.0)	24 (20.0)	29 (25.4)	1 (7.1)	28 (28.0)	40 (23.3)	7 (18.9)	33 (24.4)
Sudden-onset n (%)¶	77 (46.1)	23 (46.0)	54 (46.2)	58 (52.3)	11 (78.6)	47 (48.5)	83 (50.0)	19 (54.3)	64 (48.9)
Gradual-onset n (%)¶	90 (53.9)	27 (54.0)	63 (53.8)	53 (47.7)	3 (21.4)	50 (51.5)	83 (50.0)	16 (45.7)	67 (51.1)

Injury data is presented with contusions excluded. Time-loss was defined based on response to the Oslo Sports Trauma Research Center questionnaire (question 1, equal to reduced participation or inability to participate). *Injuries to any of the following locations: hamstring, knee or ankle. Missing data: †4 players extended *Knee Control*, ‡1 player extended *Knee Control*, 1 comparison group, ¶4 players extended *Knee Control*, 3 adductor, 7 comparison group

Abbreviations: h – hours; min – minutes; SD – standard deviation; wk – week