

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 (%)
Injury locations (n=514)	n=197	n=56	n=141	n=125	n=14	n=111	n=192	n=40	n=152
Head and neck	6 (3.0)	1 (1.8)	5 (3.5)	4 (3.2)	0 (0.0)	4 (3.6)	5 (2.6)	1 (2.5)	4 (2.6)
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)
Upper limb*	5 (2.5)	1 (1.8)	4 (2.8)	6 (4.8)	1 (7.1)	5 (4.5)	7 (3.6)	2 (5.0)	5 (3.3)
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)
Trunk*	11 (5.6)	2 (3.6)	9 (6.4)	7 (5.6)	0 (0.0)	7 (6.3)	12 (6.3)	5 (12.5)	7 (4.6)
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)
Lower limb	175 (88.8)	52 (92.9)	123 (87.2)	101 (80.8)	13 (92.9)	88 (79.3)	164 (85.4)	30 (75.0)	134 (88.2)
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)
Unspecified location	0 (0.0)	0 (0.0)	0 (0.0)	7 (5.6)	0 (0.0)	7 (6.3)	4 (2.1)	2 (5.0)	2 (1.3)

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.