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

<table>
<thead>
<tr>
<th>Author name (year)</th>
<th>Number of adverse events (AEs)</th>
<th>Number of serious adverse events (AEs)</th>
<th>AEs related to sport participation (number and type of AEs)</th>
<th>Exposure (hours)</th>
</tr>
</thead>
</table>
| Andersen et al. (2016) | 1 intervention, NR control | 0 intervention, NR control | N: 1  
Type: Achilles tendon tear (n=1) | 32 |
Type: 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) | 0 intervention, NR control | NR intervention, NR control | N: 0 | 24 |
| Pedersen et al. (2016) | 10 intervention, NR control | NR intervention, NR control | N: 3  
Type: not specified minor injuries or pain (n=3) | 8 |
| Pereira et al. (2020) | 1 intervention, NR control | 0 intervention, NR control | N: 1  
Type: finger subluxation (n=1) | 40 |
| Shimada et al. (2017) | 0 intervention, 0 control | 0 intervention, 0 control | N: 0 | 42 |
| Skoradal et al. (2018) | 0 intervention, NR control | 0 intervention, NR control | N: 0 | 30 |
| Uth et al. (2014) | 5 intervention, NR control | NR intervention, NR control | N: 5  
Type: 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 | N: 2  
Type: shoulder injury (n=1), knee injury (n=1) | 8.8 |