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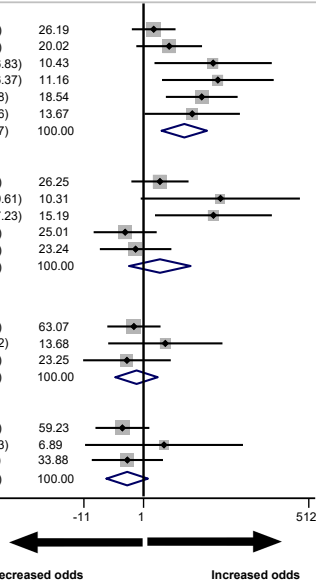
Outcome	Follow-up (years)	Successful outcome LSI% (n) ≥90%	Successful outcome LSI% (n) <90%	Unsuccessful outcome LSI% (n) ≥90%	Unsuccessful outcome LSI% (n) <90%	Odds ratio (95% CI)	Weight (%)
Return to sport							
Toole 2017 (crossover)	1.5	55	21	25	14	1.47 (0.64, 3.35)	26.19
Ardern 2015 (triple)	2	40	4	38	10	2.63 (0.76, 9.11)	20.02
Ebert 2019 (crossover)	2	30	13	1	6	13.85 (1.51, 126.83)	10.43
McGrath 2017 (6m-timed) Nawasreh	2	28	22	1	13	16.55 (2.01, 136.37)	11.16
2017 (crossover)	2	36	4	10	10	9.00 (2.32, 34.88)	18.54
Welling 2020 (triple)	2	44	2	14	4	6.29 (1.04, 38.06)	13.67
Overall (I^2 = 51.4%, p = 0.067)						4.66 (1.98, 10.97)	100.00
Better self-reported symptoms and function							
Logerstedt 2012 (crossover)	1	46	42	9	8	1.86 (0.63, 5.47)	26.25
Ebert 2019 (crossover)	2	32	14	0	4	18.29 (0.90, 369.61)	10.31
Welling 2020 (triple)	2	56	4	2	2	14.00 (1.54, 127.23)	15.19
Culvenor 2016 (crossover)	3	24	56	6	7	0.50 (0.15, 1.64)	25.01
Oiestad 2012 (triple)	15	84	10	34	3	0.74 (0.19, 2.86)	23.24
Overall (I^2 = 63.5%, p = 0.027)						1.86 (0.59, 5.91)	100.00
Subsequent injury after ACL reconstruction							
Grindem 2016 (crossover)	2	30	21	11	11	0.70 (0.26, 1.91)	63.07
Wellstandt 2017 (crossover)	2	48	11	10	1	2.29 (0.26, 19.82)	13.68
Kyritsis 2016 (crossover)	2	92	9	11	2	0.54 (0.10, 2.82)	23.25
Overall (I^2 = 0.0%, p = 0.550)						0.77 (0.35, 1.72)	100.00
Knee osteoarthritis							
Patterson 2018 (crossover)	5	34	33	7	15	0.45 (0.16, 1.25)	59.23
Wellstandt 2018 (6-m timed)	5	44	6	8	0	2.18 (0.11, 43.03)	6.89
Oiestad 2012 (triple)	10-15	41	3	77	10	0.56 (0.15, 2.16)	33.88
Overall (I^2 = 0.0%, p = 0.619)						0.54 (0.25, 1.19)	100.00