

Appendix 16. Meta-regression results for studies reporting continuous hop scores and association to each outcome

Single-forward hop scores

Outcome	Coefficient (95%CI)	P-value	Adjusted r ²
Follow-up time			
Return to sport	-0.01 (-0.07, 0.04)	0.63	20.74%
Self-reported symptoms and function	-0.00 (-0.003, 0.001)	0.22	3.79%
Success with ACL deficiency	0.00 (-0.003, 0.001)	0.90	52.48%
Subsequent injury after ACL reconstruction	-0.01 (-0.01, 0.01)	0.11	68.43%
Knee osteoarthritis	-0.00 (-0.006, 0.009)	0.48	8.08%
Proportion of females			
Return to sport	-0.49 (-3.48, 2.48)	0.70	23.22%
Self-reported symptoms and function	-0.84 (-5.12, 3.43)	0.66	23.97%
Success with ACL deficiency	-1.63 (-6.09, 2.82)	0.39	9.15%
Subsequent injury after ACL reconstruction	-0.14 (-0.96, 0.67)	0.67	20.15%
Knee osteoarthritis	-2.14 (-26.73, 22.43)	0.74	60.84%

Repeated-forward hop scores

Outcome	Coefficient (95%CI)	P-value	Adjusted r ²
Follow-up time			
Return to sport	0.00 (-0.08, 0.09)	0.90	28.73%
Self-reported symptoms and function	0.00 (-0.01, 0.005)	0.21	39.40%
Success with ACL deficiency	0.00 (-0.01, 0.02)	0.57	-*
Subsequent injury after ACL reconstruction	0.00 (-0.02, 0.01)	0.61	-*
Knee osteoarthritis	0.00 (-0.06, 0.07)	0.52	1.72%
Proportion of females			
Return to sport	-1.77 (-4.77, 1.21)	0.20	15.36%
Self-reported symptoms and function	-6.73 (-26.14, 12.68)	0.35	2.81%
Success with ACL deficiency	-2.89 (-7.33, 1.53)	0.13	-*
Subsequent injury after ACL reconstruction	0.21 (-2.22, 2.65)	0.74	-*
Knee osteoarthritis	3.93 (-170.94, 178.81)	0.82	95.31%

ACL, anterior cruciate ligament

*Indicates values that were not able to be calculated