Supplementary file 5a. Results of the network meta-analysis for lower extremity injuries: Estimates and 95% confidence intervals for comparisons between each pair of programs (programs in rows vs. programs in columns).

Program									
1	1								
2	0.77 [0.672, 0.883]	2							
3	0.537 [0.443, 0.651]	0.697 [0.551, 0.883]	3						
5	0.743 [0.538, 1.025]	0.964 [0.68, 1.368]	1.383 [0.95, 2.013]	5					
6	0.614 [0.485, 0.777]	0.797 [0.608, 1.047]	1.144 [0.844, 1.55]	0.827 [0.555, 1.232]	6				
7	0.848 [0.65, 1.106]	1.101 [0.816, 1.485]	1.579 [1.137, 2.193]	1.142 [0.752, 1.734]	1.381 [0.968, 1.969]	7			
9	0.333 [0.165, 0.669]	0.432 [0.212, 0.88]	0.62 [0.3, 1.279]	0.448 [0.208, 0.967]	0.542 [0.259, 1.132]	0.392 [0.186, 0.829]	9		
10	0.549 [0.317, 0.952]	0.713 [0.404, 1.257]	1.023 [0.571, 1.833]	0.74 [0.391, 1.4]	0.894 [0.492, 1.627]	0.648 [0.351, 1.194]	1.651 [0.678, 4.017]	10	
11	0.953 [0.48, 1.892]	1.238 [0.616, 2.489]	1.776 [0.872, 3.618]	1.284 [0.602, 2.737]	1.552 [0.752, 3.203]	1.124 [0.539, 2.345]	2.865 [1.077, 7.623]	1.736 [0.721, 4.18]	11

Note. Program 1 = Control; Program 2 = Lower body concentric and eccentric + Core + Mechanics + Acceleration + Lower body stability; Program 3 = Upper body pushing and pulling + Lower body concentric and eccentric + Core + Mechanics + Lower body stability; Program 5 = Lower body concentric and eccentric + Core + Mechanics + Lower body stability; Program 6 = Lower body concentric and eccentric + Core + Mechanics; Program 7 = Core + Lower body stability; Program 9 = Upper body pushing and pulling + Lower body concentric and eccentric + Lower body stability; Program 10 = Core; Program 11 = Upper body pushing and pulling + Lower body concentric and eccentric + Core + Mechanics + Acceleration + Lower body stability. Values below 1 favor the row intervention.

Supplementary file 5b. Results of the network meta-analysis for thigh injuries: Estimates and 95% confidence intervals for comparisons between each pair of programs (programs in rows vs. programs in columns).

Program							
1	1						
2	0.959 [0.646, 1.425]	2					
3	0.628 [0.381, 1.035]	0.654 [0.346, 1.238]	3				
5	3.411 [0.164, 71.057]	3.557 [0.166, 76.007]	5.435 [0.25, 117.925]	5			
6	0.624 [0.292, 1.333]	0.651 [0.276, 1.531]	0.994 [0.401, 2.467]	0.183 [0.008, 4.184]	6		
9	1.231 [0.024, 62.037]	1.283 [0.025, 65.978]	1.961 [0.038, 102.02]	0.361 [0.003, 51.369]	1.972 [0.036, 106.916]	9	
10	0.598 [0.19, 1.884]	0.623 [0.185, 2.098]	0.952 [0.272, 3.33]	0.175 [0.007, 4.501]	0.958 [0.242, 3.792]	0.486 [0.008, 28.852]	10

Note. Program 1 = Control; Program 2 = Lower body concentric and eccentric + Core + Mechanics + Acceleration + Lower body stability; Program 3 = Upper body pushing and pulling + Lower body concentric and eccentric + Core + Mechanics + Lower body stability; Program 5 = Lower body concentric and eccentric + Core + Mechanics + Lower body stability; Program 6 = Lower body concentric and eccentric + Core + Mechanics; Program 9 = Upper body pushing and pulling + Lower body concentric and eccentric + Lower body stability; Program 10 = Core. Values below 1 favor the row intervention.

Supplementary file 5c. Results of the network meta-analysis for knee injuries: Estimates and 95% confidence intervals for comparisons between each pair of programs (programs in rows vs. programs in columns).

Program							
1	1						
2	0.772 [0.581, 1.026]	2					
3	0.496 [0.346, 0.712]	0.642 [0.405, 1.017]	3				
5	0.78 [0.283, 2.15]	1.01 [0.352, 2.895]	1.572 [0.536, 4.614]	5			
6	0.762 [0.546, 1.064]	0.987 [0.636, 1.53]	1.536 [0.939, 2.513]	0.977 [0.336, 2.843]	6		
9	0.308 [0.065, 1.449]	0.398 [0.082, 1.926]	0.62 [0.126, 3.046]	0.395 [0.062, 2.515]	0.404 [0.083, 1.971]	9	
10	1.883 [0.58, 6.115]	2.438 [0.726, 8.19]	3.796 [1.107, 13.014]	2.415 [0.51, 11.428]	2.471 [0.726, 8.406]	6.119 [0.874, 42.85]	10

Note. Program 1 = Control; Program 2 = Lower body concentric and eccentric + Core + Mechanics + Acceleration + Lower body stability; Program 3 = Upper body pushing and pulling + Lower body concentric and eccentric + Core + Mechanics + Lower body stability; Program 5 = Lower body concentric and eccentric + Core + Mechanics + Lower body stability; Program 6 = Lower body concentric and eccentric + Core + Mechanics; Program 9 = Upper body pushing and pulling + Lower body concentric and eccentric + Lower body stability; Program 10 = Core. Values below 1 favor the row intervention.

Supplementary file 5d. Results of the network meta-analysis for ankle injuries: Estimates and 95% confidence intervals for comparisons between each pair of programs (programs in rows vs. programs in columns).

Program							
1	1						
2	0.896 [0.712, 1.128]	2					
3	0.579 [0.397, 0.846]	0.647 [0.415, 1.007]	3				
5	0.938 [0.377, 2.332]	1.047 [0.409, 2.679]	1.619 [0.604, 4.341]	5			
6	0.277 [0.128, 0.601]	0.31 [0.138, 0.693]	0.479 [0.202, 1.132]	0.296 [0.09, 0.976]	6		
9	0.321 [0.131, 0.789]	0.358 [0.142, 0.906]	0.554 [0.209, 1.469]	0.342 [0.095, 1.23]	1.158 [0.354, 3.788]	9	
10	0.139 [0.041, 0.474]	0.156 [0.045, 0.54]	0.241 [0.067, 0.865]	0.149 [0.032, 0.683]	0.503 [0.118, 2.136]	0.434 [0.095, 1.98]	10

Note. Program 1 = Control; Program 2 = Lower body concentric and eccentric + Core + Mechanics + Acceleration + Lower body stability; Program 3 = Upper body pushing and pulling + Lower body concentric and eccentric + Core + Mechanics + Lower body stability; Program 5 = Lower body concentric and eccentric + Core + Mechanics + Lower body stability; Program 6 = Lower body concentric and eccentric + Core + Mechanics; Program 9 = Upper body pushing and pulling + Lower body concentric and eccentric + Lower body stability; Program 10 = Core. Values below 1 favor the row intervention.