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SDC 3: Description of the dynamic postural control testing manoeuvre and measures obtained from it.

Dynamic postural control

Dynamic postural control was evaluated using the Y-Balance device® and following the guidelines described by Shaffer et al. [1]. The distance reached in each direction (anterior, posteromedial and posterolateral) was normalized by dividing by the previously measured leg length to standardize the maximum reach distance ([excursion distance/leg length] x100 = % maximum reach distance). The bilateral ratio (dominant / non-dominant score) of each direction was also calculated. Finally, to obtain a global measure of the balance test for each leg, data from each direction were averaged to calculate a composite score.

Measures obtained from the dynamic postural control test.

Name	Labels	
	Dominant Leg	Non-Dominant Leg
YBalance-Anterior	<57.825, 57.825-63.035 or >63.035	<58.515, 58.515- 63.51 or >63.51
YBalance-PosteroMedial	<101.215, 101.215- 107.865 or >107.865	<102.42, 102.42- 108.49 or >108.49
YBalance-PosteroLateral	<96.395, 96.395-104.93 or >104.93	<96.19, 96.19-103.71 or >103.71
BilaRatio-YBalance-Anterior	<0.965, 0.965-1.015 or >1.015	
BilaRatio-YBalance-PosteroMedial	<0.975, 0.975-1.005 or >1.005	
BilaRatio-YBalance-PosteroLateral	<0.985, 0.985-1.035 or >1.035	
YBalance-Composite	<85.44, 85.44-91.71 or >91.71	<86.73, 86.73-91.4 or >91.4-

Bila: bilateral

Reference

1. Shaffer SW, Teyhen DS, Lorensen CL, Warren RL, Koreerat, CM, Straseske CA, Childs JD. Y-balance test: a reliability study involving multiple raters. *Mil Med* 2013;178:1264-1270.