Appendix Figure 1. Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) Flow Diagram

- Records identified through database searching (n = 906)
- Additional records identified through other sources (n = 1)

- Records after duplicates removed (n = 350)

- Records screened (n = 350)
  - Full-text articles assessed for eligibility (n = 54)
    - Studies included in qualitative synthesis (n = 7)
      - Studies included in quantitative synthesis (meta-analysis) (n = 3)
  - Full-text articles excluded, with reasons (n = 47)
    - Included adults = 13
    - No sports injury outcomes = 13
    - Review or opinion = 16
    - Sports performance = 3
    - Non-English full text= 1
    - Conference abstract = 1

- Records excluded (n = 296)