

TABLE E-1 Design of the Included Studies

Author	Language	Modified Jadad Score	Random Allocation	Blinded Assessment	Attrition Reported	Power Calculation	No. of Patients (Treated:Control)
Caraffa et al. (1996) ⁴⁵	English	0	No	No	No	No	600 (300:300)
Gilchrist et al. (2008) ⁴⁶	English	2	Yes	No	Yes (11.6%)	No	1435 (583:852)
Heidt et al. (2000) ⁴⁷	English	1	Yes	No	No	No	300 (42:258)
Hewett et al. (1999) ⁴⁸	English	0	No	No	No	No	829 (366:463)
Mandelbaum et al. (2005) ⁴⁹	English	1	No	No	Yes (3.3%)	No	5703 (1885:3818)
Petersen et al. (2005) ⁵⁰	English	2	No	Yes	Yes (11.2%)	No	276 (134:142)
Petersen et al. (2002) ⁵¹	German	0	No	No	No	No	36 (18:18)
Pfeiffer et al. (2006) ⁵²	English	1	No	Yes	No	No	1439 (577:862)
Söderman et al. (2000) ^{53*}	English	2	Yes	No	Yes (36.7%)	Yes	221 (121:100)

*Used only for sensitivity analysis.

TABLE E-2 Populations, Interventions, and Outcomes of the Included Studies

Author	Type of Sport	Sex	Trained During	Intervention*	Outcome
Caraffa et al. (1996) ⁴⁵	Soccer	Not reported†	Preseason	PEP	Any ACL tear
Gilchrist et al. (2008) ⁴⁶	Soccer	Female	In-season	PEP, videotape-assisted	Noncontact ACL tear
Heidt et al. (2000) ⁴⁷	Soccer	Female	Preseason	Frappier Acceleration Training	Contact and noncontact reported, only noncontact included here
Hewett et al. (1999) ⁴⁸	Soccer, basketball, volleyball	Female and male	Preseason	Hewett jump training	Noncontact ACL tear
Mandelbaum et al. (2005) ⁴⁹	Soccer	Female	In-season	PEP, video and literature-assisted	Noncontact ACL tear
Petersen et al. (2005) ⁵⁰	Handball	Female	Preseason	Henning program, video-assisted, balance board	Noncontact ACL tear
Petersen et al. (2002) ⁵¹	Handball	Male	Preseason	PEP, balance board	Noncontact ACL tear
Pfeiffer et al. (2006) ⁵²	Soccer, basketball, volleyball	Female	In-season	KLIP program (plyometric-based)	Noncontact ACL tear
Söderman et al. (2000) ^{53‡}	Soccer	Female	In-season	Balance board	Any ACL tear

*PEP = Prevent injury and Enhance Performance program. †Reported as all male in other publications. ‡Used only for sensitivity analysis.

TABLE E-3 Number Needed to Treat or Harm*

Author	RD	95% CI of RD	NNT	NNH
Caraffa et al. (1996) ⁴⁵	0.200	0.15 to 0.25	5	
Gilchrist et al. (2008) ⁴⁶	0.009	0.00 to 0.02	110	
Heidt et al. (2000) ⁴⁷	0.007	-0.04 to 0.06	139	
Hewett et al. (1999) ⁴⁸	0.005	-0.01 to 0.02	187	
Mandelbaum et al. (2005) ⁴⁹	0.014	0.01 to 0.02	70	
Petersen et al. (2005) ⁵⁰	0.026	-0.03 to 0.08	38	
Petersen et al. (2002) ⁵¹	0.054	-0.09 to 0.20	19	
Pfeiffer et al. (2006) ⁵²	-0.002	-0.01 to 0.01		582
Pooled	0.026	0.01 to 0.05	38	

*RD = risk difference, CI = confidence interval, NNT = number needed to treat, and NNH = number needed to harm.