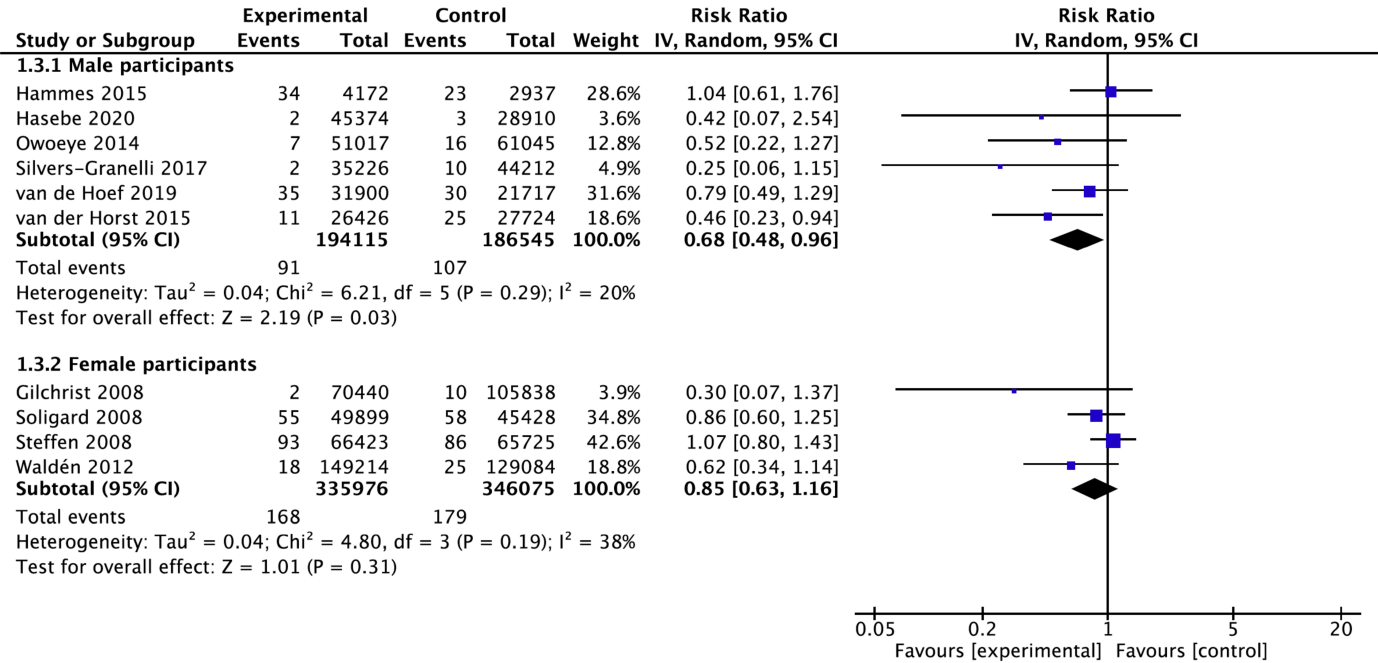
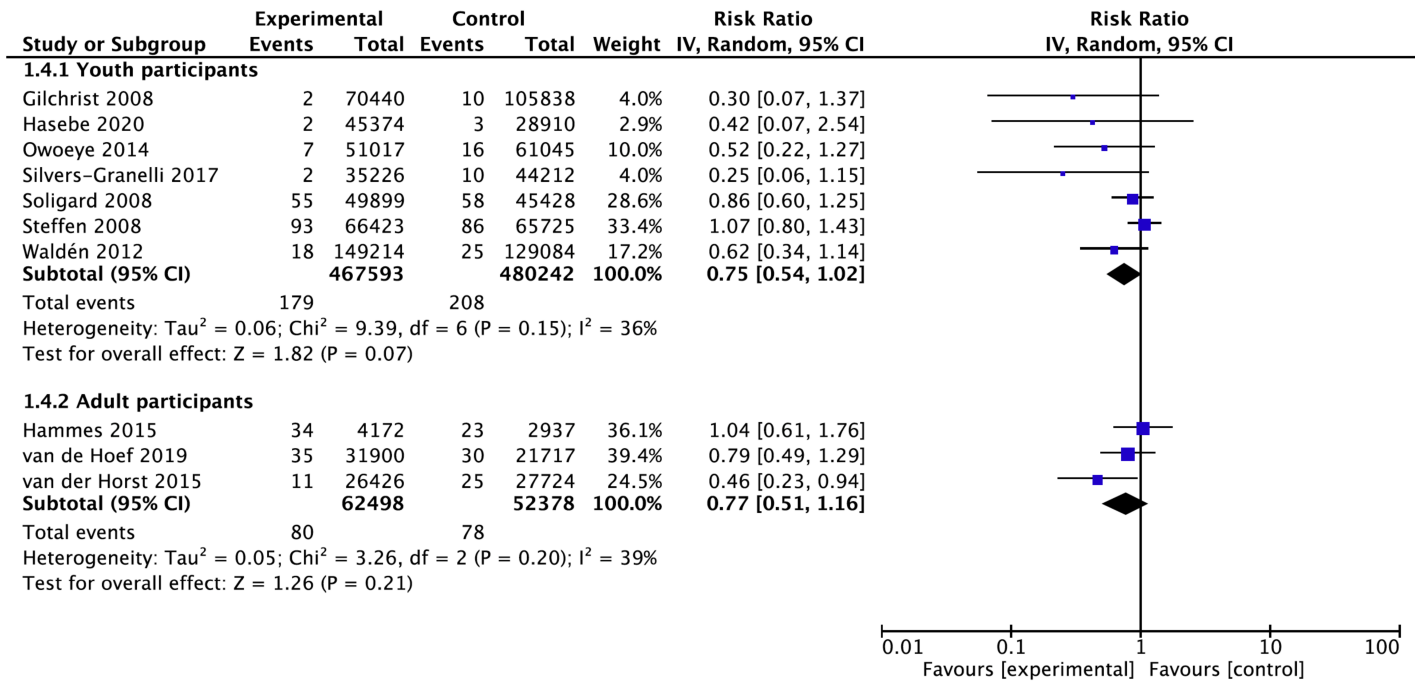


Supplementary Figure 1. Funnel plot and 2-tailed Egger test analysis of the effects of exercise-based prevention programs in the prevention of non-contact injuries among football players.



Supplementary Figure 2. Meta-analysis investigating the effect of exercise-based prevention programs compared to a control group in reducing non-contact injuries according to sex. The size of the blue boxes is proportional to the weight of each study in the analysis.



Supplementary Figure 3. Meta-analysis investigating the effect of exercise-based prevention programs compared to a control group in reducing non-contact injuries according to age (youth and adults). The size of the blue boxes is proportional to the weight of each study in the analysis.