Assessed for eligibility (n=107)

Included in study (n=107)

'Players at increased risk' (n=75)

Intervention group (n=36)

Control group (n=39)

n=3 not available for data collection
n=2 Surgical intervention during follow-up
n=1 Injured at second test moment
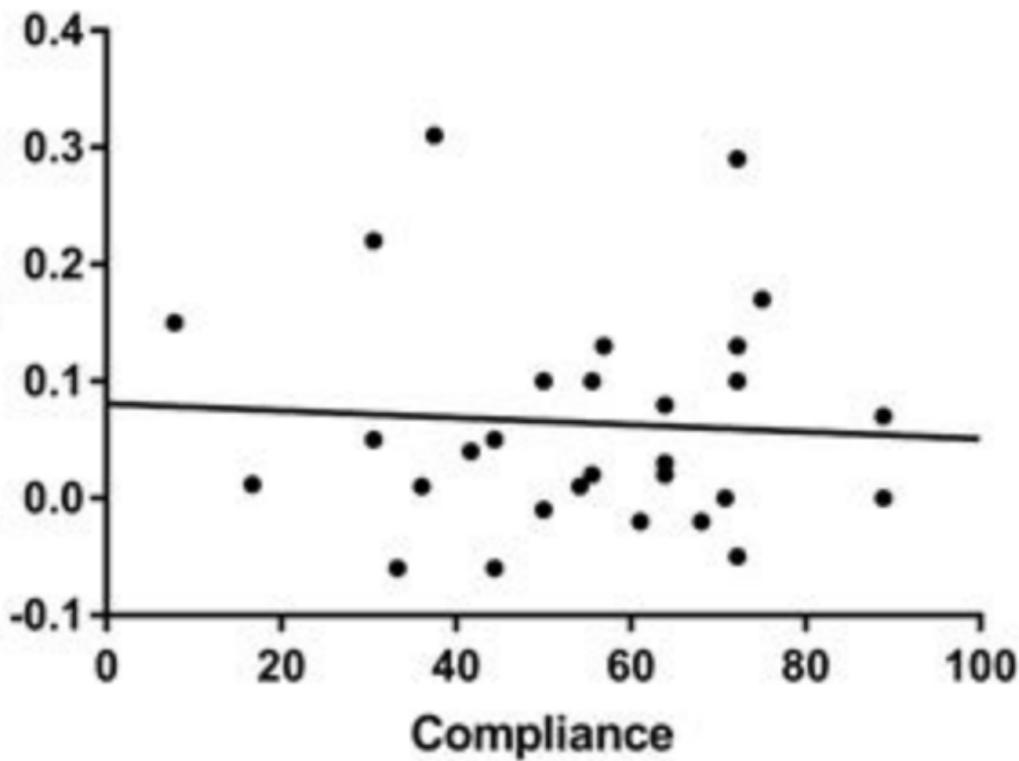
Control group (n=36)

Baseline statistics

	Intervention group (n=36) (mean±SD)	Control group (n=36) (mean±SD)	Significance
Age (years)	16.5 ± 1.2	16.6 ± 1.3	0.683
Length (meters)	1.78 ± 0.06	1.78 ± 0.08	0.949
Weight (kg)	65.5 ± 8.5	69.6 ± 9.0	0.056
BMI (kg/m^2)	20.7 ± 2.0	21.9 ± 2.0	0.010*
Weekly training (hours)	9.8 ± 2.5	9.5 ± 2.4	0.649
Total playtime (years)	4.4± 2.7	6.6 ± 2.9	0.001*

Table 2

	Intervention group (n=36) (mean±SD)	Control group (n=36) (mean±SD)	Significance
Probability at baseline	0.898±0.07	0.917±0.06	0.205
Probability at 12 weeks	0.844±0.12	0.855±0.11	0.693
Significance	0.002	0.000	

0.714

	Intervention group	Control group	Significance
Valgus at baseline	4.85+3.05	4.58+2.45	0.685
Valgus at 12 weeks	3.23+2.86	3.53+2.73	0.659
Significance	**0.006**	**0.014**	

P=0.528

	Intervention group	Control group	Significance
Total ROM at baseline	51.67+11.06	43.42+10.65	**0.002**
Total ROM at 12 weeks	51.25+11.44	48.17+10.48	0.237
Significance	0.867	**0.021**	

P=0.106

	Intervention group	Control group	Significance
Q/H ratio at baseline	0.96+0.21	1.06+0.22	0.070
Q/H ratio at 12 weeks	1.00+0.18	1.10+0.27	**0.073**
Significance	0.352	0.404	

P=0.744