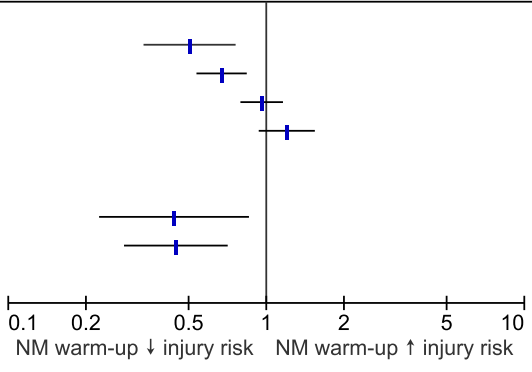Study or Subgroup	NM warm-up programme Events	NM warm-up programme Total	Control Events	Control Total	Risk Ratio M-H, Fixed, 95% CI
1.1.1 Overall					
'KIPP' (LaBella 2011)	32	737	65	755	0.50 [0.33, 0.76]
'The 11+' (Soligard 2008)	121	1055	143	837	0.67 [0.54, 0.84]
'The 11' (Steffen 2008)	181	1091	173	1001	0.96 [0.79, 1.16]
PTP (Brusøj 2008)	108	507	91	513	1.20 [0.93, 1.54]
1.1.2 Overuse					
'KIPP' (LaBella 2011)	12	737	28	755	0.44 [0.22, 0.86]
'The 11+' (Soligard 2008)	27	1055	48	837	0.45 [0.28, 0.71]