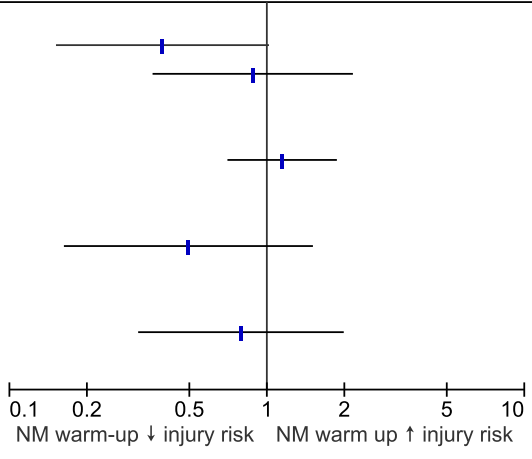Study or Subgroup	NM warm-up programme Events	Total	Control Events	Total	Risk Ratio M-H, Fixed, 95% CI
1.2.1 Groin					
'The 11' (Steffen 2008)	6	1091	14	1001	0.39 [0.15, 1.02]
'The 11+' (Soligard 2008)	10	1055	9	837	0.88 [0.36, 2.16]
1.2.2 Thigh (undefined)					
'The 11' (Steffen 2008)	35	1091	28	1001	1.15 [0.70, 1.87]
1.2.3 Posterior thigh (hamstring)					
'The 11+' (Soligard 2008)	5	1055	8	837	0.50 [0.16, 1.51]
1.2.4 Anterior thigh					
'The 11+' (Soligard 2008)	9	1055	9	837	0.79 [0.32, 1.99]