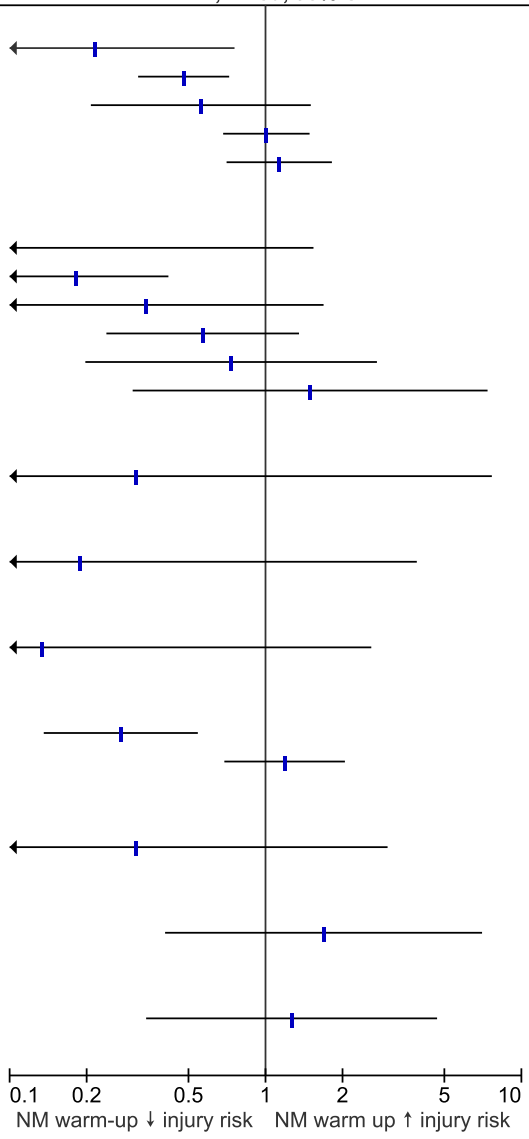Study or Subgroup	NM warm-up programme Events	Total	Control Events	Total	Risk Ratio M-H, Fixed, 95% CI
1.3.1 Knee (undefined)					
'HarmoKnee' (Kiani 2010)	3	777	13	729	0.22 [0.06, 0.76]
'The 11+' (Soligard 2008)	35	1055	58	837	0.48 [0.32, 0.72]
'KIPP' (LaBella 2011)	6	737	11	755	0.56 [0.21, 1.50]
'PEP' (Gilchrist 2008)	40	583	58	852	1.01 [0.68, 1.49]
'The 11' (Steffen 2008)	37	1091	30	1001	1.13 [0.70, 1.82]
1.3.2 Anterior cruciate ligament					
'HarmoKnee' (Kiani 2010)	0	777	5	729	0.09 [0.00, 1.54]
'PEP' (Mandelbaum 2005)	6	1885	67	3818	0.18 [0.08, 0.42]
'KIPP' (LaBella 2011)	2	737	6	755	0.34 [0.07, 1.69]
'PEP' (Gilchrist 2008)	7	583	18	852	0.57 [0.24, 1.35]
'The 11' (Steffen 2008)	4	1091	5	1001	0.73 [0.20, 2.73]
KLIPP (Peiffer 2006)	3	577	3	862	1.49 [0.30, 7.38]
1.3.3 Medial collateral ligament					
'HarmoKnee' (Kiani 2010)	0	777	1	729	0.31 [0.01, 7.67]
1.3.4 lateral collateral ligament					
'HarmoKnee' (Kiani 2010)	0	777	2	729	0.19 [0.01, 3.90]
1.3.5 Medial meniscus					
'HarmoKnee' (Kiani 2010)	0	777	3	729	0.13 [0.01, 2.59]
1.3.6 Anterior knee pain					
AKP PTP (Coppack 2011)	10	759	36	743	0.27 [0.14, 0.54]
PTP (Brusøj 2008)	27	507	23	513	1.19 [0.69, 2.04]
1.3.7 Patellar dislocation					
'HarmoKnee' (Kiani 2010)	1	777	3	729	0.31 [0.03, 3.00]
1.3.8 Patellar tendinopathy (jumper's knee)					
PTP (Brusøj 2008)	5	507	3	513	1.69 [0.41, 7.02]
1.3.9 Iliotibial band friction syndrome					
PTP (Brusøj 2008)	5	507	4	513	1.26 [0.34, 4.68]