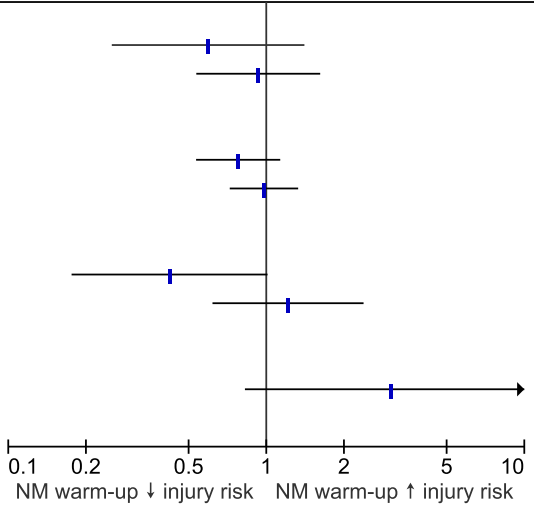Study or Subgroup	NM warm-up programme Events	Total	Control Events	Total	Risk Ratio M-H, Fixed, 95% CI
1.4.1 Medial tibial stress syndrome					
'The 11+' (Soligard 2008)	9	1055	12	837	0.60 [0.25, 1.41]
PTP (Brusøj 2008)	23	507	25	513	0.93 [0.54, 1.62]
1.4.2 Ankle (undefined)					
'The 11+' (Soligard 2008)	51	1055	52	837	0.78 [0.53, 1.13]
'The 11' (Steffen 2008)	79	1091	74	1001	0.98 [0.72, 1.33]
1.4.3 Ankle sprain					
'KIPP' (LaBella 2011)	7	737	17	755	0.42 [0.18, 1.01]
PTP (Brusøj 2008)	18	507	15	513	1.21 [0.62, 2.38]
1.4.4 Achilles					
PTP (Brusøj 2008)	9	507	3	513	3.04 [0.83, 11.15]