ADDITIONAL FILE 3: Data Extraction Items

1. Study Characteristics

a. Setting
b. Study Design
c. Sample Size
d. Duration of follow-up/surveillance period
e. Type of control
f. Methods and intervention details
g. Measurement techniques
h. Measurement time points

2. Potential risk factors

a. Occupation
b. Duration of service/participation/deployments
c. Demographic, Anthropometric, and Biological
    i. Sex
    ii. Age
    iii. Race
    iv. Height
    v. Somatotype
    vi. Body composition (fat mass, lean mass, fat percentage, body mass index)
    vii. Bone composition (density, mass)
d. Workload
    i. Running mileage
    ii. Dosage and timing of activity exposure
    iii. Load carriage magnitude and frequency
    iv. Footwear
e. Personal History
    i. Physical activity
    ii. Previous injury
    iii. Smoking
    iv. Medication use
    v. Vitamin D physiology
    vi. Sleep quality/quantity
    vii. Mental/behavioral health
f. Physical Fitness
    i. Aerobic capacity
    ii. Anaerobic capacity

iii. Flexibility
iv. Maximal voluntary dynamic or isometric muscular strength
v. Maximal muscular power
vi. Movement Screen (e.g. FMS)
vii. Muscular Endurance

3. Outcomes
   a. Injury characteristics
      i. Definition
      ii. Structure(s) or location(s)
      iii. Disorder(s)
      iv. Classification (e.g. overuse vs. acute)
   b. Effect of intervention(s) on limited duty days
   c. Effect of intervention(s) on healthcare utilization or employment costs
   d. Indicators of acceptability, efficacy, and tolerability
      i. Attrition for any reason (acceptability)
      ii. Attrition due to inefficacy of treatment (efficacy)
      iii. Attrition due to adverse events (tolerability)
   e. Side effects
      i. Number of participants who experienced one or more side effect

4. Primary study conclusions

5. Suggested mechanisms to explain relationship risk factors and injury

6. Potential confounds

7. Items to complete the following checklists:
   a. Risk of Bias (ROB 2.0) for RCTs and Risk of Bias in Non-randomized Studies – of Interventions (ROBINS-I)
   b. Grading of Recommendations Assessment, Development, and Evaluation (GRADE)