| **Appendix table A1. Twelve-month outcomes.** |
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|  | **Included(n = 263)** |
| **Activity** |
| Tegner activity scale 12 months [0-10] | 5.6 (2.4)5.0 (4.0; 8.0)n = 263 |
| Change in Tegner activity scale from pre-injury to 12-month follow-up |  |
| Reduced | 59.5% |
| Equal  | 28.2% |
| Improved | 12.4% |
| Returned to knee demanding sport, i.e. Tegner activity level ≥6 |  |
| No  | 43.0% |
| Yes | 57.0% |
| Change in Tegner activity scale from pre-Injury to follow-up (among Tegnerpreop≥6) |  |
| Reduced | 67.6% |
| Equal  | 26.1% |
| Improved | 6.3% |
| **Muscular function - Limb Symmetri Indices (LSI)** |
| LSI Knee Extensor [%] | 94.4 (12.7)95.4 (89.1; 101.0)n = 263 |
| LSI Knee Extensor [%] (isometric) | 94.1 (12.6)95.5 (89.8; 102.2)n = 91 |
| LSI Knee Extensor [%] (isokinetic) | 94.6 (12.8)95.3 (89.0; 100.7)n = 172 |
| LSI Knee Flexor [%] | 96.2 (14.2)96.4 (87.6; 104.4)n = 263 |
| LSI Knee Flexor [%] (isometric) | 93.1 (16.4)93.6 (84.8; 103.4)n = 91 |
| LSI Knee Flexor [%] (isokinetic) | 97.9 (12.6)97.4 (90.1; 104.5)n = 172 |
| LSI Vertical Jump [%] | 89.2 (16.0)89.3 (79.8; 99.1)n = 242 |
| LSI Hop for Distance [%] | 94.1 (10.1)95.0 (89.7; 100.7)n = 238 |
| LSI Crossover Hops [%] | 94.4 (16.9)96.2 (86.1; 103.9)n = 213 |
| **Muscle function - Female** |
| **Absolute and relative results of injured leg** |
| Knee Extension [Nm] (isometric) | 173.3 (45.9)169.0 (147.0; 197.0)n = 49 |
| Knee Extension [Nm] (isokinetic) | 147.6 (31.2)148.0 (128.0; 169.0)n = 75 |
| Knee Flexion [Nm] (isometric) | 100.5 (29.9)98.0 (80.0; 126.0)n = 49 |
| Knee Flexion [Nm] (isokinetic) | 82.2 (18.0)83.0 (73.0; 91.0)n = 75 |
| Vertical Jump [cm]  | 10.3 (4.8)10.8 (7.2; 13.4)n = 124 |
| Hop for Distance [cm]  | 95.9 (42.4)106.5 (78.0; 127.0)n = 124 |
| Side hop [n] | 27.4 (21.0)27.0 (1; 49)n = 124 |
| Relative strength Knee Extension [Nm/Kg] (isometric) | 2.56 (0.66)2.50 (2.23; 2.99)n = 49 |
| Relative strength Knee Extension [Nm/Kg] (isokinetic) | 2.23 (0.44)2.28 (1.90; 2.56)n = 73 |
| Relative strength Knee Flexion [Nm/Kg] (isometric) | 1.49 (0.46)1.44 (1.23; 1.83)n = 49 |
| Relative strength Knee Flexion [Nm/Kg] (isokinetic) | 1.24 (0.25)1.25 (1.09; 1.37)n = 73 |
| Relative Vertical Jump [cm/Kg]  | 0.17 (0.07)0.17 (0.13; 0.22)n = 112 |
| Relative Strength Hop for Distance [cm/Kg]  | 1.64 (0.48)1.65 (1.35; 1.99)n = 108 |
| Relative Side Hop [n/Kg]  | 0.57 (0.25)0.50 (0.35; 0.81)n = 90 |
| **Absolute and relative results of uninvolved leg** |
| Knee Extension [Nm] (isometric) | 187.6 (36.5)190.0 (161.0; 213.0)n = 49 |
| Knee Extension [Nm] (isokinetic) | 158.5 (27.8)155.0 (141.0; 174.0)n = 75 |
| Knee Flexion [Nm] (isometric) | 110.8 (23.0)112.0 (95.0; 127.0)n = 49 |
| Knee Flexion [Nm] (isokinetic) | 84.6 (16.7)84.0 (74.0; 98.0)n = 75 |
| Vertical Jump [cm]  | 11.7 (5.1)12.3 (9.2; 14.9)n = 124 |
| Hop for Distance [cm]  | 101.7 (42.6)113.0 (90.0; 129.0)n = 124 |
| Side hop [n] | 30.2 (22.3)29.5 (0.0; 50.5)n = 124 |
| Relative strength Knee Extension [Nm/Kg] (isometric) | 2.77 (0.56)2.78 (2.43; 3.10)n = 49 |
| Relative strength Knee Extension [Nm/Kg] (isokinetic) | 2.41 (0.41)2.40 (2.17; 2.69)n = 73 |
| Relative strength Knee Flexion [Nm/Kg] (isometric) | 1.64 (0.38)1.64 (1.39; 1.83)n = 49 |
| Relative strength Knee Flexion [Nm/Kg] (isokinetic) | 1.28 (0.22)1.28 (1.16; 1.43)n = 73 |
| Relative Vertical Jump [cm/Kg]  | 0.19 (0.07)0.19 (0.15; 0.24)n = 112 |
| Relative Strength Hop for Distance [cm/Kg]  | 1.74 (0.46)1.80 (1.48; 2.04)n = 108 |
| Relative Side Hop [n/Kg]  | 0.63 (0.26)0.63 (0.40; 0.84)n = 90 |
| **Muscle function - Men** |
| **Absolute and relative results of injured leg** |
| Knee Extension [Nm] (isometric) | 280.3 (60.6)280.5 (256.0; 314.0)n = 42 |
| Knee Extension [Nm] (isokinetic) | 230.3 (41.7)233.0 (197.0; 259.0)n = 97 |
| Knee Flexion [Nm] (isometric) | 167.4 (43.4)170.5 (139.0; 199.0)n = 42 |
| Knee Flexion [Nm] (isokinetic) | 129.3 (24.1)131.0 (113.0; 144.0)n = 97 |
| Vertical Jump [cm]  | 15.2 (6.2)15.9 (11.9; 19.1)n = 139 |
| Hop for Distance [cm]  | 126.8 (43.7)137.0 (115.0; 156.0)n = 139 |
| Side hop [n] | 43.8 (22.0)48.0 (31.0; 62.0)n = 139 |
| Relative strength Knee Extension [Nm/Kg] (isometric) | 3.51 (0.64)3.50 (3.14; 3.84)n = 42 |
| Relative strength Knee Extension [Nm/Kg] (isokinetic) | 2.80 (0.48)2.78 (2.48; 3.09)n = 96 |
| Relative strength Knee Flexion [Nm/Kg] (isometric) | 2.09 (0.47)2.18 (1.78; 2.37)n = 42 |
| Relative strength Knee Flexion [Nm/Kg] (isokinetic) | 1.57 (0.30)1.51 (1.38; 1.75)n = 96 |
| Relative Vertical Jump [cm/Kg]  | 0.20 (0.07)0.20 (0.15; 0.24)n = 128 |
| Relative Strength Hop for Distance [cm/Kg]  | 1.70 (0.42)1.72 (1.43; 1.95)n = 128 |
| Relative Side Hop [n/Kg]  | 0.63 (0.23)0.64 (0.50; 0.77)n = 121 |
| **Absolute and relative results of uninvolved leg** |
| Knee Extension [Nm] (isometric) | 291.0 (57.5)296.0 (252.0; 330.0)n = 42 |
| Knee Extension [Nm] (isokinetic) | 242.6 (40.6)240.0 (216.0; 261.0)n = 97 |
| Knee Flexion [Nm] (isometric) | 173.7 (37.4)176.5 (147.0; 195.0)n = 42 |
| Knee Flexion [Nm] (isokinetic) | 131.9 (20.7)135.0 (117.0; 145.0)n = 97 |
| Vertical Jump [cm]  | 16.7 (6.3)17.8 (14.0; 20.4)n = 138 |
| Hop for Distance [cm]  | 133.2 (45.2)145.0 (124.0; 160.0)n = 139 |
| Side hop [n] | 44.5 (21.9)51.0 (33.0; 61.0)n = 139 |
| Relative strength Knee Extension [Nm/Kg] (isometric) | 3.65 (0.60)3.72 (3.36; 3.99)n = 42 |
| Relative strength Knee Extension [Nm/Kg] (isokinetic) | 2.94 (0.42)2.91 (2.66; 3.23)n = 96 |
| Relative strength Knee Flexion [Nm/Kg] (isometric) | 2.18 (0.41)2.17 (1.85; 2.42)n = 42 |
| Relative strength Knee Flexion [Nm/Kg] (isokinetic) | 1.60 (0.22)1.57 (1.46; 1.73)n = 96 |
| Relative Vertical Jump [cm/Kg]  | 0.23 (0.07)0.23 (0.18; 0.26)n = 127 |
| Relative Strength Hop for Distance [cm/Kg]  | 1.80 (0.39)1.84 (1.53; 2.05)n = 127 |
| Relative Side Hop [n/Kg]  | 0.65 (0.21)0.66 (0.53; 0.78)n = 120 |
| For categorical variables n (%) is presented.For continuous variables Mean (SD) / Median (Q1; Q3) / n= is presented.For comparison between groups Fisher´s Exact test (lowest 1-sided p-value multiplied by 2) was used for dichotomous variables and the Mann-Whitney U-test was used for continuous variables. |