

## **Appendix 1**

Search strategy for Pubmed/MEDLINE

("Anterior Cruciate Ligament Reconstruction"[Mesh] OR "Anterior Cruciate Ligament Reconstruction"[tiab] OR "ACLR"[tiab] OR "ACL reconstruction"[tiab] OR "Anterior Cruciate Ligament Injuries"[Mesh] OR "Anterior Cruciate Ligament"[Mesh] OR "Anterior Cruciate Ligament"[tiab] OR "Anterior Cruciate Ligaments"[tiab] OR "ACL"[tiab] OR "knee"[tiab] OR "cranial cruciate ligament"[tiab] OR "cranial cruciate ligaments"[tiab]) AND ("hop test" [tiab] OR "hop tests" [tiab] OR "hop testing" [tiab] OR "vertical jump" [tiab] OR "vertical jumps" [tiab] OR "vertical jumping" [tiab] OR "triple hop" [tiab] OR "triple jump" [tiab] OR "crossover hop" [tiab] OR "single-legged hop" [tiab] OR "hexagon hop" [tiab] OR "medial hop" [tiab] OR "lateral hop" [tiab] OR "hop performance" [tiab] OR "timed hop" [tiab]) AND English[lang] NOT (Editorial[ptyp] OR Letter[ptyp] OR Case Reports[ptyp] OR Comment[ptyp]) NOT ("animals"[MeSH Terms] NOT "humans"[MeSH Terms])

**APPENDIX 2. A Measurement Tool to Assess systematic Reviews Version 2<sup>58</sup>**

<b>Question</b>	<b>Criteria Met: Yes/No/Partial Yes</b>	<b>Justification</b>
<b>1</b>	<b>Yes</b>	PICO established in research question and selection criteria.
<b>2</b>	<b>Yes</b>	Methods were established prior to conducting this review.
<b>3</b>	<b>No</b>	RCTs and NRSI were allowed due to limited number of RCTs.
<b>4</b>	<b>Yes</b>	Searched 5 databases, considered grey literature, provided all searches for reviewers, and searched within 24 months.
<b>5</b>	<b>Yes</b>	Two reviewers independently performed study selection.
<b>6</b>	<b>Yes</b>	Two reviewers independently performed data extraction.
<b>7</b>	<b>Partial Yes</b>	A list of reasons for excluded studies provided, but not a complete list of references.
<b>8</b>	<b>No</b>	Adequate and thorough description of included studies not provided.
<b>9</b>	<b>No</b>	RoB was not reported.
<b>10</b>	<b>Yes</b>	Funding sources of included studies were reported.
<b>11</b>	<b>Yes</b>	Appropriate decision to not perform statistical analysis.
<b>12</b>	<b>N/A</b>	No meta-analysis performed
<b>13</b>	<b>No</b>	RoB was not reported.
<b>14</b>	<b>N/A</b>	No meta-analysis performed
<b>15</b>	<b>N/A</b>	Publication bias not considered due to no meta-analysis
<b>16</b>	<b>Yes</b>	We reported no competing interests.

PICO= Patient/problem, Intervention, Comparison, Outcome; framework for development of research questions, RoB= risk of bias, GRADE= Grading of Recommendations, Assessment, Development and Evaluation, RCTs= Randomized controlled trials, NRSI= Non-randomized studies of healthcare interventions

1=research question and inclusion criteria include PICO? 2= Was review methods/protocol established prior to conduct of review? 3= Explain selection criteria based on study design? 4= Comprehensive literature search? 5= Study selection in duplicate? 6= Data extraction in duplicate? 7= List of excluded studies provided? 8= Describe included studies in adequate detail? 9= Satisfactory technique to assess RoB? 10= Report sources of funding for included studies? 11= Appropriate statistical methods used for meta-analysis? 12= Assess for impact of RoB on results of meta-analysis? 13= RoB accounted for when discussing results? 14= Discussion of heterogeneity? 15= Investigation into publication bias? 16= Any conflict of interest report

**APPENDIX 3.**

**Potential Sources of Conflict and Sources of Funding for Included Studies**

<b>INCLUDED STUDIES</b>	<b>Potential Sources of Support (if reported in study)</b>
Arderm et al <sup>3</sup>	Funding: None reported Conflicts of Interest: None declared
Arderm et al <sup>5</sup>	Funding: None reported Conflicts of Interest: None declared
Bodkin et al <sup>7</sup>	Funding: None reported Conflicts of Interest: None declared
Ebert et al <sup>15</sup>	Funding: A small independent Grant (Hollywood Private Hospital Research Foundation, RF070) was awarded to assist with data collection. Conflicts of Interest: None declared
Flosadottir et al <sup>17</sup>	Funding: Swedish Research Council (2009-1447), the Crafoord Foundation, the Swedish Rheumatism Association, the Swedish National Centre for Research in Sports and the Faculty of Medicine of Lund University. The original KANON study, from which the patients were included, was additionally supported by Pfizer Global Research, Thelma Zoegas Fund, the Swedish National Centre for Research in Sports and the Stig & Ragna Gorthon Research Fund. Conflicts of Interest: None declared
Goh and Boyle <sup>19</sup>	Funding: None reported Conflicts of Interest: None declared
Grindem et al <sup>22</sup>	Funding: National Institutes of Health (R37 HD037985). Conflicts of Interest: None declared
Hasebe et al <sup>23</sup>	Funding: This work was supported financially in part by the Grant in Aid for General Scientific Research from the Ministry of Education, Science and Culture in Japan. Conflicts of Interest: None declared
Jamshidi et al <sup>28</sup>	Funding: None reported Conflicts of Interest: None declared
Jang et al <sup>29</sup>	Funding: This work was supported by the 2012 Inje University research grant. Conflicts of Interest: None declared
Janssen et al <sup>30</sup>	Funding: None reported Conflicts of Interest: None declared
Kyritsis et al <sup>31</sup>	Funding: None reported Conflicts of Interest: None declared
Logerstedt et al <sup>34</sup>	Funding: This work was supported by National Institutes of Health (NIH R01 HD37985) and a Promotional of Doctoral Studies scholarship from the Foundation for Physical Therapy. Conflicts of Interest: Dr Axe is a consultant to Smith & Nephew

McGrath et al <sup>36</sup>	Funding: PhD Scholarship to T.M.M. at the University of Canberra. Conflicts of Interest: None declared
Menzer et al <sup>37</sup>	Funding: None reported Conflicts of Interest: None declared
Muller et al <sup>40</sup>	Funding: None reported Conflicts of Interest: None declared
Nawasreh et al <sup>44</sup>	Funding: National Institutes of Health (NIH R37HD37985, P30 GM103333) and Promotion of Doctoral Studies (PODS 1) Scholarship. Conflicts of Interest: None declared
Reinke et al <sup>55</sup>	Funding: NIH Grants No. 5R01 AR053684 (Spindler) and 5 K23 AR052392-04 (Dunn) from the National Institute of Arthritis and Musculoskeletal and Skin Diseases, an AOSSM-MTF Career Development Award Supplement, a Pfizer Scholars Grant in Clinical Epidemiology, and a grant from NFL Charities. The project was further supported by unrestricted educational gifts from DonJoy, Smith and Nephew Endoscopy, and the Vanderbilt Sports Medicine Research Fund. Conflicts of Interest: None declared
Tengman et al <sup>61</sup>	Funding: Swedish Scientific Research Council project nr K2008-70X-20845-01-3, K2011-69X-21876-01-3, and CIF P2012-0008, Umeå University (Young Researcher Awardee C. Häger), Västerbotten County Council, Foundation for Medical Research at Umeå University and Ingabritt & Arne Lundbergs Research Foundation. Conflicts of Interest: None declared
Webster & Feller <sup>63</sup>	Funding: None reported Conflicts of Interest: None declared
Wilk et al <sup>66</sup>	Funding: None reported Conflicts of Interest: None declared