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| **Supplemental Table 2**. Baseline characteristics of the included trials  |
| Study | Male:femaleratio | Mean age (years) (SD) | Mean height (cm) (SD) | Mean weight (kg) (SD) | Activity level  |
| Abbasi et al. [1] | 13:17 | 22.3 (2.7) | 172.1 (8.6) | 66 (11.7) | Physical education students |
| Alguacil-Diego et al. [3] | 16:12 | 20.3 (2.3) | 169.5 (7.7) | 66.8 (11.3) | N/M |
| Alves et al. [4] | 10:6 | 21.5 (2.8) | 178 (13) | 77.2 (14.1) | Basketball players |
| Bicici et al. [7] | 15:0 | 20.3 (1.4) | 192.3 (6.7) | 85.3 (10.6) | Basketball players |
| Cline et al. [10] | 10:14 | 21.3 (3.3) | 173.1 (9.6) | 67.6 (12.8) | N/M |
| De-la-Torre-Domingo et al. [12] | 15:15 | 19.5 (1.8) | 169.2 (7.3) | 65.1 (9.2) | No requirements existed for specific sport activity levels among participants |
| Delahunt et al. [14] | 6:10 | 21.3 (1.4) | 176 (0.8) | 79.9 (10.4) | Six patients participated in sports 6 hours per week;two subjects participated 5 to 6 hours per week; four individuals participated 4 to 5 hours per week; one patient participated 3 to 4 hours per week; one individual participated 2 to 3 hours per week, and three patients participated 1 to 2 hours per week. |
| De Ridder et al. [15] | 10:18 | 22.3 (3) | 173 (0.1) | 71 (10.6) | ≥ 1.5 hours of cardiovascular activity per week |
| Gehrke et al. [20] | 14:7 | 23.7 (3.2) | N/M | N/M | Participated in training for at least one session per week |
| Hadadi and Abbasi [22] | 10:12 | 22.7 (2.6) | 171.8 (8.9) | 68.9 (17.3) | N/M |
| Hadadi et al. [23] | 20:12 | 22.5 (2.3) | 169.8 (8.5) | 61.0 (9.7) | N/M |
| Halim-Kertanegara et al. [24] | 13:12 | 22.4 (4.8) | 173 (9) | 70 (14) | All patients were active in sport |
| Hettle et al. [28] | 6:10 | 22.4 (1.4) | 176.9 (7.6) | 71.9 (8.7) | University sports clubs |
| Hopper et al. [35] | 8:12 | 23 (1) | 173.1 (2.4) | 69.3 (3.0) | Recreational athletes |
| Jackson et al. [39] | 12:18 | 20.4 (1.9) | 170.8 (10.9) | 73.5 (14.9) | N/M |
| Lee and Lee [43] | 9:0 | 14.1 (0.3) | 155.7 (10.3) | 47.1 (13.1) | Soccer players |
| Sawkins et al. [51] | 11:19 | 21.0 (3.3) | 174.0 (8.7) | 72.0 (11.2) | N/M |
| Someeh et al. [52] | 20:12 | 23 (2.35) | 174.5 (11.3) | 69.7 (13) | Professional athletes training three times a week for 90 minutes as a minimum |
| Uddin et al. [55] | N/M | N/M | N/M | N/M | N/M |
| Wheeler et al. [57] | 8:15 | 23.4 (2.5) | 171.6 (12.4) | 71.5 (13.1) | N/M |
| Wikstrom et al. [58] | 13:15 | 21 (1.2) | 175 (11) | 72.4 (12.1) | N/M |

N/M = not mentioned.