**Supplementary Table 7.** Summary of return-to-sport findings for included studies

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| --- | --- | --- | --- |
| Author | Comparison | Return to same level of activity | Time to return to sport |
| Aisaiding et al. [1] | MIS - Open | NR | MIS superiora (16 vs. 18 weeks) |
| Aktas et al. [2] | MIS - Open | No differenceb (90 vs. 85%) | NR |
| Keating et al. [42] | Open - PI | No difference (70 vs 64%)b | No differenceb (34 vs 35 weeks)b |
| Kolodziej et al. [46] | MIS - Open | No differenceb | NR |
| Lim et al. [52] | MIS - Open | No differencec (82 vs 44%) | NR |
| Karabinas et al. [41] | MIS - Open | NR | No differencec  (5 months across groups) |
| Majewski et al. [54] | MIS - Open - PI | No differencec (75% across groups) | MIS 20.9 weeks, Open 26 weeks, Rehab 27.8 weeks |
| Metz et al. [60] | MIS - Rehab | No differenceb (67 vs 82%) | NR |
| Cetti et al. [10] | Open - PI | Open superiora (57 vs. 29%) | NR |
| Möller et al. [62] | Open - PI | No differencec  (54% across groups) | NR |
| Costa et al. [13] | Open - Rehab | No differenceb  (83 vs. 68%) | No differenceb |

a Statistically significant difference as reported by the study authors.

bNo difference reported with appropriate statistical analysis described by the study authors.

cNo difference reported but statistical analysis for the outcome of return to sport were not described; NR = not reported; MIS = minimally invasive surgery; PI = primary immobilization; Rehab = functional rehabilitation; Open = open surgical repair.