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| **Supplementary table 1.** PRE and 9-month adjusted acquisition in bone mineral content (BMC, g) hip structural analysis parameters and trabecular bone score of the intervention and control groups |
| TOTAL (N=93) | SWIMMERS | FOOTBALLERS | CYCLISTS |
| INTERVENTION(N=19) | CONTROL(N=18) | INTERVENTION(N=15) | CONTROL(N=15) | INTERVENTION(N=19) | CONTROL(N=18) |
| PRE | 9-month adjusted acquisition Δ (95% CI) | PRE | 9-month adjusted acquisition Δ (95% CI) | PRE | 9-month adjusted acquisition Δ (95% CI) | PRE | 9-month adjusted acquisitionΔ (95% CI) | PRE | 9-month adjusted acquisition Δ (95% CI) | PRE | 9-month adjusted acquisitionΔ (95% CI) |
| Lumbar Spine BMC | 50.8 ±11.0 | 7.8(6.7-8.8) | 51.9 ±12.4 | 6.9(5.8-8.0) | 46.2 ±14.4 | 9.2(8.0-10.3) | 47.5 ±11.1 | 7.8(6.6-9.0) | 48.0 ±12.8 | **8.5****(7.3-9.7)** | 41.9 ±12.4 | 5.7(4.4-7.0) |
| Femoral Neck BMC | 5.0 ±0.7 | **0.6****(0.4-0.7)** | 5.0 ±0.9 | 0.3(0.2-0.4) | 5.1 ±1.0 | 0.6(0.5-0.8) | 5.2 ±0.8 | 0.5(0.3-0.6) | 5.0 ±0.9 | **0.6****(0.5-0.8)** | 4.5 ±0.9 | 0.1(-0.1-0.3) |
| CSA | 155.7 ± 23.3 | 20.9(15.5-26.3) | 149.3 ±27.5 | 9.4(3.9-14.9) | 157.7 ±26.8 | 25.2(18.9-31.5) | 159.3 ±23.5 | 20.0(13.7-26.3) | 154.2 ±27.2 | **23.1****(16.9-29.3)** | 140.0 ±25.7 | 5.6(-1.1-12.3) |
| CSMI | 11106 ±3592 | **2678****(2238-3119)** | 11349 ±3565 | 1500(1035-1965) | 10893 ±3988 | 2813(2309-3316) | 10998 ±3492 | 2402(1901-2903) | 11220 ±3715 | **2668****(2167-3169)** | 8840 ±2917 | 1214(665-1764) |
| Section Modulus | 655.8 ±152.5 | 125.5(90.2-160.8) | 673.2 ±168.5 | 89.3(52.0-126.5) | 655.3 ±176.1 | 161.1(120.6-201.6) | 666.4 ±184.8 | 122.1(81.5-162.6) | 658.7 ±161.2 | 117.7(77.7-157.7) | 557.1 ±139.4 | 48.8(4.8-92.7) |
| Trabecular bone score | 1.390 ±0.058 | 0.102(0.078-0.125) | 1.370 ±0.072 | 0.054(0.029-0.080) | 1.429 ±0.075 | 0.122(0.084-0.141) | 1.404 ±0.050 | 0.113(0.095-0.148) | 1.364 ±0.073 | **0.103****(0.075-0.129)** | 1.348 ±0.081 | 0.042(0.012-0.071) |
| Raw values at PRE are mean ± standard deviation. Values at 9-month were adjusted for pre bone values, change in lean mass and post peak height velocity, and presented as mean and 95% CI. BMC: Bone mineral content. Bold values denote significant higher acquisition compared to the sport specific control group, p<0.05.  |