

Supplementary Table 1

Article characteristics

First author	Population	Proportion with previous ACL reconstruction, %	Study quality checklist (no. items fulfilled)	Return to sport rate % (level)	Focus of study
Aglietti 1994 [1]	(<i>n</i> = 60)	0	3	87 (any) 50 (preinjury) 18 (competitive)	Graft type comparison
Aglietti 1996 [2]	(<i>n</i> = 68) Athletes	6	6	93 (any) 31 (preinjury) 22 (competitive)	Surgical technique evaluation
Aglietti 1997 [3]	(<i>n</i> = 60)	0	4	95 (any) 55 (preinjury)	Graft type comparison
Aglietti 2004 [4]	(<i>n</i> = 120)	0	6	63 (any) 56 (preinjury)	Graft type comparison
Ardern 2011 [5]	(<i>n</i> = 307) Competitive athletes	0	5	67 (any) 33 (preinjury) 33 (competitive)	Return to sport
Ardern 2012 [6]	(<i>n</i> = 314) Amateur athletes, at least recreational level	0	5	93 (any) 61 (preinjury) 41 (competitive)	Return to sport
Ardern 2013 [7]	(<i>n</i> = 187) Amateur athletes, at least recreational level	6	6	31 (preinjury) 26 (competitive)	Return to sport
Bak 2001 [8]	(<i>n</i> = 132) Soccer players	0	5	61 (any) 61 (competitive)	Surgical technique evaluation
Barrett 1991 [9]	(<i>n</i> = 45)	0	4	87 (any) 47 (preinjury) 51 (competitive)	Surgical technique evaluation
Blonna 2012 [10]	(<i>n</i> = 47) Amateur athletes, at least recreational level	0	4	91 (preinjury)	Psychometric properties of Subjective Patient Outcome for Return to Sports (SPORTS) score
Brophy 2012 [11]	(<i>n</i> = 100) Football (soccer) players	0	5	72 (any) 61 (preinjury)	Return to sport
Colombet 2002 [12]	(<i>n</i> = 200)	0	6	85 (any) 68 (preinjury) 49 (competitive)	Surgical technique evaluation
Daniel 1994 [13]	(<i>n</i> = 91)	0	3	86 (preinjury)	ACL treatment technique evaluation
Deehan 2000 [14]	(<i>n</i> = 90)	0	3	86 (any)	Surgical technique evaluation
Erickson 2013 [15]	(<i>n</i> = 52) Professional football (soccer) players	Not reported	5	77 (preinjury) 77 (competitive)	Return to sport
Erickson 2013 [16]	(<i>n</i> = 25) Elite level skiers and snowboarders	Not reported	5	80 (preinjury) 80 (competitive)	Return to sport

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Fabbriciani 2005 [17]	(<i>n</i> = 18) Rugby players	Not reported	4	100 (any) 100 (preinjury) 100 (competitive)	Surgical technique evaluation
Feller 2003 [18]	(<i>n</i> = 65)	0	4	54 (preinjury)	Graft type comparison
Frobell 2010 [19]	(<i>n</i> = 83) Amateur athletes, at least recreational level	0	5	41 (preinjury)	ACL treatment technique evaluation
Gobbi 2003 [20]	(<i>n</i> = 80) Regional or national level athletes	0	6	65 (preinjury)	Surgical technique evaluation
Gobbi 2006 [21]	(<i>n</i> = 100)	0	6	89 (any) 58 (preinjury)	Graft type comparison
Grindem 2012 [22]	(<i>n</i> = 69) Played pivoting sports twice per week before injury	0	6	68 (preinjury)	Return to sport
Harris 2013 [23]	(<i>n</i> = 64) Professional basketball players	Not reported	5	98 (any) 86 (preinjury) 98 (competitive)	Return to sport
Hasebe 2005 [24]	(<i>n</i> = 15)	0	4	100 (any) 33 (preinjury) 33 (competitive)	Surgical technique evaluation
Heijne 2008 [25]	(<i>n</i> = 10)	Not reported	6	80 (any) 50 (preinjury)	Qualitative evaluation of return to sport
Hofmeister 2001 [26]	(<i>n</i> = 22)	0	4	91 (any) 82 (preinjury)	Clinical evaluation
Ibrahim 2005 [27]	(<i>n</i> = 85) Amateur athletes, at least recreational level	Not reported	6	89 (any sport)	Graft type comparison
Järvelä 2001 [28]	(<i>n</i> = 72)	0	3	78 (preinjury)	Clinical evaluation
Järvinen 1995 [29]	(<i>n</i> = 30) Amateur athletes, at least recreational level	17 (<i>n</i> = 5) (previous primary ACL repair)	4	27 (any)	Surgical technique evaluation
Jerre 2001 [30]	<i>n</i> = 275 Amateur athletes, at least recreational level	0	5	42 (preinjury) 31 (competitive)	Clinical evaluation (comparison between recreational and competitive athletes)
Kocher 2002 [31]	(<i>n</i> = 201)	0	4	78 (any) 40 (competitive)	Evaluation of patient satisfaction
Kvist 2005 [32]	(<i>n</i> = 62)	0	4	53 (preinjury) 31 (competitive)	Psychological factors influencing return to sport
Langford 2009 [33]	(<i>n</i> = 87) Competitive athletes	0	5	51 (any) 51 (competitive)	Psychological factors influencing return to sport

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Lee 2008 [34]	(<i>n</i> = 64) Amateur athletes, at least recreational level	0	5	62 (any) 44 (preinjury)	Return to sport
Lentz 2012 [35]	(<i>n</i> = 94) Amateur athletes, at least recreational level	0	4	91 (any) 55 (preinjury)	Return to sport
Makihara 2006 [36]	(<i>n</i> = 16)	0	3	100 (any)	Clinical evaluation
Marcacci 1995 [37]	(<i>n</i> = 82) Professional and amateur athletes	0	4	73 (preinjury)	Surgical technique evaluation
Marcacci 1999 [38]	(<i>n</i> = 40) Professional and amateur athletes	0	5	100 (any) 90 (preinjury)	Surgical technique evaluation
Marcacci 2003 [39]	(<i>n</i> = 50) Professional and amateur athletes	0	5	90 (preinjury)	Surgical technique evaluation
Mascarenhas 2010 [40]	(<i>n</i> = 38) Athletes self-reported preinjury participation in strenuous or very strenuous sport 4-7 times/week	0	3	61 (preinjury)	Graft type comparison
Mascarenhas 2012 [41]	(<i>n</i> = 46) Athletes self-reported preinjury participation in strenuous or very strenuous sport 4-7 times/week	0	4	50 (preinjury)	Graft type comparison
McCullough 2012 [42]	(<i>n</i> = 96) High school- and college-level American football players	0	4	64 (preinjury) 64 (competitive)	Return to sport
McDevitt 2004 [43]	(<i>n</i> = 95) Cadets and midshipmen	0	3	99 (any) 99 (preinjury)	Rehabilitation protocol evaluation
Mikkelsen 2000 [44]	(<i>n</i> = 44)	0	5	91 (any) 39 (preinjury)	Rehabilitation protocol evaluation
Muellner 1998 [45]	(<i>n</i> = 40) Amateur athletes, at least recreational level	0	4	100 (any)	Rehabilitation protocol evaluation
Murray 2012 [46]	(<i>n</i> = 114) Amateur athletes, at least recreational level		3	81 (any) 55 (preinjury)	Long term clinical evaluation (focus on osteoarthritis)

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Myklebust 2003 [47]	(<i>n</i> = 57) Three upper divisions of Norwegian team handball league	0	5	88 (any sport) 58 (preinjury)	Clinical evaluation
Nakayama 2000 [48]	(<i>n</i> = 50) Competitive athletes	Not reported	4	100 (any) 92 (preinjury) 92 (competitive)	Return to sport
Noyes 1997 [49]	(<i>n</i> = 56)	18	4	75 (any)	Clinical evaluation
O'Neill 1996 [50]	(<i>n</i> = 125)	6	4	90 (preinjury)	Surgical technique evaluation
Rebeyrotte-Boulègue 2005 [51]	(<i>n</i> = 55)	Not reported	4	100 (any) 71 (preinjury)	Clinical evaluation
Roos 1995 [52]	(<i>n</i> = 157) Football (soccer) players	0	3	22 (any) 22 (preinjury) 22 (competitive)	Clinical evaluation
Ross 2002 [53]	(<i>n</i> = 50) US air force cadets	0	3	100 (any)	Return to participation (including sport and activities of daily living)
Sandberg 1988 [54]	(<i>n</i> = 112)	0	4	48 (any) 18 (competitive)	Surgical technique evaluation
Sauter 1998 [55]	(<i>n</i> = 50)	Not reported	3	72 (any)	Surgical technique evaluation
Scott 2011 [56]	(<i>n</i> = 18) Professional basketball players	Not reported	4	79 (preinjury) 79 (competitive)	Return to sport
Seto 1988 [57]	(<i>n</i> = 25)	0	3	96 (any)	Clinical evaluation
Shah 2010 [58]	(<i>n</i> = 49) Professional American football players	0	5	63 (preinjury) 63 (competitive)	Return to sport
Shaieb 2002 [59]	(<i>n</i> = 70)	0	5	41 (preinjury)	Graft type comparison
Shelbourne 1997 [60]	(<i>n</i> = 1057)	0	4	95 (any)	Rehabilitation protocol evaluation
Shelbourne 2000 [61]	(<i>n</i> = 662) Amateur athletes, at least recreational level	0	6	54 (any)	Graft type comparison
Smith 2004 [62]	(<i>n</i> = 77) Competitive athletes	0	5	81 (any) 56 (preinjury)	Return to sport
Thomeé 2013 [63]	(<i>n</i> = 64) Amateur athletes, at least recreational level	0	6	47 (preinjury)	Return to sport
Tjong 2013 [64]	(<i>n</i> = 31) Competitive athletes	0	4	35 (preinjury) 40 (competitive)	Qualitative evaluation of return to sport

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Waldén 2011 [65]	(<i>n</i> = 71)	Not reported	6	97 (any) 93 (preinjury)	ACL injury characteristics in elite football
Webster 2008 [66]	(<i>n</i> = 220) Competitive athletes	9	3	69 (any) 40 (preinjury) 44 (competitive)	Psychological factors influencing return to sport
Wiger 1999 [67]	(<i>n</i> = 429) Competitive athletes	0	6	39 (any)	Clinical evaluation (gender comparison)
Zaffagnini 2008 [68]	(<i>n</i> = 72)	0	4	96 (any)	Surgical technique evaluation

Articles excluded from analysis

Reason for exclusion	Reference
No return to sport rate reported (n = 11)	Beynnon BD, Johnson RJ, Naud S, et al. Accelerated versus nonaccelerated rehabilitation after anterior cruciate ligament reconstruction: a prospective, randomized, double-blind investigation evaluating knee joint laxity using roentgen stereophotogrammetric analysis. <i>Am J Sports Med</i> 2011; 39 :2536-2548. Dunn WR, Spindler KP. Predictors of activity level 2 years after anterior cruciate ligament reconstruction (ACLR): a Multicentre Orthopaedic Outcomes Network (MOON) ACLR cohort study. <i>Am J Sports Med</i> 2010; 38 :2040-2050. Flanigan DC, Everhart SJ, Pedroza A, et al. Fear of reinjury (kinesiophobia) and persistent knee symptoms are common factors for lack of return to sport after anterior cruciate ligament reconstruction. <i>Arthroscopy</i> 2013; 29 :1322-1329. Griffith TB, Allen BJ, Levy BA, et al. Outcomes of repeat revision anterior cruciate ligament reconstruction. <i>Am J Sports Med</i> 2013; 41 :1296-1301. Hartigan EH, Lynch AD, Logerstedt DS, et al. Kinesiophobia after anterior cruciate ligament rupture and reconstruction: Noncopers versus potential copers. <i>J Orthop Sports Phys Ther</i> 2013; 43 :821-832. Hettrich CM, Dunn WR, Reinke EK, et al. The rate of subsequent surgery and predictors after anterior cruciate ligament reconstruction. Two- and 6-year follow-up results from a multicentre cohort. <i>Am J Sports Med</i> 2012; 41 :1534-1540. Kamien PM, Hydrick JM, Replogle WH, et al. Age, graft size, and Tegner Activity Level as predictors of failure in anterior cruciate ligament reconstruction with hamstring autograft. <i>Am J Sports Med</i> 2013; doi: 10.1177/0363546513493896. Kvist J, Österberg A, Gauffin H, et al. Translation and measurement properties of the Swedish version of ACL-Return to Sports after Injury questionnaire. <i>Scand J Med Sci Sports</i> 2013; 23 :568-575. McRae S, Leiter J, McCormack R, et al. Ipsilateral versus contralateral hamstring grafts in anterior cruciate ligament reconstruction: A prospective randomized trial. <i>Am J Sports Med</i> 2013; 41 :2492-2499. Mohammadi F, Salavati M, Akhbari B, et al. Comparison of functional outcome measures after ACL reconstruction in competitive soccer players: a randomized trial. <i>J Bone Joint Surg Am</i> 2013; 95 :1271-1277. Zaffagnini S, Bruni D, Muccioli GMM, et al. Single-bundle patellar tendon versus non-anatomical double-bundle hamstrings ACL reconstruction: a prospective randomized study at 8-year minimum follow-up. <i>Knee Surg Sports Traumatol Arthrosc</i> 2011; 19 :390-397.
Report on implementation of novel post-operative rehabilitation intervention (n = 2)	Carson F, Polman R. Experiences of professional rugby union players returning to competition following anterior cruciate ligament reconstruction. <i>Phys Ther Sport</i> 2012; 13 :35-40. Della Villa S, Boldrini L, Ricci M, et al. Clinical outcomes and return-to-sports participation of 50 soccer players after anterior cruciate ligament reconstruction through a sport-specific rehabilitation protocol. <i>Sports Health</i> 2012; 4 :17-24.
Report on return to sport after two-stage revision procedure (n = 1)	Franceschi F, Papalia R, Del Buono A, et al. Two-stage procedure in anterior cruciate ligament revision surgery: A five-year follow-up prospective study. <i>Int Orthop</i> 2013; 37 :1369-1374.
Combined return to sport data reported for people with and without ACL reconstruction surgery (n = 1)	Fälström A, Hägglund M, Kvist J. Patient-reported knee function, quality of life, and activity level after bilateral anterior cruciate ligament injuries. <i>Am J Sports Med</i> 2013;doi: 10.1177/0363546513502309.
Return to sport data published in previous report (n = 1)	Keays SL, Newcombe PA, Bullock-Saxton JE, et al. Factors involved in the development of osteoarthritis after anterior cruciate ligament surgery. <i>Am J Sports Med</i> 2010; 38 :455-463.

Supplementary Appendix A

Data excluded from analysis

Articles with overlapping return to sport data

First author	Follow up	Return to sport rate, %	Number of participants included
Arderm 2011 [5]	12 months post-operative	67 (any) 33 (preinjury) 33 (competitive)	307 of 503 (196 competitive athletes with data reported in Arderm 2012 were excluded)
Arderm 2012 [6]	Average 39 months post-operative	66 (any) 45 (preinjury) 41 (competitive)	314 of 314
Frobell 2010 [19]	2 years post-operative	41 (preinjury)	83 of 83
Frobell 2013 [69]	5 years post-operative	21 (preinjury)	0 of 83

Articles reporting multiple return to sport rates (within the same article)

First author	Follow up	Return to sport rate, %	Return to sport rate reported in review, %
Arderm 2012 [6]	Any time since surgery (range 2 to 7 years)	93 (any) 45 (preinjury) 41 (competitive)	93 (any) 45 (preinjury) 41 (competitive)
	At the time of follow up (average 39 months)	66 (any) 45 (preinjury) 29 (competitive)	
Brophy 2012 [11]	Average 12 months post-operative	72 (any) 61 (preinjury)	72 (any) 61 (preinjury)
	Average 7 years post-operative	35 (any) 16 (preinjury)	
Deehan 2000 [14]	2 years post-operative	86 (any)	86 (any)
	3 years post-operative	83 (any)	
	4 years post-operative	68 (any)	
	5 years post-operative	66 (any)	
Smith 2004 [62]	12 months post-operative	81 (any) 56 (preinjury)	81 (any) 56 (preinjury)
	Average 43 months post-operative	60 (any) 30 (preinjury)	

Supplementary Appendix B

First author	Criterion 1	Criterion 2	Criterion 3	Criterion 4	Criterion 5	Criterion 6
	Selection criteria	Representative sample	Preinjury sport participation described	Prospective data collection	Demographic data reported	Return to preinjury sport level reported
Aglietti 1994 [1]	Y	N	Y	Y	N	N
Aglietti 1996 [2]	Y	Y	Y	Y	Y	Y
Aglietti 1997 [3]	Y	Y	N	Y	Y	N
Aglietti 2004 [4]	Y	Y	Y	Y	Y	Y
Ardern 2011 [5]	Y	Y	Y	N	Y	Y
Ardern 2012 [6]	Y	Y	Y	N	Y	Y
Ardern 2013 [7]	Y	Y	Y	Y	Y	Y
Bak 2001 [8]	Y	Y	Y	Y	Y	N
Barrett 1991 [9]	N	N	Y	Y	Y	Y
Blonna 2012 [10]	Y	Y	N	N	Y	Y
Brophy 2012 [11]	Y	Y	Y	Y	Y	Y
Colombet 2002 [12]	Y	Y	Y	Y	Y	Y
Daniel 1994 [13]	Y	Y	N	Y	N	N
Deehan 2000 [14]	Y	N	N	Y	Y	N
Erickson 2013 [15]	Y	Y	Y	N	Y	Y
Erickson 2013 [16]	Y	Y	Y	N	Y	Y
Fabbricani 2005 [17]	N	N	Y	Y	Y	Y
Feller 2003 [18]	Y	N	N	Y	Y	Y
Frobell 2010 [19]	Y	Y	N	Y	Y	Y
Gobbi 2003 [20]	Y	Y	Y	Y	Y	Y
Gobbi 2006 [21]	Y	Y	Y	Y	Y	Y
Grindem 2012 [22]	Y	Y	Y	Y	Y	Y

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	Criterion 1	Criterion 2	Criterion 3	Criterion 4	Criterion 5	Criterion 6
First author	Selection criteria	Representative sample	Preinjury sport participation described	Prospective data collection	Demographic data reported	Return to preinjury sport level reported
Harris 2013 [23]	Y	Y	Y	N	Y	Y
Hasebe 2005 [24]	N	N	Y	Y	Y	Y
Heijne 2008 [25]	Y	Y	Y	Y	Y	Y
Hofmeister 2001 [26]	Y	Y	N	N	Y	Y
Ibrahim 2005 [27]	Y	Y	Y	Y	Y	Y
Järvelä 2001 [28]	Y	N	Y	N	Y	Y
Järvinen 1995 [29]	N	Y	Y	Y	N	N
Jerre 2001 [30]	Y	Y	Y	N	Y	Y
Kocher 2002 [31]	Y	Y	N	Y	Y	N
Kvist 2005 [32]	Y	Y	N	N	Y	Y
Langford 2009 [33]	Y	Y	Y	Y	Y	N
Lee 2008 [34]	Y	Y	Y	N	Y	Y
Lentz 2012 [35]	Y	Y	N	N	Y	Y
Makihara 2006 [36]	N	N	Y	Y	Y	N
Marcacci1995 [37]	N	N	Y	Y	Y	Y
Marcacci 1999 [38]	Y	N	Y	Y	Y	Y
Marcacci 2003 [39]	Y	N	Y	Y	Y	Y
Mascarenhas 2010 [40]	Y	N	N	N	Y	Y
Mascarenhas 2012 [41]	Y	N	N	Y	Y	Y
McCullough 2012 [42]	Y	N	Y	N	Y	Y

Supplementary Appendix B

First author	Criterion 1 Selection criteria	Criterion 2 Representative sample	Criterion 3 Preinjury sport participation described	Criterion 4 Prospective data collection	Criterion 5 Demographic data reported	Criterion 6 Return to preinjury sport level reported
McDevitt 2004 [43]	Y	N	N	Y	N	Y
Mikkelsen 2000 [44]	Y	N	Y	Y	Y	Y
Muellner 1998 [45]	Y	Y	N	Y	Y	N
Murray 2012 [46]	Y	Y	N	N	N	Y
Myklebust 2003 [47]	Y	Y	Y	Y	N	Y
Nakayama 2000 [48]	N	N	Y	Y	Y	Y
Noyes 1997 [49]	Y	Y	N	Y	Y	N
O'Neill 1996 [50]	N	Y	N	Y	Y	Y
Rebeyrotte-Boulégué 2005 [51]	Y	N	N	Y	Y	Y
Roos 1995 [52]	N	Y	Y	N	N	Y
Ross 2002 [53]	Y	N	Y	N	Y	N
Sandberg 1988 [54]	Y	Y	N	Y	Y	N
Sauter 1998 [55]	Y	N	N	Y	Y	N
Scott 2011 [56]	Y	N	Y	N	Y	Y
Seto 1988 [57]	Y	Y	N	N	Y	N
Shah 2012 [58]	Y	Y	Y	N	Y	Y
Shaieb 2002 [59]	Y	N	Y	Y	Y	Y
Shelbourne 1997 [60]	Y	Y	N	Y	Y	N
Shelbourne 2000 [61]	Y	Y	Y	Y	Y	Y
Smith 2004 [62]	Y	Y	Y	N	Y	Y

Supplementary Appendix B

	Criterion 1	Criterion 2	Criterion 3	Criterion 4	Criterion 5	Criterion 6
First author	Selection criteria	Representative sample	Preinjury sport participation described	Prospective data collection	Demographic data reported	Return to preinjury sport level reported
Thomeé 2013 [63]	Y	Y	Y	Y	Y	Y
Tjong 2012 [64]	Y	Y	Y	N	N	Y
Waldén 2011 [65]	Y	Y	Y	Y	Y	Y
Webster 2008 [66]	Y	N	N	Y	Y	N
Wiger 1999 [67]	Y	Y	Y	Y	Y	Y
Zaffagnini 2008 [68]	Y	Y	N	Y	Y	N
No. of articles fulfilling each criterion (% of total included studies)	60 (87)	46 (67)	44 (64)	47 (68)	61 (88)	51 (74)

Note

Y = criterion fulfilled

N = criterion not fulfilled

Supplementary Appendix C

Articles contributing data to contextual factor sub-group analysis

Contextual factor	Variable	Reference
Gender	Men	[5, 7, 11, 15-17, 23, 25, 27, 32, 35, 42, 47, 58, 62, 64]
	Women	[5, 7, 11, 16, 25, 26, 32, 35, 47, 56, 62-64]
Graft type	Hamstring tendon	[1-7, 11, 12, 18, 19, 21, 24, 34, 38, 39, 41, 48, 50, 59, 63, 68]
	Patellar tendon	[1, 3, 4, 10, 13, 18, 21, 28-30, 40, 41, 43-47, 49, 50, 54, 59-61, 67]
Sports performance level	Elite	[12, 15-17, 23, 37, 47, 56, 58, 64, 65]
	Non-elite	[1-14, 18-22, 24-36, 38-42, 44-46, 48-55, 57, 59-64, 66-68]
	Up to 12 months	[5, 7, 11, 15, 16, 22, 23, 33-35, 45, 48, 62, 65]
Length of follow up	12-36 months	[1, 4, 12, 14, 17-21, 24-26, 29-31, 36, 43, 44, 49, 51, 53, 63]
	> 36 months	[2, 3, 6, 8-10, 13, 27, 34, 37, 40, 41, 46, 47, 50, 52, 54, 57, 60, 61, 67, 68]

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