

Appendix . Literature search used in study

((Exercise Therapy OR Muscle Contraction OR Weight Lifting OR Muscle Strength OR Exercise OR Exercise Movement Techniques OR eccentric exercise OR eccentric training OR eccentric strengthening) AND (Knee Injuries OR Leg Injuries OR Sprains and Strains OR Athletic Injuries OR Tendon Injuries) AND (hamstring* OR semimembran* OR semitend* OR "biceps femoris")) AND (((randomized controlled trial[pt] OR controlled clinical trial[pt] OR randomized[tiab] OR randomised[tiab] OR randomization[tiab] OR randomisation[tiab] OR placebo[tiab] OR drug therapy[sh] OR randomly[tiab] OR trial[tiab] OR groups[tiab] OR Clinical trial[pt] OR "clinical trial"[tiab] OR "clinical trials"[tiab] OR "evaluation studies"[Publication Type] OR "evaluation studies as topic"[MeSH Terms] OR "evaluation study"[tiab] OR evaluation studies[tiab] OR "intervention studies"[MeSH Terms] OR "intervention study"[tiab] OR "intervention studies"[tiab] OR "case-control studies"[MeSH Terms] OR "case-control"[tiab] OR "cohort studies"[MeSH Terms] OR cohort[tiab] OR "longitudinal studies"[MeSH Terms] OR "longitudinal"[tiab] OR longitudinally[tiab] OR "prospective"[tiab] OR prospectively[tiab] OR "retrospective studies"[MeSH Terms] OR "retrospective"[tiab] OR "follow up"[tiab] OR "comparative study"[Publication Type] OR "comparative study"[tiab] OR systematic[subset] OR "meta-analysis"[Publication Type] OR "meta-analysis as topic"[MeSH Terms] OR "meta-analysis"[tiab] OR "meta-analyses"[tiab]) NOT (Editorial[ptyp] OR Letter[ptyp] OR Case Reports[ptyp] OR Comment[ptyp]) NOT (animals[mh] NOT humans[mh])) AND ("2008/12/01"[PDat] : "3000/12/31"[PDat]) AND English[lang])