

Appendix 1. Tests in preparticipation screening with the references.

*Navicular Drop:*

Shultz SJ, Carcia CR, Gansneder BM, Perrin DH. The independent and interactive effects of navicular drop and quadriceps angle on neuromuscular responses to a weight-bearing perturbation. *J Athl Train* 2006; 41(3):251-9.

*Beighton Index:*

Beighton P, Solomon L, Soskolne CL. Articular mobility in an African population. *Ann Rheum Dis* 1973; 32:413–418.

Ostenberg A, Roos H. Injury risk factors in female European football. A prospective study of 123 players during one season. *Scand J Med Sci Sports* 2000; 10(5):279-85.

*Two-Leg Drop Jump:*

Bates NA, Ford KR, Myer GD, et al. Kinetic and kinematic differences between first and second landings of a drop vertical jump task: Implications for injury risk assessments. *Clin Biomech* 2013; 28:459-466.

Ford KR, Myer GD, Hewett TE. Valgus knee motion during landing in high school female and male basketball players. *Med Sci Sports Exerc* 2003; 35:1745-1750.

Hewett TE, Myer GD, Ford KR, Heidt RS Jr, Colosimo AJ, McLean SG, van den Bogert AJ, Paterno MV, Succop P. Biomechanical measures of neuromuscular control and valgus loading of the knee predict anterior cruciate ligament injury risk in female athletes: a prospective study. *Am J Sports Med* 2005; 33(4):492-501.

Nilstad A, Andersen TE, Kristianslund E, et al. Physiotherapists Can Identify Female Football Players With High Knee Valgus Angles During Vertical Drop Jumps Using Real-Time Observational Screening. *J Orthop & Sports Physical Ther* 2014; 44:358-365.

Noyes FR, Barber-Westin SD, Fleckenstein C, et al. The drop-jump screening test: difference in lower limb control by gender and effect of neuromuscular training in female athletes. *Am J Sports Med* 2005; 33:197-207.

*Thomas test:*

Peeler J, Anderson JE. Reliability of the Thomas test for assessing range of motion about the hip. *Physical Ther Sport* 2009; 8:14-21.

Peeler J, Anderson JE. Reliability Limits Of The Modified Thomas Test For Assessing Rectus Femoris Muscle Flexibility About The Knee Joint. *J Athl Train* 2008; 43(5): 470-6.

Narvani AA, Tsiridis E, Kendall S, Chaudhuri R, Thomas P. A preliminary report on prevalence of acetabular labrum tears in sports patients with groin pain. *Knee Surg Traumatol Arthrosc* 2003; 11:403-8.

Thurston A. Assessment of fixed flexion deformity of the hip. *Clin Orthop Relat Res* 1982; 169:186-9.

*Trendelenburg test:*

Bird PA, Oakley SP, Shnier R, Kirkham BW. Prospective evaluation of MRI and physical examination findings in patients with greater trochanteric pain syndrome. *Arthr Rheum* 2001; 44:2138-45.

Hardcastle P, Nade S. The significance of the Trendelenburg test. J Bone Joint Surg 1985; 67(5):741-6.

Trendelenburg F. Trendelenburg's Test (1895). Clin Orthop Relat Res 1998; 355:3-7.

*Deep Squat, Hoover, Hip passive rotation angles:*

Cook G. Movement - Functional Movement Systems. Screening-Assessment-Corrective Strategies. Lotus Publishing. Chichester, England 2010.