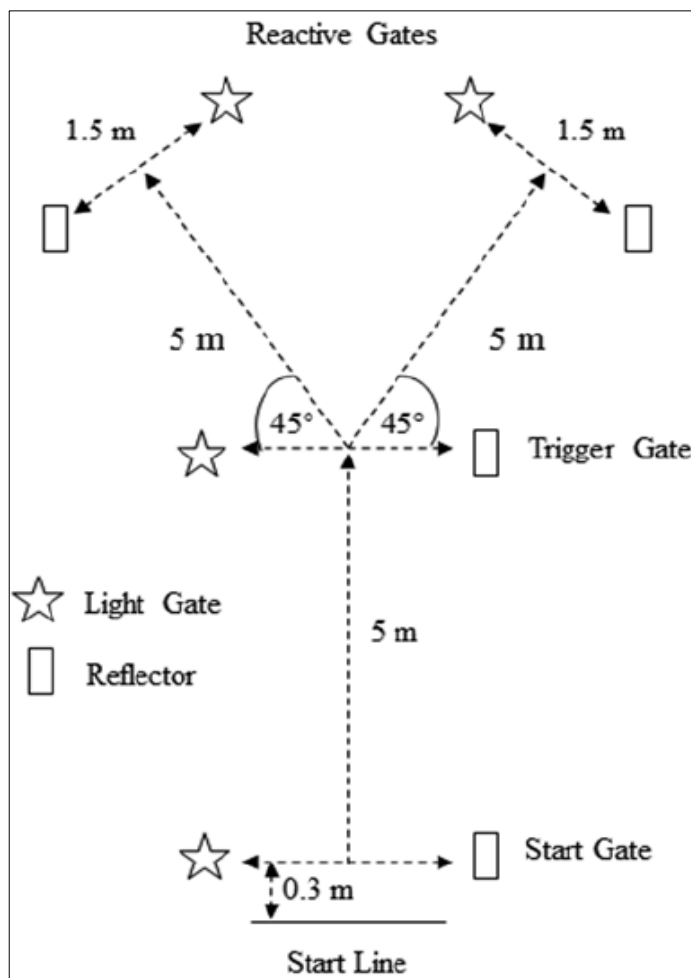


# Online Appendix 1

**Note:** This is Online Appendix 1 of Robyn, A.D, Louw, Q.A. & Baumeister, J., 2022, 'Return to play in elite rugby players after severe knee injuries', *South African Journal of Physiotherapy* 78(1), a1629. <https://doi.org/10.4102/sajp.v78i1.1629>



Source: Oliver, J.L. & Meyers, R.W., 2009, 'Reliability and generality of measures of acceleration, planned agility, and reactive agility', *International Journal of Sports Physiology and Performance* 4(3), 345–354. <https://doi.org/10.1123/ijspp.4.3.345>

**FIGURE 1-A1:** The Y-shaped agility test. Players will run 5 m through the start gate to pass the trigger gate. After this, they cut left or right depending on which reactive gate was illuminated. Gates will be 1.5 m wide.

**TABLE 1-A1:** Injured and Uninjured performances compared at RTP and Baseline.

Performance test	RTP		Baseline	
	Mean difference (Injured-Uninjured)	p-value	Mean difference (Injured – Uninjured)	p-value
RAT_SPLIT1	0.022	0.475	-0.015	0.681
RAT_SPLIT2	0.028	0.531	-0.006	0.878
RAT Total Time	0.051	0.384	-0.022	0.727
SPEED 10m	0.071	0.100	-0.005	0.900
SPEED 30m	0.058	0.445	-0.025	0.725
SHD (m)	0.013	0.569	<b>0.084</b>	<b>0.001</b>

**TABLE 2-A1:** Injured and Uninjured CMJ performances compared at RTP and Baseline.

Performance test	RTP		Baseline	
	Mean difference (Injured – Uninjured)	p-value	Mean difference (Injured – Uninjured)	p-value
Force @ zero Velocity (kg)	-1.135	0.209	-0.168	0.863
Jump Height (net impulse)	2.128	0.208	2.126	0.268
Peak Force Asymmetry	-1.500	0.715	-0.952	0.744
Peak Force (kg)	-0.985	0.257	-0.249	0.727
Peak Power Asymmetry	0.571	0.874	0.976	0.641
Peak Power (kg)	1.185	0.607	1.267	0.564
RFD (max)	-2.964	0.173	-1.013	0.698
RSI (net impulse)	-2.178	0.423	1.665	0.524

**TABLE 3-A1:** Group differences - estimate (mean difference) and 95% confidence intervals.

Performance test	Estimate	Standard error	p-value	95% confidence interval
RAT_SPLIT 1	0.003	0.031	0.926	-0.067, 0.061
RAT_SPLIT 2	0.011	0.033	0.735	-0.056, 0.079
RAT_Total Time	0.014	0.049	0.777	-0.087, 0.116
SPEED 10m	0.033	0.039	0.397	-0.046, 0.133
SPEED 30m	0.016	0.072	0.824	-1.33, 0.165
SHD	4.900	1.569	<b>0.004</b>	1.674, 8.125
Force @zero Velocity	-0.649	0.781	0.413	-2.253, 0.956
Jump Height NI	2.123	1.659	0.212	-1.286, 5.532
Peak Force	-1.321	3.229	0.686	-7.960, 5.317
Peak Force Asymmetry	-0.613	0.676	0.372	-2.002, 0.776
Peak Power	0.702	2.594	0.789	-4.630, 6.034
Peak Power Asymmetry	1.232	2.070	0.557	-3.022, 5.487
RFDmax	-1.991	1.984	0.325	-6.069, 2.087
RSI_NI	-0.260	2.277	0.910	-4.491, 4.421