

Table S1 Certainty of the evidence

outcomes	Risk of Bias	Inconsistency	Indirectness	Imprecision	Publication Bias	Certainty
Y balance test distance	Serious	Not serious	Not serious	Serious	NA	Low
CAIT scores	Serious	Not serious	Not serious	Serious	NA	Low
Ankle muscle strength	Serious	Serious	Not serious	Serious	NA	Very low
Ankle muscle activation	Serious	Not serious	Not serious	Serious	NA	Low

Notes: NA, not applicable