

Supplemental questions

1. Dr. Sommer Hammoud: *Can you summarize (in a table possibly) for the readers a few of the most promising wearable technologies currently in use or on the horizon, including how they are worn by the athlete and what they measure? Please provide your thoughts on the potential impact you think these may have*

Author's answer: These systems have the ability to assess and profile individual injury risks, and give us a better understanding of athletes' workload and its influences on injury. In turn, we can apply this information to injury prevention based on results and observations. This real-time feedback on movements and mechanics gives us the opportunity to determine the most effective interventions that can be tailored to the individual athlete, ultimately addressing our goal to reduce the risk of injury.

Wearable technology	How it is worn	Measures
ViPerform™ (dorsaVi, USA)	3D wearable sensors placed on lower back and lower extremities	Range of movement (knee valgus/varus and trunk), symmetry, balance, and time measured on 3 planes of motion during movement tests and translated to a score indicating the level of injury risk
VICON IMeasureU Blue Trident Sensors & IMU Step Software (IMeasureU, New Zealand)	Body-worn sensor device on a strap and worn on lower leg(s)	Lower limb internal (ligaments, bones, other tissues) and external (body) load distributions
The Opal™ & Moveo Explorer Software (APDM Inc., USA)	Body-worn sensor devices on straps and worn on lower back, upper legs, lower legs, and feet	Lower limb kinematics, including knee flexion-extension, varus-valgus, and internal-external rotation
MilestonePod (Milestone Sports, USA)	Shoe-worn device	Running metrics, including foot strike, rate of impact, cadence, stride length, performance metrics

2. Dr. Sommer Hammoud: *Do you think screening for the high school or small college that has only one athletic trainer is feasible? Do you have any suggestions for implementation at this level?*

Author's answer: Screening is very difficult in the setting of a lack of adequate resources. Education with local athletic trainers and physical therapists can be helpful, but this is still an ongoing challenge. If dedicated screening isn't possible, making coaches and trainers aware of the ease of implementing interventions that can be integrated in daily warm-ups can still effectively address injury prevention.

3. Dr. Sommer Hammoud: *Which screening methods and prevention programs do you use for your athletes at the high school and collegiate level?*

Author's answer: We use pre-season screenings to get a baseline assessment on our college athletes, and employ an active warm-up strategy for all practices and games.