

The effects of action observation in the lower limb landing biomechanics: a systematic review and meta-analysis

Appendix 2. Summary of findings table.

Lower limb biomechanics in landing tasks after action observation compared to control					
Patient or population: Healthy adults					
Setting: Controlled laboratory studies					
Intervention: Action observation					
Comparison: Control					
				Anticipated absolute effects	
				Risk with Control	Risk difference with Action observation
Peak Knee Flexion (PKF) assessed with: Joint Degrees	135 (4 RCTs)	⊕○○○ Very low ^{a,b}	-	The mean peak Knee Flexion was 74,98 degrees	MD 15.95 degrees higher (3.53 higher to 28.38 higher)
Initial Contact Knee Flexion (ICKF) assessed with: Joint Degrees	76 (3 RCTs)	⊕⊕⊕○ Moderate ^a	-	The mean initial Contact Knee Flexion was 19,24 degrees	MD 4.05 degrees higher (1.62 higher to 6.48 higher)
Peak Hip Flexion (PHF) assessed with: Joint Degrees	103 (3 RCTs)	⊕○○○ Very low ^{a,b}	-	The mean peak Hip Flexion was 60,79 degrees	MD 18.16 degrees higher (1.71 lower to 38.03 higher)
Dynamic Knee Valgus (DKV) assessed with: N/Kg or Frontal Plane Degrees	115 (3 RCTs)	⊕⊕○○ Low ^{a,c}	-	-	SMD 0.52 SD lower (1.34 lower to 0.31 higher)
Vertical Ground Reaction Force (vGRF) assessed with: N/Kg or %BW	119 (3 RCTs)	⊕○○○ Very low ^{a,d,e}	-	-	SMD 0.04 SD higher (0.61 lower to 0.68 higher)
* The risk in the intervention group (and its 95% confidence interval) is based on the assumed risk in the comparison group and the relative effect of the intervention (and its 95% CI). CI: confidence interval; MD: mean difference; SMD: standardised mean difference					
GRADE Working Group grades of evidence					
High certainty: we are very confident that the true effect lies close to that of the estimate of the effect.					
Moderate certainty: we are moderately confident in the effect estimate: the true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different.					
Low certainty: our confidence in the effect estimate is limited: the true effect may be substantially different from the estimate of the effect.					
Very low certainty: we have very little confidence in the effect estimate: the true effect is likely to be substantially different from the estimate of effect.					

Explanations

- a. The majority of included studies showed serious limitations in the randomization process.
- b. I² = 92%.
- c. I² = 77%.
- d. We have considered an I² test > 60% as substantial heterogeneity and for this outcome the value is 62%.
- e. Wide confidence intervals that include a substantial portion of the graph in favor of both interventions.