Intervention 1	Intervention 2	Design	Study	Outcome: All types of stress fracture				Analyses	Results
				Intervention 1		Intervention 2			
				n	N	n	N		
Use of orthoses	No intervention	RCT	Finestone 1999	16	126	13	53	Meta-analysis	RR: 0,47 (0,26; 0,87); P = 0,02; I2 = 0%
		RCT	Franklyn-Miller 2011	2	200	6	200		
Use of orthoses	Use of orthoses	RCT	Finestone 1999	8	51	8	75	Forest Plot with one study	RR: 1,47 (0,59; 3,66); P = 0,41
		RCT	Finestone 2004a	19	204	19	213	Forest Plot with one study	RR: 1,04 (0,57; 1,91); P = 0,89
		RCT	Finestone 2004b	17	180	16	172	Forest Plot with one study	RR: 1,02 (0,53; 1,94); P = 0,96
		qRCT	Gardner 1988	21	1557	17	1468	Forest Plot with one study	RR: 1,16 (0,62; 2,20); P = 0,64
Exercises stretching	No intervention	qRCT	Pope 2000	47	623	42	562	Forest Plot with one study	RR: 1,01 (0,68; 1,51); P = 0,96
Footwear	Footwear	qRCT	Milgrom 1992	49	187	44	203	Forest Plot with one study	RR: 1,21 (0,85; 1,72); P = 0,30

Intervention 1	Intervention 2	Design	Study	Outcome: Tibial Stress Fracture				Analyses	Results
				Intervention 1		Intervention 2			
				n	N	n	N		
Use of orthoses	No intervention	RCT	Andrish 1974	0	344	1	1453	Meta-analysis	RR: 0,66 (0,44; 0,98); P = 0,04; I2= 0%
		RCT	Finestone 1999	13	126	12	53		
		RCT	Franklyn-Miller 2011	1	200	2	200		
		qRCT	Milgrom 1985	20	113	35	152		
Use of orthoses	Use of orthoses	RCT	Finestone 1999	7	51	6	75	Forest Plot with one study	RR: 1,72 (0,61; 4,81); P = 0,30
Use of orthoses	Exercises stretching	RCT	Andrish 1974	0	344	1	300	Forest Plot with one study	RR: 0,29 (0,01; 7,11); P = 0,45
Use of orthoses	Use of orthoses + Exercises stretching	RCT	Andrish 1974	0	344	0	463	N/A	Not estimable
Use of orthoses	Modification of training schedule	RCT	Andrish 1974	0	344	0	217	N/A	Not estimable
Exercises stretching	Use of orthoses + Exercises stretching	RCT	Andrish 1974	1	300	0	463	Forest Plot with one study	RR: 4,62 (0,19; 113,15); P = 0,35
Exercises stretching	Modification of training schedule	RCT	Andrish 1974	1	300	0	217	Forest Plot with one study	RR: 2,17 (0,09; 53,08); P = 0,63
Exercises stretching	No intervention	RCT	Andrish 1974	1	300	1	1453	Meta-analysis	RR: 1,06 (0,67; 1,68); P = 0,79; I2= 35%
		qRCT	Pope 2000	32	623	24	562		
Exercises stretching	Non-significant intervention	qRCT	Pope 1998	4	451	8	432		
Use of orthoses + Exercises stretching	Modification of training schedule	RCT	Andrish 1974	0	463	0	217	N/A	Not estimable
Use of orthoses + Exercises stretching	No intervention	RCT	Andrish 1974	0	463	1	1453	Forest Plot with one study	RR: 1,04 (0,04; 25,60); P = 0,98
Modification of training schedule	No intervention	RCT	Andrish 1974	0	217	1	1453	Forest Plot with one study	RR: 2,22 (0,09; 54,40); P = 0,62
Footwear	Footwear	qRCT	Milgrom 1992	34	187	33	203	Forest Plot with one study	RR: 1,12 (0,72; 1,73); P = 0,61

Intervention 1	Intervention 2	Design	Study	Outcome: Femoral Stress Fracture				Analyses	Results
				Intervention 1		Intervention 2			
				n	N	n	N		
Use of orthoses	No intervention	RCT	Finestone 1999	9	126	6	53	Meta-analysis	RR: 0,56 (0,33; 0,96); P = 0,03; I2= 0%
		RCT	Franklyn-Miller 2011	0	200	1	200		
		qRCT	Milgrom 1985	11	113	27	152		
Use of orthoses	Use of orthoses	RCT	Finestone 1999	5	51	4	75	Forest Plot with one study	RR: 1,84 (0,52; 6,52); P = 0,35
Footwear	Footwear	qRCT	Milgrom 1992	22	187	16	203	Forest Plot with one study	RR: 1,49 (0,81; 2,75); P = 0,20

Intervention 1	Intervention 2	Design	Study	Outcome: Metatarsal Stress Fracture				Analyses	Results
				Intervention 1		Intervention 2			
				n	N	n	N		
Use of orthoses	No intervention	RCT	Finestone 1999	0	126	1	53	Meta-analysis	RR: 0,30 (0,09; 0,97); P = 0,04; I2= 0%
		RCT	Franklyn-Miller 2011	1	200	3	200		
		qRCT	Milgrom 1985	2	113	8	152		
Use of orthoses	Use of orthoses	RCT	Finestone 1999	0	51	0	75	Forest Plot with one study	Not estimable
Footwear	Footwear	qRCT	Milgrom 1992	0	187	7	203	Forest Plot with one study	RR: 0,07 (0,00; 1,26); P = 0,07
		qRCT	Bensel 1976	6	372	8	414	Forest Plot with one study	RR: 0,83 (0,29; 2,38); P = 0,74
Exercises stretching	Non-significant intervention	qRCT	Pope 1998	4	451	0	432	Forest Plot with one study	RR: 8,62 (0,47; 159,66); P = 0,15