

Supplementary material

Supplementary Table 1 Search strategy PubMed

| Search terms | Amount of studies found |
|---|--|
| ankle instability[tiab] OR lateral ankle injury[tiab] OR ankle injury[MeSH Terms] OR ankle sprain*[tiab] OR ankle ligament*[tiab] OR ankle ligament[MeSH Terms] OR ATFL[tiab] OR Anterior Talo-Fibular Ligament[tiab] | 1 st search=14,544 2 nd search=17,069 |
| AND | |
| job[tiab] OR return to play*[tiab] OR return to play[MeSH Terms] OR return to sport[MeSH Terms] OR return to work[tiab] OR return to work[MeSH Terms] OR cost efficien*[tiab] OR cost efficiency[MeSH Terms] OR healthcare cost*[tiab] OR healthcare cost[MeSH Terms] OR cost effect*[tiab] OR cost*[tiab] OR cost effectiveness[MeSH Terms] OR cost contain*[tiab] OR cost containment[MeSH Terms] OR cost efficacy*[tiab] | 1 st search=866,736 2 nd search=905,948 |
| AND | |
| Conservative*[tiab] OR treatment*[tiab] OR conservative treatment[MeSH Terms] OR rehab*[tiab] OR Ankle rehabilitation[MeSH Terms] OR Functional*[tiab] OR Functional treatment[MeSH Terms] OR Non-surgical*[tiab] OR Non-surgical treatment[MeSH Terms] OR Surgery*[tiab] OR surgery[MeSH Terms] | 1 st search=10,518,275 2 nd search=11,021,368 |
| <i>Combination of these 3 categories of search terms</i> | 1 st search=415 2 nd search=573 |

Supplementary Table 2 Search strategy Embase

| Search terms | Amount of studies found |
|---|--|
| (('ankle instability':ti,ab,kw) OR ('lateral ankle injury':ti,ab,kw) OR ('ankle injury'/exp) OR ('ankle sprain*':ti,ab,kw) OR ('ankle ligament*':ti,ab,kw) OR ('ankle ligament'/exp) OR (ATFL:ti,ab,kw) OR ('anterior talo-fibular ligament':ti,ab,kw)) | 1 st search=20,475 2 nd search=21,605 |
| AND | |
| ((job:ti,ab,kw) OR ('return play*':ti,ab,kw) OR ('return play'/exp) OR ('return sport'/exp) OR ('return work':ti,ab,kw) OR ('return work'/exp) OR ('cost efficien*':ti,ab,kw) OR ('cost efficiency'/exp) OR ('healthcare cost*':ti,ab,kw) OR ('healthcare cost'/exp) OR ('cost effect*':ti,ab,kw) OR (cost*:ti,ab,kw) OR ('cost effectiveness'/exp) OR ('cost contain*':ti,ab,kw) OR ('cost containment'/exp) OR ('cost efficacy*':ti,ab,kw)) | 1 st search=1,278,911 2 nd search=1,352,317 |
| AND | |
| ((conservative*:ti,ab,kw) OR (treatment*:ti,ab,kw) OR ('conservative treatment'/exp) OR (rehab*:ti,ab,kw) OR ('ankle rehabilitation'/exp) OR (functional*:ti,ab,kw) OR ('functional treatment'/exp) OR ('non-surgical*':ti,ab,kw) OR ('non-surgical treatment'/exp) OR (surgery*:ti,ab,kw) OR (surgery/exp)) | 1 st search=13,466,637 2 nd search=14,175,508 |
| <i>Combination of these 3 categories of search terms</i> | |
| 1 st search=542 2 nd search=585 | |