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**Appendix 1** Pairwise group comparisons for continuous outcome measures

	<b>Progressive rehabilitation vs early ACLR</b> mean difference (95% CI)	<b>Progressive rehabilitation vs delayed ACLR</b> mean difference (95% CI)	<b>Early ACLR vs Delayed ACLR</b> mean difference (95% CI)
IKDC-SKF	-1.6 (-6.4 to 3.1)	2.6 (-5.0 to 10.1)	4.2 (-2.8 to 11.2)
KOOS			
Pain	-0.1 (-3.6 to 3.3)	3.6 (-2.0 to 9.1)	3.7 (-1.4 to 8.9)
Symptoms	2.8 (-1.9 to 7.6)	5.7 (-2.0 to 13.3)	2.8 (-4.3 to 9.9)
ADL	-0.3 (-2.7 to 2.1)	0.5 (-3.4 to 4.4)	0.8 (-2.8 to 4.4)
Sport/Rec	-1.6 (-8.5 to 5.3)	5.9 (-5.1 to 16.9)	7.5 (-2.7 to 17.7)
QoL	-2.0 (-9.5 to 5.5)	8.3 (-3.6 to 20.2)	10.3 (-0.8 to 21.3)
Quadriceps muscle strength (LSI)	3.9 (-2.2 to 10.0)	7.8 (-1.7 to 17.4)	3.9 (-4.9 to 12.7)
Single-legged hop tests			
Single hop for distance (LSI)	2.1 (-2.0 to 6.2)	4.5 (-1.8 to 10.9)	2.4 (-3.4 to 8.2)
Crossover hop for distance (LSI)	0.4 (-3.6 to 4.4)	3.6 (-2.5 to 9.8)	3.2 (-2.4 to 8.8)
Triple hop for distance (LSI)	0.4 (-2.9 to 3.7)	2.5 (-2.5 to 7.5)	2.1 (-2.5 to 6.7)
Six-meter timed hop (LSI)	0.3 (-2.6 to 3.2)	2.4 (-2.1 to 6.9)	2.1 (-2.0 to 6.2)
Marx Activity Rating Scale	-1.0 (-2.7 to 0.7)	-0.3 (-2.9 to 2.3)	0.8 (-1.6 to 3.1)

Abbreviations: IKDC-SKF, International Knee Documentation Committee Subjective Knee Form; KOOS, Knee Osteoarthritis Outcome Score; LSI, Limb Symmetry Index