Supplementary material

Supplementary Table 1. Both techniques compared operative and non-operative SLHT results between the 6th and 12th months.

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|  | MAI | ST/G |
| Variables | 6th month | 12th month | *t* | *p* | ES | 95% CI | 6th month | 12th month | *t* | *p* | ES | 95% CI |
| Mean ± SD | Mean ± SD | LB | UB | Mean ± SD | Mean ± SD | LB | UB |
| Operative SH | 160.5 ± 17.0 | 168.0 ± 17.0 | −8.385 | <0.001\* | 0.44 | −9.41 | −5.59 | 158.6 ± 13.7 | 164.8 ± 12.2 | −6.494 | <0.001\* | 0.51 | −8.14 | −4.20 |
| Non-operative SH | 165.9 ± 18.0 | 170.3 ± 16.8 | −4.324 | <0.001\* | 0.25 | −6.53 | −2.22 | 164.7 ± 14.3 | 167.4 ± 12.9 | −4.834 | <0.001\* | 0.21 | −3.91 | −1.56 |
| Operative TH | 545.5 ± 64.6 | 556.9 ± 63.7 | −8.096 | <0.001\* | 0.18 | −14.37 | −8.38 | 550.7 ± 55.0 | 558.8 ± 53.8 | −5.855 | <0.001\* | 0.15 | −10.89 | −5.19 |
| Non-operative TH | 554.6 ± 51.9 | 563.3 ± 50.5 | −4.377 | <0.001\* | 0.17 | −13.01 | −4.49 | 560.3 ± 52.9 | 566.7 ± 51.5 | −5.045 | <0.001\* | 0.12 | −8.96 | −3.74 |
| Operative CH | 512.4 ± 59.5 | 523.9 ± 59.4 | −6.621 | <0.001\* | 0.19 | −15.28 | −7.84 | 514.8 ± 38.5 | 525.7 ± 37.6 | −8.924 | <0.001\* | 0.04 | −13.39 | −8.34 |
| Non-operative CH | 516.4 ± 60.9 | 528.1 ± 54.1 | −4.094 | <0.001\* | 0.20 | −17.87 | −5.63 | 514.4 ± 45.6 | 536.1 ± 69.6 | −1.675 | 0.108 | 0.37 | −48.65 | 5.17 |
| Operative MSTH | 454.8 ± 53.7 | 468.6 ± 51.7 | −6.924 | <0.001\* | 0.26 | −18.15 | −9.60 | 457.1 ± 46.8 | 468.9 ± 46.1 | −8.822 | <0.001\* | 0.25 | −14.61 | −9.05 |
| Non-operative MSTH | 460.4 ± 58.2 | 469.9 ± 57.4 | −9.050 | <0.001\* | 0.16 | −11.81 | −7.31 | 466.6 ± 50.1 | 476.2 ± 50.3 | −9.529 | <0.001\* | 0.19 | −11.75 | −7.55 |
| Operative MRH | 142.9 ± 10.9 | 150.1 ± 10.9 | −7.640 | <0.001\* | 0.66 | −9.19 | −5.18 | 145.0 ± 12.7 | 153.5 ± 11.7 | −12.759 | <0.001\* | 0.70 | −9.91 | −7.14 |
| Non-operative MRH | 144.6 ± 13.6c | 148.6 ± 12.4b | −5.457 | <0.001\* | 0.31 | −5.47 | −2.40 | 147.7 ± 13.4b | 154.6 ± 13.4a | −13.221 | <0.001\* | 0.51 | −7.95 | −5.79 |

\**p* < 0.05; SD: standard deviation; *t*: paired sample *t* test results; abc: paired comparison for time and technique; ES: effect size; CI: confidence interval; LB: lower bound; UB: upper bound; SH: single hop for distance; TH: triple hop for distance; CH: crossover triple hop for distance; MSTH: medial side triple hop for distance; MRH: medial rotation (90°) hop for distance.

Supplementary Table 2. Paired comparison of SLHT results at 6 and 12 months in both techniques between operative and non-operative sides.

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|  | MAI | ST/G |
| Variables | Operative | Non-operative | *t* | *p* | ES | 95% CI | Operative | Non-operative | *t* | *p* | ES | 95% CI |
| Mean ± SD | Mean ± SD | LB | UB | Mean ± SD | Mean ± SD | LB | UB |
| 6th month SH | 160.5 ± 17.0 | 165.9 ± 18.0 | −1.833 | 0.087 | 0.31 | −11.76 | 0.88 | 158.6 ± 13.7 | 164.7 ± 14.3 | −2.279 | 0.033\* | 0.44 | −11.54 | −0.54 |
| 12th month SH | 168.0 ± 17.0 | 170.3 ± 16.8 | −0.986 | 0.340 | 0.14 | −7.31 | 2.69 | 164.8 ± 12.2 | 167.4 ± 12.9 | −1.118 | 0.276 | 0.21 | −7.45 | 2.23 |
| 6th month TH | 545.5 ± 64.6 | 554.6 ± 51.9 | −1.059 | 0.306 | 0.15 | −27.30 | 9.18 | 550.7 ± 55.0 | 560.3 ± 52.9 | −1.109 | 0.279 | 0.18 | −27.57 | 8.36 |
| 12th month TH | 556.9 ± 63.7 | 563.3 ± 50.5 | −0.802 | 0.435 | 0.11 | −23.55 | 10.67 | 558.8 ± 53.8 | 566.7 ± 51.5 | −1.026 | 0.316 | 0.15 | −23.91 | 8.08 |
| 6th month CH | 512.4 ± 59.5 | 516.4 ± 60.9 | −0.402 | 0.693 | 0.07 | −25.19 | 17.19 | 514.8 ± 38.5 | 514.4 ± 45.6 | −0.059 | 0.954 | 0.01 | −13.44 | 14.22 |
| 12th month CH | 523.9 ± 59.4 | 528.1 ± 54.1 | −0.489 | 0.632 | 0.07 | −22.43 | 14.06 | 525.7 ± 37.6 | 536.1 ± 69.6 | −0.767 | 0.451 | 0.19 | −38.79 | 17.84 |
| 6th month MSTH | 454.8 ± 53.7 | 460.4 ± 58.2 | −0.675 | 0.510 | 0.10 | −23.38 | 12.13 | 457.1 ± 46.8 | 466.6 ± 50.1 | −1.436 | 0.165 | 0.20 | −23.17 | 4.21 |
| 12th month MSTH | 468.6 ± 51.7 | 469.9 ± 57.4 | −0.166 | 0.870 | 0.02 | −18.12 | 15.50 | 468.9 ± 46.1 | 476.2 ± 50.3 | −1.175 | 0.253 | 0.15 | −20.20 | 5.59 |
| 6th month MRH | 142.9 ± 10.9 | 144.6 ± 13.6 | −0.604 | 0.555 | 0.14 | −7.93 | 4.43 | 145.0 ± 12.7 | 147.7 ± 13.4 | −1.302 | 0.206 | 0.21 | −7.21 | 1.65 |
| 12th month MRH | 150.1 ± 10.9 | 148.6 ± 12.4 | 0.662 | 0.518 | 0.13 | −3.33 | 6.33 | 153.5 ± 11.7 | 154.6 ± 13.4 | −0.570 | 0.574 | 0.09 | −5.24 | 2.98 |

\**p* < 0.05; SD: standard deviation; *t*: paired sample *t* test results; abc: paired comparison for time and technique; ES: effect size; CI: confidence interval; LB: lower bound; UB: upper bound; SH: single hop for distance; TH: triple hop for distance; CH: crossover triple hop for distance; MSTH: medial side triple hop for distance; MRH: medial rotation (90°) hop for distance.

Supplementary Table 3. Paired comparison of LSI rates resulting from SLHT between post-operative 6th and 12th months.

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|  | MAI | ST/G |
| Variables | 6th month | 12th month | *t* | *p* | ES | 95% CI | 6th month | 12th month | *t* | *p* | ES | 95% CI |
| Mean ± SD | Mean ± SD | LB | UB | Mean ± SD | Mean ± SD | LB | UB |
| SH | 97.01 ± 7.34 | 98.78 ± 5.54 | −2.911 | 0.011\* | 0.27 | −3.06 | −0.47 | 96.64 ± 7.96 | 98.70 ± 7.01 | −4.106 | <0.001\* | 0.27 | −3.10 | −1.12 |
| TH | 98.30 ± 6.10 | 98.77 ± 5.58 | −2.403 | 0.030\* | 0.08 | −0.89 | −0.05 | 98.47 ± 7.07 | 98.74 ± 6.26 | −1.142 | 0.266 | 0.04 | −0.75 | 0.22 |
| CH | 99.58 ± 8.42 | 99.29 ± 6.63 | 0.362 | 0.723 | 0.04 | −1.43 | 2.02 | 100.41 ± 6.68 | 99.04 ± 9.65 | 0.788 | 0.439 | 0.17 | −2.24 | 4.99 |
| MSTH | 99.24 ± 7.56 | 100.17 ± 7.14 | −2.948 | 0.010\* | 0.13 | −1.61 | −0.26 | 98.30 ± 6.82 | 98.78 ± 6.33 | −1.879 | 0.074 | 0.07 | −1.02 | 0.05 |
| MRH | 99.20 ± 7.68 | 101.25 ± 6.01 | −3.220 | 0.006\* | 0.30 | −3.41 | −0.69 | 98.36 ± 6.47 | 99.52 ± 5.75 | −2.910 | 0.008\* | 0.20 | −1.99 | −0.33 |

\**p* < 0.05; SD: standard deviation; *t*: paired sample *t* test results; abc: paired comparison for time and technique; ES: effect size; CI: confidence interval; LB: lower bound; UB: upper bound; SH: single hop for distance; TH: triple hop for distance; CH: crossover triple hop for distance; MSTH: medial side triple hop for distance; MRH: medial rotation (90°) hop for distance.