

Supplementary Table 1. Correlations Between Single-Leg Landing and Hold Test Parameters and Center of Pressure (COP) Parameters for the Contralateral Limb and Jump Limb

Single leg landing and hold			Medio-lateral	Anterior-posterior	Mean velocity	Total excursion
Contralateral Limb	Peak force	<i>r</i>	0.004	0.625	0.319;	0.294
		<i>P</i>	.991	.03*	.313	.354
	Time to stabilization	<i>r</i>	0.181	0.086	0.299	0.274
		<i>P</i>	.574	.79	.346	.389
Jump Limb	Peak force	<i>r</i>	0.074	0.116	0.243	0.329
		<i>P</i>	.820	.720	.446	.297
	Time to stabilization	<i>r</i>	0.062	0.053	-0.242	-0.19
		<i>P</i>	.849	.871	.448	.541

Correlation strength was classified as weak (0.00–0.29), moderate (0.30–0.64), strong (0.65–0.84), and very strong (0.85–1.00); **p* < 0.05 was considered statistically significant.

Supplementary Table 2. Comparison of Jump and Contralateral Limbs

Variable	Jump Limb	Contralateral Limb	Test Statistic (Z / t)	P value	(<i>r</i> / <i>dz</i>)
SLL-PF (N)	1578,5 (1037–4323)	1437 (1163–3304)	–0.235	.814	0.068
ML, mm	21 (16–70)	26 (21–76)	–2.185	.029*	0.631
AP, mm)	30 (22–120)	25,5 (17–189)	–0.747	.455	0.216
MV, mm/sn	34 (27–57)	39 (28–84)	–2.396	.017*	0.692
TE, mm	508 (425–856)	578 (425–1255)	–1.923	.055	0.555
Mean ± SD					
SLL-TTS (s)	0.6 (0.2)	0.6 (0.1)	<i>t</i> = 0.284	.782	<i>d_h</i> = 0.082

ML, medio-lateral; AP, anterior-posterior; MV, mean velocity; TE, total excursion; SLL: single-leg landing; PF, peak force; TTS, time to stabilization; SD, standard deviation. Z statistics are reported for Wilcoxon tests and t statistics for paired-samples t-tests. Effect sizes were calculated as *r* = |Z|/√*n* for Wilcoxon tests and as Cohen's *dz* = *t*/√*n* for paired-samples t-tests (*n* = 12). For *r*/*dz*/correlation coefficients, values of 0.10–0.29 indicate a small effect, 0.30–0.49 a medium effect, and ≥0.50 a large effect; **P* < .05 was considered statistically significant.

Table 2. Comparison of Video Quality Scores and Characteristics Across Different Content Types

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Abbreviations: SD, Standard deviation; GQS, Global Quality Score; JAMA, Journal of the American Medical Association Benchmark Criteria. Stats, Mean $\pm$ SD/Median (IQR). (k) Kruskal Wallis Test

Table 3. Comparison of Source Category, Narration Type, and GQS-Based Quality Classification Across Different Content Types

Content_type		Animation	Educational	Patient	Surgical demonstration	P value
Source_category	Academic institution	5 (16.7)	8 (22.2)	1 (10.0)	4 (16.7)	.683**
	Commercial	8 (26.7)	8 (22.2)	2 (20.0)	2 (8.3)	
	Health professional	6 (20.0)	9 (25.0)	3 (30.0)	3 (12.5)	
	Other	5 (16.7)	5 (13.9)	2 (20.0)	9 (37.5)	
	Patient	6 (20.0)	6 (16.7)	2 (20.0)	6 (25.0)	
Narration_type	Both	8 (26.7)	10 (27.8)	3 (30.0)	9 (37.5)	.898**
	None	8 (26.7)	6 (16.7)	2 (20.0)	6 (25.0)	
	Subtitles	6 (20.0)	13 (36.1)	3 (30.0)	5 (20.8)	
	Verbal	8 (26.7)	7 (19.4)	2 (20.0)	4 (16.7)	
	High quality	14 (46.7)	19 (52.8)	0 (0.0)**	18 (75.0)	
Gqs_based_quality	Low quality	8 (26.7)	7 (19.4)	10 (100.0)***	2 (8.3)	< .001**
	Moderate quality	8 (26.7)	10 (27.8)	0 (0.0)	4 (16.7)	

Stats, n (%); Abbreviations: GQS, Global Quality Score.

*Pearson Chi-Squared Test; **, No high-quality videos were identified in the patient group; ***, All videos in the patient group were categorized as low quality.