



**Figure S1:** Fold asymmetry expressed as percentage of mobility, dynamic balance and lower limb strength asymmetries according to the type of sport. The model has been adjusted for age. WB-DF—weight-bearing dorsiflexion; YBT A—Y-balance test anterior reach; YBT PM—Y-balance test posteromedial reach; YBT PL—Y-balance test posterolateral reach; YBT—Y-balance test composite of all directions; DJU—drop jump unilateral; RSI—reactive strength index; THTU—triple hop test unilateral.