**Supplementary Material**

**Table 6**: List of the excluded studies in the systematic literature review.

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| **List of the Excluded Studies in the Review** | | | | | | | |
| **Title of Paper** | **Authors** | **Publisher** | **Year of Publication** | **Volume** | **DOI** | **Reason for exclusion** | |
| **1.)** Feasibility and Effect of Cervical Resistance Training on Head Kinematics in Youth Athletes: A Pilot Study | J. T. Eckner, A. Goshtasbi, K. Curtis, A. Kapshai, E. Myyra, L. M. Franco | American Journal of Physical Medicine and Rehabilitation | 2018 | Vol. 97, Issue 4, Pages 292-297 | DOI: 10.1097/PHM.0000000000000843 | Incomplete characteristics of participants (e.g., Sports) | |
| **2.)** Effect of Neck Muscle Strength and Anticipatory Cervical Muscle Activation on the Kinematic Response of the Head to Impulsive Loads | J. Eckner, Y. Oh, M. Joshi, J. Richardson and J. Ashton-Miller | AMERICAN JOURNAL OF SPORTS MEDICINE | 2014 | Vol. 42 Issue 3 Pages 566-576A | DOI: doi:10.1177/0363546513517869 | | (1) Not implemented neck/cervical spine exercises programme;  (2) Not the outcome of interest (peak linear and peak angular velocity of the head) |
| **3.)** Higher neck strength is associated with lower head acceleration during purposeful heading in soccer: A Systematic Review | K. Peek, J. M. Elliott and R. Orr | Elsevier Ltd | 2020 | Vol. 23 | DOI: doi:10.1016/j.jsams.2019.11.004 | | Not the outcome of interest (head acceleration) |
| **4.)** Can a Specific Neck Strengthening Program Decrease Cervical Spine Injuries in a Men’s Professional Rugby Union Team? A Retrospective Analysis | Naish R, Burnett A, Burrows S, Andrews W, Appleby B. | Journal of Sports Science and Medicine | 2013 | 12, issue 3, pages 542-50. PMID: 24149163; PMCID: PMC3772600. | PMID: 24149163 | | The intervention does not have a comparator or control |