Appendix: Illustration of grading levels for fibrillar disruption and neovascularity

	Fibrillar disruption	Neovascularity
Grade 0	Normal	Normal (No signal)
Grade 1	Mild (Involving under 25% of the height of the tendon)	Mild (Single small signal in the Region Of Interest, ROI) 5.0 mm
Grade 2	Moderate (Involving 25-50% of the height of the tendon)	Moderate (Doppler activity in less than 25% of the ROI)
Grade 3	Severe (Involving more than 50% of the height of the tendon)	Severe (Doppler activity in 25-50% of the ROI)
Grade 4	Partial rupture (Disruption of the fibers in the full thickness of the tendon) No picture available	Extreme (Doppler activity in more than 50% of the ROI)