

1 **Appendix**

2 **Appendix 1: Questionnaire of expert survey**

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1. Please define following terms shortly in your own words and indicate if it is a functional or structural disorder/injury.

“Hypertonus” functional structural
Free text _____

The same was asked for following terms:

“Hardening”, “Strain”, “Pulled muscle”, “Tear”, “Bundle/fascicle tear”, “Laceration”

2. Please indicate synonyms, for example “tear” = “strain”

Free text _____

3. Please bring **all** terms into order of increasing injury, e.g. muscle hardening < tear < laceration

Free text _____

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6 **Appendix 2: Controversial answers defining *strain* in expert survey**

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Answer with <i>functional</i> meaning	No answer	Answer with <i>structural</i> meaning
<p><i>Overstretching <u>without</u> deformation</i></p> <p><i>Edema/bleeding around MTJ, at myofascial surface, intermuscular effusions/bleeding, <u>no architectural distortion</u>.</i></p> <p><i>Minor muscle injury with <u>no evidence of fibre disruption</u>. Grade 1 muscle injury.</i></p>	<p>4</p>	<p><i>Acute <u>disruption</u> of muscle fibres secondary to intrinsic injury.</i></p> <p><i>Muscle <u>tear of varying degree</u>.</i></p> <p><i><u>Microscopic tear</u>, secondary changes visible.</i></p> <p><i><u>Microscopic structural damage</u></i></p> <p><i>Injury of muscle with muscle fibres pulled off tendon.</i></p> <p><i>Acute <u>disruption</u> of muscle fibres/MRI positive muscle injury.</i></p> <p><i>Partial <u>tear-lengthening</u> intrasubstance of the muscle.</i></p> <p><i>A <u>disruption</u> of the muscle fibre with/without tendon unit with associated edema with/without bleeding.</i></p> <p><i>Overload injury to muscle with <u>varying degrees of fibre disruption</u>.</i></p> <p><i><u>Deformation</u> of muscle. Biomechanically: length change.</i></p> <p><i><u>Disruption</u> of some of the fibres involving the contractile tissue.</i></p> <p><i><u>MRI-positive</u> changes of muscle fibre damage.</i></p>

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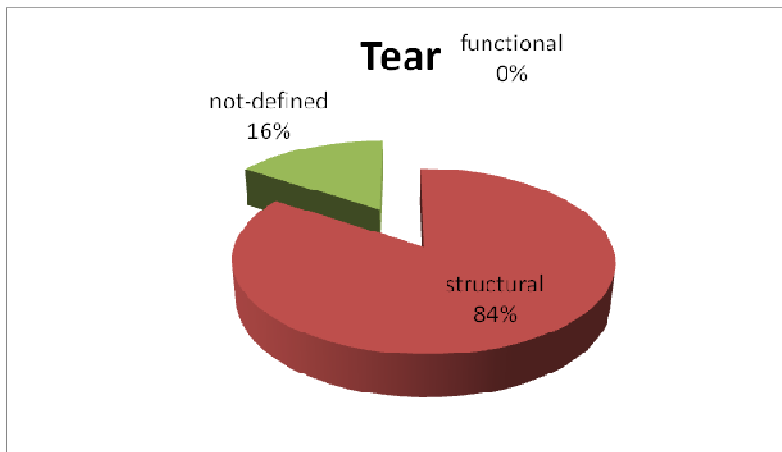
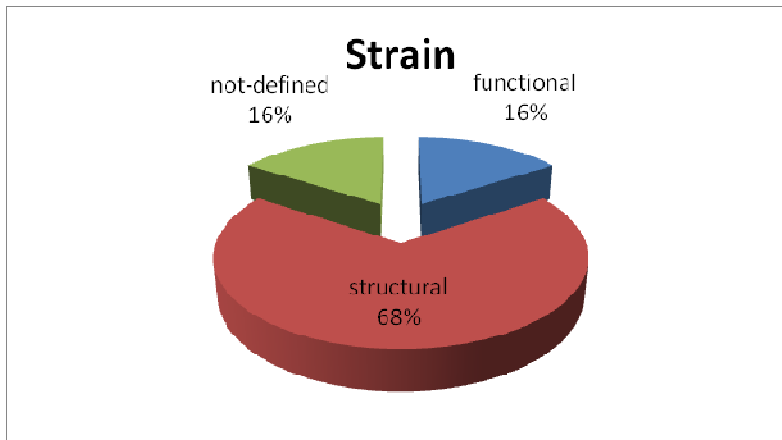
9 **Appendix 3: Distribution of definition of *strain* and *tear* as *functional* or *structural***
 10 **muscle injury in expert survey**

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Strain	Decision as functional	No decision	Decision as structural
	3/19	3/19	13/19

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Tear	Decision as functional	No decision	Decision as structural
	0/19	3/19	16/19



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