

GRADE	DESCRIPTION	MRI IMAGING (Day 2)*
0a	Focal area of muscle pain usually following exercise	MRI normal
0b	Generalised muscle pain following unaccustomed exercise	MRI normal or patchy high signal change throughout one or more muscles.
GRADE	DESCRIPTION	MRI IMAGING
1a	Small Myofascial tear	High signal change evident at the fascial border with less than 10% extension into muscle belly Cranio-caudal distance of < 5cm.
1b	Small Muscle Tendon junction tear	High signal change of less than 10% cross sectional area of muscle at the MTJ High signal change of craniocaudal length <5cm (may note fibre disruption of <1cm)
GRADE	DESCRIPTION	MRI IMAGING
2a	Moderate Myofascial tear	High signal change evident at fascial border with extension into the muscle High signal change cross sectional area of between 10% and 50% at maximal site High signal change of craniocaudal length >5cm and <15cm Architectural fibre disruption usually noted over less than 5cm
2b	Moderate Muscle Tendon Junction Tear	High signal change evident at the MTJ High signal change cross sectional area of between 10% and 50% at maximal site High signal change of craniocaudal length >5cm and <15cm Architectural fibre disruption usually noted over less than 5cm
2c	Moderate sized Intra-Tendinous Tear	High signal change extends into the tendon with longitudinal length of tendon involvement <5cm Cross sectional area of tendon involvement <50% of tendon cross sectional area No loss of tension or discontinuity within the tendon.
GRADE	DESCRIPTION	MRI IMAGING
3a	Extensive Myofascial tear	High signal change evident at fascial border with extension into the muscle High signal change cross sectional area of greater than 50% at maximal site High signal change of craniocaudal length of greater than 15cm Architectural fibre disruption usually noted over more than 5cm
3b	Extensive Muscle Tendon junction tear	High signal change cross sectional area of greater than 50% at maximal site High signal change of craniocaudal length of greater than 15cm Architectural fibre disruption usually noted over more than 5cm
3c	Extensive Intra-Tendinous Tear	High signal change extends into the tendon Longitudinal length of tendon involvement >5cm Cross sectional area of tendon involvement >50% of tendon cross sectional area There may be loss of tendon tension although no discontinuity is evident
GRADE	DESCRIPTION	MRI IMAGING
4	Full thickness tear of muscle	Complete discontinuity of the muscle with retraction
4c	Full thickness tear of tendon	Complete discontinuity of the tendon with retraction

Table 1 Summary of Grading System (* if any characteristics of a higher grade injury are present the injury is graded at the highest grade)