

**Supplementary Figure 1.** Version of the LiMP questionnaire used in the study. AT, anatomy and terminology; MC, musculoskeletal conditions; DT, diagnosis and treatment.

Item 1 (MC1)

A "fractured" bone is:

- The same as a broken bone
- Worse than a broken bone
- When a bone pops through the skin
- Easier to treat than a broken bone
- I don't know

Item 2 (DT1)

All of the following statements relating to medical imaging are true EXCEPT:

- X-rays involve less radiation exposure than Magnetic Resonance Imaging (MRI)
- Ultrasound imaging can be used to diagnose Achilles tendon pain
- MRI can be used to distinguish between muscle cramp and a torn muscle
- X-rays can be safely performed on athletes younger than 18 years of age

Item 3 (AT1)

What is the name of the bone in your thigh?

- Humerus
- Radius
- Femur
- Tibia
- I don't know

Item 4 (AT2)

An Orthopedic Surgeon is:

- A doctor who cares for the heart
- A doctor who cares for ears, nose and throat
- A doctor who specializes in foot care
- A doctor who specializes in the care of bones and muscles
- I don't know

Item 5 (MC2)

What is sciatica?

- Pain in your back and leg(s) caused by hip arthritis
- Pain in your back and leg(s) caused by compression of nerve roots originating in your spine
- Severe thigh pain due to a torn muscle spasm
- Pain in your back and leg(s) due to a blood clot
- I don't know

Item 6 (AT3)

The knee is a:

- Bone
- Ligament
- Muscle
- Joint
- I don't know

Item 7 (MC3)

Arthritis is:

- A joint disorder due to inflammation of one or more joints
- Due to wear-and-tear of a joint
- A condition that develops due to an infection
- All of the above
- I don't know

Item 8 (DT2)

All of the following statements are true EXCEPT:

- A torn muscle can be treated with cold
- A muscle spasm is a less severe condition than a torn muscle
- A sprained ankle is caused by a problem with a tendon
- Massages can help to recover from a muscle spasm

Item 9 (DT3)

If you break your wrist, what might your physician give you to help you heal?

- A surgery
- A cast
- A surgery or a cast
- I don't know

**Supplementary Figure 2.** Sufficient musculoskeletal health literacy status according to LiMP scores (total and subthemes) displayed by Human Development Index of the athlete's home country (shaded areas show 95% confidence intervals; lines smoothed using locally estimated scatterplot smoothing [LOESS]). AT, anatomy and terminology; MC, musculoskeletal conditions; DT, diagnosis and treatment.



