

## **Appendix 1: MRI Protocol**

MRIs were performed at 4 different centers on closed 1.5-Tesla magnets. The players were scanned with the arm on their side and in a supine position, using either 4- or 8-channel receiver phased-array flexible surface coils. MR sequence parameters for nonarthrogram MRIs included: coronal T1-weighted fast spin-echo sequences (time of repetition in milliseconds [TR]/time of echo in milliseconds [TE], 502-765/9-15; section thickness, 3 mm; field of view, 130 × 130 or 140 × 140; matrix size, 256 × 256 or 512 × 256; acquisitions 1 or 2), coronal intermediate-weighted sequences (TR/TE, 2780-3550/22-43; section thickness, 3 mm; field of view, 130 × 130 or 140 × 140; matrix size, 256 × 256 or 512 × 256; acquisitions 2), coronal intermediate-weighted sequences with frequency selective fat suppression (TR/TE, 2150-4530/23-80; section thickness, 3 mm; field of view, 120 × 120; matrix size, 256 × 256; acquisitions 1 or 2), sagittal intermediate-weighted sequences (TR/TE, 2103-2923/28-44; section thickness, 3.5 mm; field of view, 130 × 130; matrix size, 256 × 256; acquisitions 2 or 3), sagittal intermediate-weighted sequences, fat suppressed with STIR (TR/TE, 2120-4600/29-52; section thickness, 3.5 mm; field of view, 130 × 130; matrix size, 256 × 256; acquisitions 2), and axial intermediate-weighted sequences (TR/TE, 2100-3880/28-51; section thickness, 3 mm; matrix size, 256 × 256; acquisitions 2 or 3).

MR sequence parameters for arthrograms also included: coronal, sagittal, and axial T1-weighted fast spin-echo sequences, with frequency selective fat suppression (TR/TE, 499-840/9-22; section thickness, 3 mm; field of view, 130 × 130 or 140 × 140; matrix size, 256 × 256 or 512 × 256; acquisitions 1 or 2).