

## **Appendix 1:**

### Supraspinatus Grading System:

0 = normal tendon – continuation of organised echogenic fibres with no disruption

1= scaring – well circumscribed focal area of dense echogenic material noted within the tendon with no evidence of organized fibrillary structure

2 = tendinopathy – well circumscribed focal area of decreased echogenicity compared to the surrounding echogenic material with disorganization of fibres

3 = early partial thickness tear – well circumscribed focal area of decreased echogenicity surrounding echogenic material with complete disruption of some fibres within it

4= partial thickness tear – well circumscribed hypoechoic area with no evidence of fibres, within a surrounding area of decreased echogenicity