

**Appendix 4:** Post hoc multiple regression results for each examination type separately; patient history, clinical, and MRI.

Table 1: Post hoc multiple regression results for patient history only. (n=39, n=31, n=46, respectively).

Clinically pain free			Completed sports training			Return to full team training		
Variable	Predictor importance	Adjusted r <sup>2</sup>	Variable	Predictor importance	Adjusted r <sup>2</sup>	Variable	Predictor importance	Adjusted r <sup>2</sup>
Age (y)	0.34	0.144	HAGOS – Symptoms (0-100)	0.55	0.103	Discontinuation of sport within 5m (y/n)	0.75	0.174
HAGOS – Pain (0-100)	0.28		Max pain at injury time (0-10)	0.45		HAGOS – Pain (0-100)	0.25	
Max pain at injury time (0-10)	0.19							
HAGOS – ADL (0-100)	0.19							

Table 2: Post hoc multiple regression results for clinical examination tests only. (n=39, n=32, n=49, respectively).

Clinically pain free			Completed sports training			Return to full team training		
Variable	Predictor importance	Adjusted r <sup>2</sup>	Variable	Predictor importance	Adjusted r <sup>2</sup>	Variable	Predictor importance	Adjusted r <sup>2</sup>
Eccentric adduction strength symmetry (%)	0.63	0.235	Eccentric adduction strength symmetry (%)	1.00	0.248	Ability to perform eccentric adductor strength test (y/n)	0.68	0.178
Width of AL palpation pain (cm)	0.22					Squeeze 0° pain (y/n)	0.32	
Squeeze 0° pain (y/n)	0.16							

Table 3: Post hoc multiple regression results for MRI findings only. (n=34, n=27, n=41, respectively).

Clinically pain free			Completed sports training			Return to full team training		
Variable	Predictor importance	Adjusted r <sup>2</sup>	Variable	Predictor importance	Adjusted r <sup>2</sup>	Variable	Predictor importance	Adjusted r <sup>2</sup>
MRI intramuscular oedema CSA index (mm)	1.00	0.007	MRI proximal-distal intramuscular oedema extent (mm)	1.00	0.046	Muscle(s) involved on MRI	0.73	0.171
						MRI medial-lateral intramuscular oedema extent (mm)	0.27	