**Supplemental Digital Content 1:** **The Modified Öhberg score for tendon neovascularity.**45

An example of a modified Öhberg score 4+ on ultrasound is demonstrated below.

|  |  |
| --- | --- |
| Score | Descriptor |
| 0 | No vessels visible |
| 1+ | One vessel visible mostly anterior to the tendon |
| 2+ | 0ne or two vessels throughout the tendon |
| 3+ | Three vessels throughout the tendon |
| 4+ | More than three vessels throughout the tendon |

****