**SUPPLEMENTARY MATERIAL 3.**

Diagnostic flowchart for ERLP in the Royal Dutch Armed Forces.

MTSS

Medial tibial pain

Pressure <35 mmHg

CECS

Compartmental pain

Compartmental pain and medial tibial pain

Pressure >35 mmHg

Pressure >35 mmHg

BOS

Pressure <35 mmHg

ERLP

MTSS + CECS

MTSS + BOS

Pressure <35 mmHg

Other ERLP (e.g. calf muscle strain, Achilles tendinopathy, stress fracture, arteria poplitea entrapment)

**Diagnostic categories**

The combination of the RLPP and ICPM allows for differentiation of service members with exercise related leg pain into the following five potential diagnoses: 1. MTSS; 2. CECS (ICPM ≥ 35 mm Hg) (11 Verleisdonk 2000 PhD); 3. Biomechanical overload syndrome (BOS) (ICPM < 35 mm Hg); 4. MTSS + BOS; 5. MTSS + CECS.

ERLP = Exercise Related Leg Pain

MTSS = Medial Tibial Stress Syndrome

CECS = Chronic Exertional Compartment Syndrome

BOS = Biomechanical overload Syndrome