

Knee feature		Pre- to Post- new/worse lesion									Pre- to Post- improved lesions										
		0->1	0->2	0->3	0->4	1->2	2->3	2->4	3->4	Total	1->0	2->0	2->1	3->0	3->1	3->2	4->0	4->1	4->2	4->3	Total
Cartilage 0-4																					
Patella	M	1	0	3	0	1	0	0	1	6	0	0	0	0	0	0	0	0	0	1	1
	L	3	3	1	0	3	1	0	1	12	0	0	0	0	0	0	0	0	0	0	0
Trochlea	M	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
	C	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	L	0	1	1	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
Femur	M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	1
	L	0	0	0	0	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Tibia	M	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
	L	1	0	0	1	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
Total		7	4	5	1	4	2	0	2	25	0	0	0	0	0	0	0	0	1	1	2
Mean change in amplitude		1.6									-1.5										
Bone 0-3																					
Patella	M	1	2	2	-	0	0	-	-	5	1	0	0	0	0	0	-	-	-	-	1
	L	1	3	1	-	0	1	-	-	6	0	0	0	0	1	0	-	-	-	-	1
Trochlea	M	1	3	0	-	0	1	-	-	5	0	0	0	0	0	0	-	-	-	-	0
	C	1	0	0	-	0	0	-	-	1	0	0	0	0	0	0	-	-	-	-	0
	L	1	0	0	-	0	1	-	-	2	0	0	0	0	0	0	-	-	-	-	0
Femur	M	0	0	1	-	0	0	-	-	1	3	5	1	0	0	0	-	-	-	-	9
	L	1	1	0	-	0	0	-	-	2	1	1	0	0	0	0	-	-	-	-	2
Tibia	M	1	0	0	-	0	1	-	-	2	4	5	0	0	1	0	-	-	-	-	10
	L	2	0	0	-	0	0	-	-	2	0	0	0	0	0	0	-	-	-	-	0
Total		9	9	4	N/A	0	4	N/A	N/A	26	9	11	1	0	2	0	N/A	N/A	N/A	N/A	23
Mean change in amplitude		1.7									-1.6										
Tendon 0-3																					
Patellar		2	1	0	-	0	0	-	-	3	0	0	1	0	0	0	-	-	-	-	1
Quadriceps		0	0	0	-	0	0	-	-	0	0	0	0	0	0	0	-	-	-	-	0
Semimembranosus		3	3	0	-	1	0	-	-	7	0	0	0	0	0	0	-	-	-	-	0
Sartorius		1	0	0	-	0	0	-	-	1	0	0	0	0	0	0	-	-	-	-	0
Gracilis		2	0	0	-	0	0	-	-	2	0	0	0	0	0	1	-	-	-	-	1
Total		8	4	0	N/A	1	0	N/A	N/A	13	0	0	1	0	0	1	N/A	N/A	N/A	N/A	2
Mean change in amplitude		1.3									-1										
Ligament 0-3																					
ACL		0	0	0	-	0	0	-	-	0	0	0	0	0	0	0	-	-	-	-	0
PCL		0	0	0	-	0	0	-	-	0	0	0	0	0	0	0	-	-	-	-	0
MCL		0	0	0	-	0	0	-	-	0	2	0	0	0	0	0	-	-	-	-	2
LCL		1	1	0	-	0	0	-	-	2	0	0	0	0	0	0	-	-	-	-	0
Total		2	2	0	N/A	0	0	N/A	N/A	2	2	0	0	0	0	0	N/A	N/A	N/A	N/A	2
Mean change in amplitude		1.5									-1										

Table 1: Change in lesion grade/score (severity) from Pre-to Post Marathon in cartilage, subchondral bone marrow (oedema), tendons and ligaments, in marathon runners (n=71, 142 knees) M, medial side; C, central; L, lateral side.