

ONLINE SUPPLEMENTARY MATERIAL (S3)

Epidemiology, clinical characteristics, and risk factors for running-related injuries among trail runners

Table S1: The frequency of tissue and pathology types of RRIs among trail runners (% of RRIs) (*n*=205)

Tissue	Pathology type	<i>n</i>	% of all injuries (<i>n</i> =205)
Muscle/Tendon	All	108	52.7
	Muscle injury	42	20.5
	Muscle cramps	6	2.9
	Tendinopathy	57	27.8
	Tendon rupture	3	1.5
Nervous	All	2	1.0
	Peripheral nerve injury	2	1.0
Bone	All	10	4.9
	Bone stress injury	6	2.9
	Bone contusion	1	0.5
	Other bone injuries	3	1.5
Cartilage/Synovium/Bursa	All	16	7.8
	Cartilage injury	5	2.4
	Synovitis/Capsulitis/Bursitis	11	5.4
Ligament/Joint capsule	All	18	8.8
	Joint sprain (ligament tear or acute instability episode)	18	8.8
Superficial tissues/skin	All	10	4.9
	Contusion (superficial)	5	2.4
	Laceration	3	1.5
	Abrasion	1	0.5
	Blisters	1	0.5
Other		20	9.8
Missing		21	10.2