

Table S1. Summary of 100-point scores, Nirschl Phase Rating scale, and Roles and Maudsley scores

Scoring method	Scoring scheme
100-point scores	Pain (scored from 0 to 40)
	Function (scored from 0 to 30)
	Strength (scored from 0 to 20)
	Range of elbow motion (scored from 0 to 10)
Nirschl Phase Rating scale ^{a)}	Phase 0. No stiffness or soreness after activity.
	Phase 1. Stiffness or mild soreness after activity. Pain is usually gone within 24 hours.
	Phase 2. Stiffness or mild soreness before activity that is relieved by warm-up. Symptoms are not present during activity, but return afterward, lasting up to 48 hours.
	Phase 3. Stiffness or mild soreness before specific sport or occupational activity. Pain is partially relieved by warm-up. It is minimally present during activity, but does not cause the athlete to alter activity.
	Phase 4. Similar to phase 3 pain but more intense, causing the athlete to alter performance of the activity. Mild pain occurs with activities of daily living, but does not cause a major change in them.
	Phase 5. Significant (moderate or greater) pain before, during, and after activity, causing alteration of activity. Pain occurs with activities of daily living, but does not cause a major change in them.
	Phase 6. Phase 5 pain that persists even with complete rest. Pain disrupts simple activities of daily living and prohibits doing household chores.
Roles and Maudsley scores	Phase 7. Phase 6 pain that also disrupts sleep consistently. Pain is aching in nature and intensifies with activity.
	1: excellent, no pain, full movement, full activity
	2: good, occasional discomfort, full movement, and full activity
	3: fair, some discomfort after prolonged activity
	4: poor, pain limiting activities

^{a)}From O'Conner FG, Howard TM, Fieseler CM, Nirschl RP. Managing overuse injuries: a systematic approach. *Phys Sportsmed* 1997;25:88-113.