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| Supplementary file 6Player action at defined injury time and adductor longus MRI findings. |
| Player action | **Injury location** | **Grade** |
| Change of direction | Proximal insertion | 3 |
| Change of direction | Proximal insertion | 3 |
| Change of direction | Proximal insertion | 3 |
| Change of direction | Proximal MTJ | 2 |
| Change of direction | Proximal MTJ | 1 |
| Change of direction | Negative MRI | 0 |
| Kicking | Proximal insertion | 3 |
| Kicking | Proximal insertion | 3 |
| Kicking | Proximal MTJ | 2 |
| Kicking | Distal MTJ | 1 |
| Kicking | Distal MTJ | 1 |
| Reaching | Proximal insertion | 3 |
| Reaching | Proximal MTJ | 2 |
| Reaching | Distal MTJ | 2 |
| Reaching | Proximal MTJ | 1 |
| Jumping | Proximal insertion | 3 |
| Jumping | Distal MTJ | 2 |
| *MTJ = Musculotendinous junction.* |