

OSTRC Triathlon Injury Questionnaire

Please answer all the questions independently of whether you have pain in the specified regions or not. Choose the alternative you find most right for you. If in doubt what to answer, please try to make an answer anyway. Recall the period specified above when answering.

Part 1: Shoulder problems

"Shoulder problems" refers to pain, ache, stiffness, feelings of instability or other complaints from one or both shoulders. Consider the shoulder that has bothered you the most during the above period when you answer.

Question 1

Have you had any difficulties participating in normal triathlon training or racing due to shoulder problems during the past two weeks?

- No, I participate 100% without shoulder problems
- I participate 100%, but with shoulder problems
- I have reduced participation due to shoulder problems
- I can not participate at all due to shoulder problems

Question 2

To what extent have you reduced your training volume due to shoulder problems during the past two weeks?

- No reduction
- To a minor extent
- To a moderate extent
- To a major extent
- Can not participate

Question 3

To what extent have shoulder problems affected your triathlon training or racing performance during the past two weeks?

- No effect
- To a minor extent
- To a moderate extent
- To a major extent
- Do not participate

Question 4

To what extent have you experienced shoulder pain related to triathlon training or racing during the past two weeks?

- No pain
- To a minor extent
- To a moderate extent
- To a major extent

Part 2: Knee problems

"Knee problems" refers to pain, ache, stiffness, feelings of instability, swelling, locking or other complaints regarding one or both knees. Consider the knee that has bothered you the most during the above period when you answer.

Question 5

Have you had any difficulties participating in normal triathlon training or racing due to knee problems during the past two weeks?

- No, I participate 100% without knee problems
- I participate 100%, but with knee problems
- I have reduced participation due to knee problems
- I can not participate at all due to knee problems

Question 6

To what extent have you reduced your training volume due to knee problems during the past two weeks?

- No reduction
- To a minor extent
- To a moderate extent
- To a major extent
- Can not participate

Question 7

To what extent have knee problems affected your triathlon training or racing performance during the past two weeks?

- No effect
- To a minor extent
- To a moderate extent
- To a major extent
- Do not participate

Question 8

To what extent have you experienced knee pain related to triathlon training or racing during the past two weeks?

- No pain
- To a minor extent
- To a moderate extent
- To a major extent

Part 3: Lower back problems

"Lower back problems" refers to pain, ache, stiffness or other complaints located in the lower part of your back. Consider how your lower back has been during the above period when you answer.

Question 9

Have you had any difficulties participating in normal triathlon training or racing due to lower back problems during the past two weeks?

- No, I participate 100% without lower back problems
- I participate 100%, but with lower back problems
- I have reduced participation due to lower back problems
- I can not participate at all due to lower back problems

Question 10

To what extent have you reduced your training volume due to lower back problems during the past two weeks?

- No reduction
- To a minor extent
- To a moderate extent
- To a major extent
- Can not participate

Question 11

To what extent have lower back problems affected your triathlon training or racing performance during the past two weeks?

- No effect
- To a minor extent
- To a moderate extent
- To a major extent
- Do not participate

Question 12

To what extent have you experienced lower back pain related to triathlon training or racing during the past two weeks?

- No pain
- To a minor extent
- To a moderate extent
- To a major extent

Part 4: Thigh problems

"Thigh problems" refers to pain, ache, cramps, stiffness or other complaints in one or both thighs. Consider the thigh that has bothered you the most during the above period when you answer.

Question 13

Have you had any difficulties participating in normal triathlon training or racing due to thigh problems during the past two weeks?

- No, I participate 100% without thigh problems
- I participate 100%, but with thigh problems
- I have reduced participation due to thigh problems
- I can not participate at all due to thigh problems

Question 14

To what extent have you reduced your training volume due to thigh problems during the past two weeks?

- No reduction
- To a minor extent
- To a moderate extent
- To a major extent
- Can not participate

Question 15

To what extent have thigh problems affected your triathlon training or racing performance during the past two weeks?

- No effect
- To a minor extent
- To a moderate extent
- To a major extent
- Can not participate

Question 16

To what extent have you experienced thigh pain related to triathlon training or racing during the past two weeks?

- No pain
- To a minor extent
- To a moderate extent
- To a major extent

Part 5: Lower leg problems

"Lower leg problems" refers to pain, ache, cramps, stiffness or other complaints located in your leg between the knee joint and the ankle joint. This includes your calf muscles, Achilles tendon and shin. Consider the side that has bothered you the most during the above period when you answer.

Question 17

Have you had any difficulties participating in normal triathlon training or racing due to lower leg problems during the past two weeks?

- No, I participate 100% without lower leg problems
- I participate 100%, but with lower leg problems
- I have reduced participation due to lower leg problems
- I can not participate at all due to lower leg problems

Question 18

To what extent have you reduced your training volume due to lower leg problems during the past two weeks?

- No reduction
- To a minor extent
- To a moderate extent
- To a major extent
- Can not participate

Question 19

To what extent have lower leg problems affected your triathlon training or racing performance during the past two weeks?

- No effect
- To a minor extent
- To a moderate extent
- To a major extent
- Can not participate

Question 20

To what extent have you experienced lower leg pain related to triathlon training or racing during the past two weeks?

- No pain
- To a minor extent
- To a moderate extent
- To a major extent

Part 6: Training

Question 21

Please report your total number of training hours for the period given above. Include all forms of training.

Question 22

How many hours did you swim during this period?

Question 23

Please report your average rating of perceived exertion (1-10, 1 being super easy and 10 being super hard) for your swim training this period.

Question 24

How many hours did you cycle during the above period?

Question 25

Please report your average rating of perceived exertion (1-10, 1 being super easy and 10 being super hard) for your bike training this period.

Question 26

How many hours did you run during the above period?

Question 27

Please report your average rating of perceived exertion (1-10, 1 being super easy and 10 being super hard) for your run training this period.

Question 28

Did you take rest days? (No swim, bike or run)

- Yes
 No

Question 29

Was one of the weeks a rest week? (Reduced training volume/intensity)

- Yes
 No

Question 30

Did you do core exercises?

- Yes
- No

Question 31

Did you do strength training?

- Yes
- No

Question 32

Did you train balance?

- Yes
- No

Question 33

Did you have combined workouts? (Bike-run)

- Yes
- No

Question 34

How many hours of racing have you completed during the past 14 days?

Part 7: Injuries and illness

Please report whether you have had injuries or other health problems causing reduced training or racing during the period given above. This means that we wish to register such problems even though you have attended your scheduled training sessions, but with reduced duration or intensity.

Please answer "yes" to this question even if you have already given us information on the injury through previous questions in this survey.

With illness we refer to cold, flu, stomach virus infection etc.

Question 35

Illness/Injuries

- Yes, I have been ill
- Yes, I have been injured
- No, I have trained 100% (Routing: Go to end)

(The following criteria must be fulfilled for this question to be shown:

- Illness/ Injuries - Yes, I have been injured)*

If you have injuries in multiple areas of your body, please answer for the worst injury you currently have.

Question 36

Injury location

- Head and Face (including eye, ear, nose)
- Neck/cervical spine
- Shoulder/Clavicle
- Upper arm
- Elbow
- Forearm
- Wrist
- Finger
- Sternum/ribs (including inner organs)
- Abdomen (including inner organs)
- Thoracic spine/upper back
- Lumbar spine/lower back
- Pelvis/sacrum/buttock
- Hip and Groin
- Thigh
- Knee
- Lower leg
- Ankle
- Foot/toe
- Other

(The following criteria must be fulfilled for this question to be shown:

- *Illness/ Injuries - Yes, I have been injured)*

The purpose with this question is to clarify what type of injury you have. Please try to classify the injury type, even if you have not seen a doctor to obtain a specific diagnosis.

Question 37

Injury type

- Concussion (symptoms like disorientation, dizziness, loss of memory, nausea or vomiting due to a blow to the head)
- Fracture (traumatic) (broken bone caused by sudden impact)
- Stress fracture (overuse) (fracture in a weight bearing bone caused by repetitive stress (e.g. running), a stress fracture in one of the small bones in the foot will typically cause severe pain at the beginning of a run, moderate pain during the run and severe pain at the end and after the run)
- Other bone injuries
- Dislocation, subluxation (the total or partial displacement or misalignment of bones in a joint, most often caused by a sudden impact to the joint)
- Tendon rupture (tearing of a tendon that occurs when the forces placed upon the tendon exceed its tensile strength)
- Ligamentous rupture (tearing of the bands of fibrous tissue connecting bones or cartilages, serving to support and strengthen joints)
- Sprain (wrenching or twisting of a joint, with partial rupture of its ligaments, accompanied by severe pain, impaired function, swelling, heat and discoloration of the skin)
- Lesion of meniscus or cartilage (injuries of meniscus (knee) or joint surfaces)
- Strain/muscle rupture/tear
- Contusion/haematoma/bruise
- Tendinosis/tendinopathy (all non-inflammatory and inflammatory conditions affecting a tendon, "tendinitis")
- Arthritis/synovitis/bursitis (inflammation of any part of a joint or structures near the joint, characterized by pain on movement, tenderness, heat and swelling)
- Fasciitis/aponeurosis injury (inflammation or injury of a sheetlike tendinous expansion, e.g. plantar fasciitis)
- Impingement (compression of a nerve, blood vessel, tendon, ligament or muscle through a constricted space, e.g. sciatica)
- Laceration/abrasion/skin lesion
- Dental injury/broken tooth
- Nerve injury/spinal cord injury
- Muscle cramps or spasm
- Other
- Don't know

(The following criteria must be fulfilled for this question to be shown:

- *Illness/ Injuries - Yes, I have been injured)*

Question 38

Who made the diagnosis?

- Doctor
- Physical therapist
- Other health professional
- Coach
- Made the diagnosis myself

(The following criteria must be fulfilled for this question to be shown:

- *Illness/ Injuries - Yes, I have been injured)*

Question 39

Have you had this type of injury before?

- No, this is a new injury
- Yes, this is an ongoing injury
- Yes, this is a worsening of an ongoing injury
- Yes, this is recurrence of a previous, fully recovered injury

(The following criteria must be fulfilled for this question to be shown:

- *Have you had this type of injury before? – Yes, this is recurrence of a previous, fully recovered injury)*

Question 40

How long since the last time you were injured? (months)

(The following criteria must be fulfilled for this question to be shown:

- *Illness/ Injuries - Yes, I have been injured)*

Question 41

Injury onset

- Gradual onset
- Sudden onset

This box is shown in preview only.

The following criteria must be fulfilled for this question to be shown:

- *Injury onset – Sudden onset)*

Question 42

Was the injury caused by contact? (Collision, fall etc.)

- Yes
- No

(The following criteria must be fulfilled for this question to be shown:

- *Injury onset – Sudden onset)*

Question 43

Under what circumstances?

- Training
- Competition

(The following criteria must be fulfilled for this question to be shown:

- *Under what circumstances? – Training)*

Question 44

What kind of training?

- Training in primary sport
- Alternative training

(The following criteria must be fulfilled for this question to be shown:

- *What kind of training? - Alternative training)*

Question 45

Type of alternative training?

(The following criteria must be fulfilled for this question to be shown:

- *Illness/ Injuries - Yes, I have been injured)*

Question 46

Describe the injury onset as precisely as possible (situation/ mechanism)

(The following criteria must be fulfilled for this question to be shown:

- *Illness/ Injuries - Yes, I have been injured)*

Question 47

Did you loose training days or competitions due to this injury?

- No
- 1-3 days
- 4-7 days
- 8-14 days

(The following criteria must be fulfilled for this question to be shown:

- *Illness/ Injuries - Yes, I have been injured)*

Question 48

Did you seek medical attention?

- No
- Doctor
- Physiotherapist
- Other

(The following criteria must be fulfilled for this question to be shown:

- *Did you seek medical attention? – Other)*

Question 49

What kind of other medical attention?

(The following criteria must be fulfilled for this question to be shown:

- *Illness/ Injuries - Yes, I have been injured)*

Question 50

Did you take any medication?

- Yes
- No

(The following criteria must be fulfilled for this question to be shown:

- *Did you take any medication? – Yes)*

Question 51

What kinds of medications?

(The following criteria must be fulfilled for this question to be shown:

- *Illness/ Injuries – Yes, I have been ill)*

Question 52

Have you lost one or more days of training/ competition during the above period due to illness?

- No
- 1-3 days
- 4-7 days
- 8-14 days