

Questionnaire

[Translated to English from Swedish]

Dear Orienteerer!

Please select the alternative that is most appropriate for you, and in the case that you are unsure, try to give an answer as best as you can.

Thanks in advance!

Acute injury

Acute injury refers to an injury from a sudden event such as sprains, falls, tackles, etc.

Question 1

Have you got an acute injury in any anatomical area during the past week?

- Yes
- No

Overuse injury

Foot/lower leg problem

The term "foot/lower leg problem" refers to pain, ache, stiffness, swelling, instability/giving way, locking or other complaints related to one or both foot/lower leg.

Question 2

Have you had any difficulties participating in normal training and competition due to foot/lower leg problems during the past week?

- Full participation without foot/lower leg problems
- Full participation, but with foot/lower leg problems
- Reduced participation due to foot/lower leg problems
- Cannot participate due to foot/lower leg problems

Question 3

To what extent have you reduced your training volume due to foot/lower leg problems during the past week?

- No reduction
- To a minor extent
- To a moderate extent
- To a major extent
- Cannot participate at all

Question 4

To what extent have foot/lower leg problems affected your performance during the past week?

- No effect
- To a minor extent

- To a moderate extent
- To a major extent
- Cannot participate at all

Question 5

To what extent have you experienced foot/lower leg problems related to your sport during the past week?

- No pain
- Mild pain
- Moderate pain
- Severe pain

Knee problem

The term "knee problem" refers to pain, ache, stiffness, swelling, instability/giving way, locking or other complaints related to one or both knees.

Question 6

Have you had any difficulties participating in normal training and competition due to knee problems during the past week?

- Full participation without knee problems
- Full participation, but with knee problems
- Reduced participation due to knee problems
- Cannot participate due to knee problems

Question 7

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

- No reduction
- To a minor extent
- To a moderate extent
- To a major extent
- Cannot participate at all

Question 8

To what extent have knee problems affected your performance during the past week?

- No effect
- To a minor extent
- To a moderate extent
- To a major extent
- Cannot participate at all

Question 9

To what extent have you experienced knee pain related to your sport during the past week?

- No pain
- Mild pain
- Moderate pain
- Severe pain

Hip problem

The term "hip problem" refers to pain, ache, stiffness, swelling, instability/giving way, locking or other complaints related to the groin, front/back of the thighs and the bottom.

Question 10

Have you had any difficulties participating in normal training and competition due to hip problems during the past week?

- Full participation without hip problems
- Full participation, but with hip problems
- Reduced participation due to hip problems
- Cannot participate due to hip problems

Question 11

To what extent have you reduced your training volume due to hip problems during the past week?

- No reduction
- To a minor extent
- To a moderate extent
- To a major extent
- Cannot participate at all

Question 12

To what extent have hip problems affected your performance during the past week?

- No effect
- To a minor extent
- To a moderate extent
- To a major extent
- Cannot participate at all

Question 13

To what extent have you experienced hip pain related to your sport during the past week?

- No pain
- Mild pain
- Moderate pain
- Severe pain

Lower back problem

The term "lower back problem" refers to pain, ache, stiffness, swelling, instability/giving way, locking or other complaints related to the lower part of the back (the area between the lower ribs and the gluteal folds).

Question 14

Have you had any difficulties participating in normal training and competition due to lower back problems during the past week?

- Full participation without lower back problems

- Full participation, but with lower back problems
- Reduced participation due to lower back problems
- Cannot participate due to lower back problems

Question 15

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

- No reduction
- To a minor extent
- To a moderate extent
- To a major extent
- Cannot participate at all

Question 16

To what extent have lower back problems affected your performance during the past week?

- No effect
- To a minor extent
- To a moderate extent
- To a major extent
- Cannot participate at all

Question 17

To what extent have you experienced lower back pain related to your sport during the past week?

- No pain
- Mild pain
- Moderate pain
- Severe pain

Training volume

The following questions are about your training volume. We want your answer in hours by 15 minutes as the smallest unit, ie, 15 minutes equivalent to 0.25 hours, 30 minutes or 0.5 hours, 45 minutes equivalent to 0.75 hours, etc. Approximate to the nearest "15 minutes." Example running 74 minutes approximates to 75 minutes, which corresponds to 1.25 hours.

Question 18

18) Enter your total training volume and amount of running/orienteering in hours, for the past week (include competitions).

Total amount of training:

Total amount of running/orienteering:

Question 19

Enter the amount of running/orienteering in hours (include competitions), spread on forest surfaces and trails, asphalt roads and snowy surfaces.

Forest surfaces and trails:
Asphalt roads:
Snowy surfaces:

Question 20

Enter other type of training than running/orienteering and number of hours for that type of training, for the past week (eg, floor hockey, spinning, etc). Example: Spinning 1 hour

Question 21

If you have been competing the past week, specify the type of competition (eg, sprint, middle distance, long distance, etc) and the competition time in hours for each race. Example: Sprint 0.25 hours, Long distance 0.5 hours.

Other reason for not training/competing

Other reason means cold, influenza, etc or injury to other part of the body than foot/lower leg, knee, hip and lower back, that have affected participation, performance in orienteering, reduced training volume or experience of pain.

Question 22

Are there other reasons for why you have not been able to train/compete fully the past week? If so, enter that reason.

Intensity of training

The following questions are about your intensity of training. Use the Borg scale to answer the questions below. We want you to enter the answer in hours by 15 minutes as the smallest unit, ie, 85 minutes high intensity of training is approximated to 1.5 hours.

Borg scale

- 8:
 - 9: Very light
 - 10:
 - 11: Fairly light
 - 12:
 - 13: Somewhat hard
 - 14:
 - 15: Hard
 - 16:
 - 17: Very hard
 - 18:
 - 19: Very very hard
 - 20:
-
- Low intensity**
- Moderate intensity**
- High intensity**

Borg G. Perceived exertion as an indicator of somatic stress. *Scand J Rehabil Med.* 1970;2(2):92–98. Adapted with permission from *Journal of Rehabilitation Medicine.*

Question 23

Please enter the number of hours of high intensity (Borg 17–20) running/orienteering you have performed over the past week (do not include warm-ups, cool downs or rest between intervals, unless it is of high intensity).

Question 24

Please enter the number of hours of moderate intensity (Borg 13–16) running/orienteering you have performed over the past week (do not include warm-ups, cool downs or jog rest between intervals, unless it is of moderate intensity).

Question 25

Please enter the number of hours of low intensity (Borg 8–12) running/orienteering you have performed over the past week.

Follow-up Questions

(The following questions were given only if the athlete had problems with participation, performance in sport, reduced training volume or experience of pain because of foot/lower leg problem.)

1. Enter how many days the past week your foot/lower leg problem has affected participation in orienteering training.
2. Have you had the same foot/lower leg problem the last 3 weeks or is this a new problem that has occurred this past week?
 New injury
 Have had the same injury the last 3 weeks

(The following questions were given only if the athlete had problems with participation, performance in sport, reduced training volume or experience of pain because of knee problem.)

3. Enter how many days the past week your knee problem has affected participation in orienteering training.
4. Have you had the same knee problem the last 3 weeks or is this a new problem that has occurred this past week ?
 New injury
 Have had the same injury the last 3 weeks

(The following questions were given only if the athlete had problems with participation, performance in sport, reduced training volume or experience of pain because of hip problem.)

5. Enter how many days the past week your hip problem has affected participation in orienteering training.
6. Have you had the same hip problem the last 3 weeks or is this a new problem that has occurred this past week?

- New injury
- Have had the same injury the last 3 weeks

(The following questions were given only if the athlete had problems with participation, performance in sport, reduced training volume or experience of pain because of lower back problem.)

7. Enter how many days the past week your lower back problem has affected participation in orienteering training.

8. Have you had the same lower back problem the last 3 weeks or is this a new problem that has occurred this past week?

- New injury
- Have had the same injury the last 3 weeks

(The following message was given to the athlete if he or she claimed to have an acute injury.)

Best Orienteerer!

You have reported that you have an acute injury. Please send an e-mail where you briefly describe what happened to you. Also, enter your name and mobile number. Contact will occur as soon as possible. Also, try to contact your physical therapist or other medical professionals for diagnosing of your injury and to start with rehabilitation.

Acute Injury Form

Name:

Date injury occurred:

Diagnosis/injury:

Who set the diagnosis:

Body area injury occurred:

Situation injury occurred:

If previously had the same injury (number of times):

Date athlete chose to participate in orienteering after injury:

Number of days with injury before return to sport: