

## Injury History Questionnaire

### RISK FACTORS FOR INJURY IN COLLEGIATE SWIMMERS

The Injury History Questionnaire below will ask you about injuries, re-injuries, and flare-ups you've sustained in the last 5 years (2013-2018). If you cannot remember the exact year, just approximate.

Injuries will be broken down by body region and side (e.g. head/neck, right shoulder/upper arm, left knee/patella, etc.). If you indicate that you've sustained a previous injury to a given region, additional questions will appear that are specific to that injury. If you make a mistake when you enter a response, simply click the 'reset' button on the right to clear the response to that question.

*Neither team coaches nor anyone other than the researchers will see your individual responses to this questionnaire.*

This questionnaire should take approximately 15 minutes to complete. However, if you have a more extensive injury history, it could take a few minutes longer.

If for some reason you cannot complete the questionnaire in a single session, you can choose to 'Save & Return Later' at the bottom of each questionnaire. You will be provided a 'Return Code' to continue the questionnaire later. *Please store this code in a safe place.* Without the code, you will not be able to return and continue the questionnaire.

If you have any questions – or if you misplace your Return Code – you can contact the researcher, **Travis Pollen**, directly by phone at [REDACTED] (call or text) or by email at [REDACTED].

**In the last 5 years, have you sustained an injury, re-injury, or flare-up to any of these body regions (no matter how minor)?**

**Check all that apply, or indicate 'No injuries in the last 5 years.'**

\* must provide value

- Head/neck
- RIGHT shoulder/upper arm
- LEFT shoulder/upper arm
- Ribs/Thorax/Chest
- RIGHT elbow/forearm
- LEFT elbow/forearm
- RIGHT wrist/hand/finger
- LEFT wrist/hand/finger
- Spine/low back/sacroiliac (SI) joint
- RIGHT hip/groin/abdomen
- LEFT hip/groin/abdomen
- RIGHT thigh/hamstring/quadricep
- LEFT thigh/hamstring/quadricep
- RIGHT knee/patella (kneecap)
- LEFT knee/patella (kneecap)
- RIGHT ankle/lower leg
- LEFT ankle/lower leg
- RIGHT foot/toe
- LEFT foot/toe
- No injuries in the last 5 years

Check all that apply

For all of the questions in this section, consider your **\*HEAD/NECK\*** region.

Describe the **MOST RECENT** injury, re-injury, or flare-up (e.g. concussion, sprain, strain, fracture, pain) and specific location on the body. If you know the diagnosis, please indicate it:

\* must provide value

Expand

Year of most recent injury, re-injury, or flare-up:

\* must provide value

Have you had this same injury multiple times?

\* must provide value

Yes  
 No

reset

Did this most recent injury, re-injury, or flare-up occur while swimming?

\* must provide value

Yes  
 No

reset

What was the mechanism/cause of this most recent injury, re-injury, or flare-up?

\* must provide value

Describe the mechanism/cause of this most recent injury, re-injury, or flare-up in more detail:

\* must provide value

Expand

Did you receive medical attention for this most recent injury, re-injury, or flare-up?

\* must provide value

Yes  
 No

reset

Did this most recent injury, re-injury, or flare-up prevent you from practicing or swimming in meets?

\* must provide value

Yes  
 No  
 Injury occurred in the off-season

reset

As of today, how recovered is your head/neck?

\* must provide value

0% Not at all recovered  
 10%  
 20%  
 30%  
 40%  
 50%  
 60%  
 70%  
 80%

90%

100% Completely Recovered

reset

Anything else you would like us to know:

Expand

For all of the questions in this section, consider **any injury not described in a previous section.**

Have you sustained any other injuries that you would like us to know about?

\* must provide value

Yes

No

reset

Submit

Save & Return Later

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