



Retrospective Interview

This form is meant to be used during the retrospective interview, and to be filled out by the interviewer based on the athletes answer. The intent is to cover all injuries during the World Cup season 2017-2018.

National team:

Athlete code:

Date of report:

General and supplementary questions

1. Did you have any injuries in the ski jumping hill during the previous season (01.12.17-01.04.18)? If yes, fill in table on the next page.
2. Did you have any injuries besides the ski jumping hill the previous season (01.12.17-01.04.18)? If yes, fill in table on the next page.
3. Where you, for some reason, not able to participate in training or competition this season? In that case, why?
4. If you had no injuries during the previous season: Do you have any thoughts on why?
5. Which type of training have you been practicing to prevent injuries?



Date of injury	Age of athlete(>/< 20 years)	Weight and height of athlete
A) Activity	B) Event 1 Where: 2 Hill size: 3 Length of jump: 4 Telemark landing: 5 Conditions: 6 Snow/plastic:	C) Injured body part
D) Type of injury	E) Cause of injury	F) Injury severity

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Explanation categories

A) Activity

- 1 Ski Jumping
 - a. competition
 - b. training
- 2 Other training
 - a. Warm-up
 - b. Elasticity jump
 - c. Ballplay
 - d. Imitation
 - e. Running
 - f. Strength training
 - g. Other, please specify type of training

B) Event

If choosing Ski Jumping, please specify the following:

- 1 Where (place)
- 2 Hill size (meter)
- 3 Length of jump (meter)
- 4 Telemark landing (yes/no)
- 5 Conditions (windy/quiet/snow/rain/clear)
- 6 Snow/plastic

C) Injured body part (location of injury)

Head and trunk

- 1 face (incl. eye, ear, nose)
- 2 head
- 3 neck / cervical spine
- 4 thoracic spine / upper back
- 5 sternum / ribs
- 6 lumbar spine / lower back
- 7 abdomen
- 8 pelvis / sacrum / buttock

Upper extremity

- 11 shoulder / clavicle
- 12 upper arm
- 13 elbow
- 14 forearm
- 15 wrist
- 16 hand
- 17 finger
- 18 thumb

Lower extremity

- 21 hip
- 22 groin
- 23 thigh (a: anterior / p: posterior)
- 24 knee (m: medial / l: lateral)
- 25 lower leg (a: anterior / p: posterior)
- 26 achilles tendon
- 27 ankle (m: medial / l: lateral)
- 28 foot / toe

D) Type of injury (diagnosis)

- | | | |
|---|--|--|
| <ol style="list-style-type: none"> 1 concussion (regardless of loss of consciousness) 2 fracture (traumatic) 3 stress fracture (overuse) 4 other bone injuries 5 dislocation, subluxation 6 tendon rupture 7 ligamentous rupture | <ol style="list-style-type: none"> 8 sprain (injury of joint and / or ligaments) 9 lesion of meniscus or cartilage 10 strain / muscle rupture / tear 11 contusion / haematoma / bruise 12 tendinosis / tendinopathy 13 arthritis / synovitis / bursitis 14 fasciitis / aponeurosis injury | <ol style="list-style-type: none"> 15 impingement 16 laceration / abrasion / skin lesion 17 dental injury / broken tooth 18 nerve injury / spinal cord injury 19 muscle cramps or spasm 20 other |
|---|--|--|

E) Cause of injury (choose one or more)

- | | | |
|---|--|---|
| <ol style="list-style-type: none"> 1 overuse (gradual onset) 2 overuse (sudden onset) 3 fall | <ol style="list-style-type: none"> 4 recurrence of previous injury 5 weather conditions 6 conditions in/out-run | <ol style="list-style-type: none"> 7 equipment failure 8 medical cause (eg. faint) 9 other, please specify |
|---|--|---|

F) Injury severity

- | | | | | |
|------------|----------|----------|-----------|----------|
| No absence | 1-3 days | 3-7 days | 8-28 days | >28 days |
|------------|----------|----------|-----------|----------|