

OSTRC Overuse Injury Questionnaire

Part 1: Knee Problems

Please answer all questions regardless of whether or not you have problems with your knees. Select the alternative that is most appropriate for you, and in the case that you are unsure, try to give an answer as best you can anyway.

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

Question 1

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 2

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 3

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 4

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

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

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Part 2: Lower Back Problems

Please answer all questions regardless of whether or not you have problems in your lower back. Select the alternative that is most appropriate for you, and in the case that you are unsure, try to give an answer as best you can anyway.

The term "lower back problems" refers to pain, aching, stiffness or other problems in your lower back.

Question 1

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 2

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 3

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 4

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

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Part 3: Shoulder Problems

Please answer all questions regardless of whether or not you have problems in your shoulders. Select the alternative that is most appropriate for you, and in the case that you are unsure, try to give an answer as best you can anyway.

The term "shoulder problems" refers to pain, aching, stiffness, looseness or other complaints in one or both of your shoulders.

Question 1

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

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

Question 2

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

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

Question 3

To what extent have shoulder 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 4

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

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