

Questionnaire S1



Injury Report Form (Youth Soccer Players) by the Injury Surveillance System

Collaboration Between the IOC Research Centre KOREA and K LEAGUE

<Basic Information>

1. Age: _____ years

2. Position

☐ Forward ☐ Midfielder ☐ Defender ☐ Goalkeeper

3. Athletic Career: _____ years

4. Dominant Leg

☐ Right ☐ Left ☐ Both

5. Height: _____ cm

6. Weight: _____ kg

7. Information About the Training Condition

| Contents | Values |
|--|---|
| Duration of each training session | _____ minute |
| Number of training sessions held per day | _____ session |
| Number of training days per week | _____ day |
| Number of training months per year | _____ month |
| Type of training ground | <input type="checkbox"/> Artificial turf <input type="checkbox"/> Natural turf <input type="checkbox"/> Hard ground |

8. Average Duration of Warm-up: _____ minutes

9. Education Experience for Prevention of Injuries

☐ Yes ☐ No

10. Number of Times Education for Injury Prevention was Received: _____ times

 **Go to the next page**

<Injury Information>

Please provide the information in the following table based on the criteria listed on injury information in the subsequent pages:

| Contents | Injury 1 | Injury 2 | Injury 3 | Injury 4 |
|---|-----------------|-----------------|-----------------|-----------------|
| 1. Date of injury | | | | |
| 2. Time that the injury occurred | | | | |
| 3. Days taken to return to full team training | | | | |
| 4. Bodily location of the injury | | | | |
| 5. Type of injury | | | | |
| 6. Cause of injury | | | | |
| 7. Recurrent injury | | | | |
| 8. Number of months elapsed from the index injury to the recurrent injury | | | | |
| 9. Experience of surgery caused by the injury | | | | |
| 10. Cost of treatment caused by the injury | | | | |

| Contents | Injury 5 | Injury 6 | Injury 7 | Injury 8 |
|---|-----------------|-----------------|-----------------|-----------------|
| 1. Date of injury | | | | |
| 2. Time that the injury occurred | | | | |
| 3. Days taken to return to full team training | | | | |
| 4. Bodily location of the injury | | | | |
| 5. Type of injury | | | | |
| 6. Cause of injury | | | | |
| 7. Recurrent injury | | | | |
| 8. Number of months elapsed from the index injury to the recurrent injury | | | | |
| 9. Experience of surgery caused by the injury | | | | |
| 10. Cost of treatment caused by the injury | | | | |

<Definition of injury information>

※ Definition of injury

A soccer injury is considered as **any physical complaint** reported **by a player that occurred during a football match or a training session**, regardless of the “medical attention” or “time loss” from soccer activities.

A “medical attention” injury is defined as an injury that requires a player to receive medical attention.

A “time loss” injury is defined as an injury that results in a player being unable to fully engage in soccer training or a match play.

1. Date of injury

Please give **the date** when you were injured.

2. Time of injury occurrence

If you were injured during a training session, write “**training.**”

If you were injured during a match, write “**match.**”

* A match between the same team is not considered a “match” but rather “training.”

3. Days elapsed before returning to full team training

Choose **the number of days** it took to recover from injury and participate in full team training.

(1) 0 day (2) 1–3 days (3) 4–7 days (4) 8–28 days (5) >28 days

4. Bodily location of injury

Choose the location on the body where you were injured.

| Head and Trunk | Upper Extremity | Lower Extremity |
|--|---|---|
| (1) Face (eye, nose, ear, tooth, etc.) | (11) Shoulder, clavicle (anterior, posterior) | (21) Hip |
| (2) Head | (12) Upper arm (anterior, posterior, medial, lateral) | (22) Groin |
| (3) Neck | (13) Elbow (medial, lateral) | (23) Thigh (anterior, posterior, medial, lateral) |
| (4) Upper back | (14) Forearm (anterior, posterior) | (24) Knee (medial, lateral) |
| (5) Rib | (15) Wrist (medial, lateral) | (25) Lower leg (anterior, posterior, medial, lateral) |
| (6) Low back | (16) Hand | (26) Achilles tendon |
| (7) Abdomen | (17) Finger | (27) Ankle (anterior, medial, lateral) |
| (8) Pelvis | (18) Thumb | (28) Foot, toe |
| (9) Genitalia | | |

5. Type of injury

Choose **the type of injury** you experienced.

| | |
|---------------------------------------|--|
| (1) Contusion | (11) Contusion |
| (2) Fracture | (12) Tendinopathy |
| (3) Stress fracture (overuse) | (13) Osteoarthritis, tenosynovitis, bursitis |
| (4) Other bone injury | (14) Fasciitis |
| (5) Subluxation, dislocation | (15) Impingement syndrome |
| (6) Tendon rupture | (16) Abrasion |
| (7) Ligament rupture | (17) Dental injury |
| (8) Muscle strain | (18) Nerve or spinal cord injury |
| (9) Sprain (ligament, joint capsule) | (19) Muscle cramps |
| (10) Osteochondral or meniscal lesion | (20) Other |

6. Cause of injury

Choose **the cause of injury** you experienced.

| | | |
|-----------------------------|-------------------------------|------------------------|
| (1) Overuse (gradual onset) | (11) Contact: another player | (21) Ground condition |
| (2) Overuse (sudden onset) | (12) Contact: another person | (22) Weather |
| (3) Noncontact trauma | (13) Contact: moving object | (23) Equipment failure |
| | (14) Contact: stagnant object | (24) Other |

7. Recurrent injury

If you were injured at the same body location with the same type of injury again, write “**Q**”.

If you were injured at the body location first, write “**X**”.

※ Recurrent injury is defined as an injury that occurred at **the same body location** with **the same type of injury** as **the index injury** suffered previously.

8. Months elapsed from the index injury to recurrent injury

Write **the number of months** that elapsed between the index injury and the recurrent injury.

9. Experience of surgery due to the injury

If you underwent surgery for the injury, write “**Q**”.

If you did not undergo surgery for the injury, write “**X**”.

10. Expenses for treatment due to the injury

Write **the expenses** that resulted from the injury (e.g., diagnosis, treatment, surgery, etc.)