

Supplement 3 Health Monitor Runfitcheck

HEALTH MONITOR

Welcome

Dear Runner,

Welcome to your health monitor; a short questionnaire, every two weeks, to monitor your running-related physical complaints and injuries.

In this short questionnaire we look back at what you have done in the past two weeks, and whether you have suffered from injuries or physical complaints that have affected your running in the past two weeks.

It takes 10 to 90 seconds to complete (depending on your physical complaints).

Thanks in advance for filling in the questions!

Sports exposure

How many times have you been running in the last two weeks?
Please enter a number and if you did not run enter 0 times

How many minutes did you run on average at a time? minutes

Have you done any other sports in the past two weeks?

- Yes
- No

What other sport(s) have you done (besides running) in the last two weeks?

- Volleyball
- Football
- Hockey
- Basketball
- Fitness
- Cycling
- Tennis
- Otherwise.....

How many minutes have you done these sport(s) in TOTAL in the last two weeks? minutes

Why haven't you run in the last two weeks?

- Due to physical complaint / injury
- Aother reason namely;

Basis health questions

Now four questions about physical complaints (injuries or illness) that you have suffered during running in the past 2 weeks will be asked.

If you have not had any complaints, indicate that you did not have them in the four questions.

If you have suffered from multiple illnesses, injuries or physical complaints, think of the complaint that you have suffered the most from in the past two weeks.

Answer the next four questions about this physical complaint.

At the end of the questionnaire you will be given the opportunity to indicate another physical complaint.

Please do not indicate physical complaints that have to do with muscle pain.

Have you experienced any injury, illness or other health problems while running in the past two weeks?

- Fully participated, without health problems
- Fully participated, but with injury / physical complaint
- Reduced participation due to injury / physical complaint
- Cannot participate due to injury/physical complaint

To what extent have you reduced your training volume in the past two weeks due to an injury, illness or other health problems?

- No reduction
- To a minor extent
- To a moderate extent
- To a major extent
- I haven't been able to train at all

To what extent have you noticed that injuries, illnesses or other health problems have affected your running activities in the past two weeks?

- The performance was **not** affected
- The performance was **slightly** affected
- The performance was **moderately** affected
- The performance was **much** influenced
- I have **not been** able to run at all

To what extent have you suffered from the symptoms of the injury, a physical complaint or health problems in the past two weeks?

- I had **no** physical complaints
- I had **somewhat** physical complaints
- I had **moderate physical** complaints
- I had **many** physical complaints

Follow-up health questions

How many days in the past two weeks have you not or partly been able to participate in running due to the physical complaint / injury? days

Is this the first time you have reported this physical complaint in this study?

- Yes
- No, I have reported the same physical complaint / injury in the previous health monitor
- No, I have reported the same physical complaint / injury before but that is longer ago

When did your injury/ complaint start? > > Indicate the date in the calendar.

Does the problem which caused you pain or nuisance these two weeks concern a physical complaint / injury or an illness?

- Physical complaint / injury
- Illness

Follow-up injury

If you suffer from multiple complaints/injuries, answer the following questions about your main physical complaint/injury. At the end you will have the opportunity to indicate a second physical complaint / injury.

Is this a recurrent injury?

A recurrent injury refers to an injury that occurs again on the same part of the body on the same side of the body.

- Yes
- No

Where is the physical complaint / injury located? Upper body / upper extremities

- Lower back
- Pelvis
- Hip
- Groin
- Thigh front
- Thigh back
- Knee
- Tibia
- Calf
- Achilles tendon
- Ankle
- Foot
- Toes

What is the nature of the physical complaint/injury sustained?

- Bruise or bruising
- Muscle or tendon injury; (partial) rupture of a muscle
- Muscle or tendon injury; strain on muscle or tendon without sudden rupture
- Muscle or tendon injury; don't know what exactly
- Sprain, twisting or ligament injury; (partial) rupture of a ligament
- Sprain, twisting or ligament injury; twisting joint
- Sprain, twisting or ligament injury, don't know what exactly
- Acute bone fracture (e.g. fracture only due to sprain)
- Bone fracture; bone overload (e.g. fatigue fracture / stress fracture)
- Dislocated joint
- Nerve tightness (e.g. back hernia)
- Unknown
- Otherwise namely;

Have you been treated for this physical complaint / injury by a (para)medic in the past two weeks?

Multiple answers possible

- No
- Yes by general practitioner
- Yes by sports doctor
- Yes by physiotherapist
- Otherwise, namely:

Have you suffered from another physical complaint / injury in the past two weeks?

- Yes
- No

When did your injury/ complaint start? >> indicate the date of onset in the calendar

Is this a recurrent injury?

A recurrent injury refers to an injury that occurs again on the same part of the body on the same side of the body.

- Yes
- No

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Closure

Many thanks for your time.

In two weeks you will receive the same questions again.

If you have any questions/comments, please contact (one of) the following researchers from VeiligheidNL:

-Henrike van der Does (h.vanderdoes@veiligheid.nl)

-Ellen Kemler (e.kemler@veiligheid.nl)

Click on the button below to send your answers.