

We are going to use this questionnaire to find out about any back pain you may have had or are currently having. It will ask you about specific injuries, when you may have sprained your back and will also ask about back pain not due to a specific injury. Please take a moment to consider your back and any pain you have had.

Have you ever injured/sprained your back? When?

What were you doing at the time you sprained it?

Did you miss any cricket? How much?

Did it fully recover?

Have you sprained it again since then? (please repeat the questions above for each sprain)

How much pain did you experience at this time? (and subsequent times if applicable)

No pain _____ Worse pain I could imagine

No pain _____ Worse pain I could imagine

No pain _____ Worse pain I could imagine

Did you experience any other symptoms, such as pins and needles or numbness? Where?

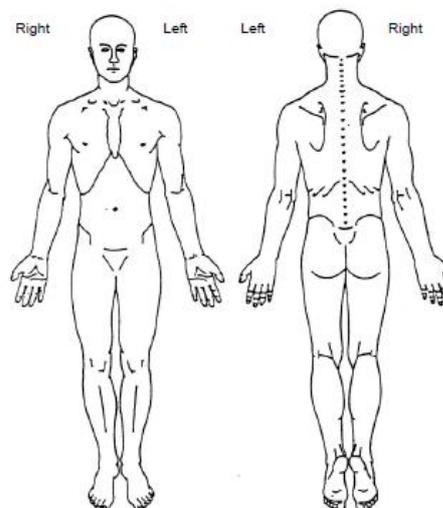
Have you experienced back pain (other than any injury outline above)?

Where did you feel the pain?

Did you have any other symptoms?

What activities aggravated the pain?

Did you miss any cricket? How much?



Would you say you specifically suffer from back pain associated with cricket?

Why do you say that?

What aspects of cricket aggravate your pain?

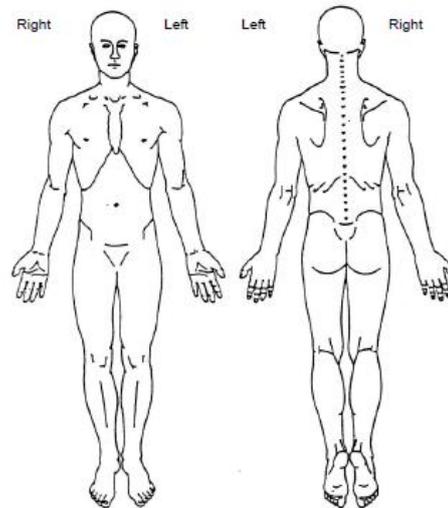
If bowling please expand – is it everytime you bowl, after a number of overs, after a number of weeks in the season, on a particular day of the week?

Are there other aspect of your training that aggravate your back pain?

Do you have pain in the 'off-season'?

Where is the pain associated with bowling?

What is the worse pain experienced during bowling?



No pain _____ Worse pain I could imagine

Have you ever had a scan or Xray? What were the findings?

Have you had a medical diagnosis for your back pain?

How do you manage the pain?

Cricket specific questions.

Please describe you training schedule below:

Mon:

Tues:

Wed:

Thurs:

Fri:

Sat:

Sun:

How many balls do you bowl in a week?

How long have you played cricket?

How long have you been a fast bowler?

What age did you start playing cricket?

What age did you start fast bowling?

Did you have back pain as a child playing cricket?