Oslo Sports Trauma Research Centre

Overuse Injury Questionnaire for groin problems

|  |
| --- |
| **Have you had any difficulties participating in normal football training or matches due to groin problems?** |
| □ Full participation without groin problems |
| □ Full participation, but with groin problems |
| □ Reduced participation due to groin problems |
| □ Haven´t been able to participate due to groin problems |
| **To what extent have you reduced your training volume due to groin problems?** |
| □ No reduction |
| □ To a minor extent |
| □ To a moderate extent |
| □ To a major extent |
| □ Haven´t be able to participate at all |
| **To what extent have groin problems affected your performance in football matches/training?** |
| □ No effect |
| □ To a minor extent |
| □ To a moderate extent |
| □ To a major extent |
| □ Haven´t be able to participate at all |
| **To what extent have you experienced groin pain related to football participation?** |
| □ No pain |
| □ Mild pain |
| □ Moderate pain |
| □ Severe pain |

*The following questions are not asked to players who selected answer option 1.1, 2.1, 3.1 and 4.1 in the 4 previous questions.*

|  |
| --- |
| **On which side have you experienced groin problems?** |
| □ Dominant leg (kicking leg) |
| □ Non-dominant leg |
| □ Both legs |
|  |
| **How did your groin problems first begin?** |
| □ Gradual onset (overuse injury) |
| □ Sudden onset (completely symptom-free prior to a single injury event) |
| **How many days in the past week have you had to completely miss training or matches due to groin problems?** |

□ 0

□ 1

□ 2

□ 3

□ 4

□ 5

□ 6

□ 7

|  |
| --- |
| *The following questions are asked to all players.***How many hours of football training have you completed during the past week? (include all normal team training)** |
|   |   |  |
|   |   |  |
| **How many hours of individual training have you completed the past week? (strength, endurance, injury prevention)** |
|   |   |  |
|   |   |  |
| **How many minutes of football match-play have you completed during the past week?** |
|   |   |   |
|   |   |   |
| **In how many football games did you play last week?** |
|   |   |   |