

I HAVE WORKED WITH MOUNTAIN RUNNERS SINCE 2004, & HAVE BEEN ASKED TO CONTRIBUTE TO A MEDICAL TEXTBOOK DESCRIBING SOME OF THE INJURIES EXPERIENCED BY MOUNTAIN RUNNERS.

I HAVE CONSIDERABLE EXPERIENCE, BUT WOULD BE VERY GRATEFUL IF YOU WOULD COMPLETE THE FOLLOWING QUESTIONNAIRE FOR ME.

Please highlight your answer by underlining, marking in bold/ different colour or by a cross next to the answer.

- 1/ Have you had any injuries in the last 6 months?
 Yes / No
- 2/ If yes, where was your injury / injuries?
 Upper body / Back / Pelvis or buttocks / Knee / Ankle/
 Foot / Thigh muscles / Shin or calf muscles / Achilles tendon
- 3/ Were you able to continue training / racing with the injury?
 Yes / No
- 4/ Did you require treatment?
 Yes / No
- 5/ If yes, what kind of treatment?
 Physiotherapy or osteopathy / Surgery / Injection
- 6/ Do you think the injury might have been due to:-
 Overuse or increased mileage / Change in training routine /
 Footwear / Trauma (eg a fall) /
 Excessive fatigue or tiredness

Any other reason.....

7/ How often do you train?
 1-2 x per day / 3-4 x per week / less than 3-4 x per week

8/ How often do you race?
 1 x per week / 1 x every 2 weeks / 1 x per month /
 less than 1 x per month

9/ Do you race:
 Internationally / nationally / locally – club level

10/ which country are you from?

Name (optional)

Date

You are not required to provide your name, but any information offered will be kept confidential and the results will not identify any particular individual.

Thank-you for completing this survey. Hopefully the book will help other medical practitioners to recognise some of the injuries common to mountain running to help runners receive appropriate diagnosis, treatment and advice.

Please email your completed survey back to me at :

denisephysio@hotmail.com

Or post to:

Denise Park, 29 Peel St, Clitheroe, Lancs, BB7 1NH, England as soon as possible.

Thanks so much. Your cooperation is really appreciated.

Regards Denise Park