



## Running Injury Questionnaire

1. How many years have you been running?
2. How many miles per week do you average?
3. How many times per week do you run?
4. How many miles is your longest run during the week currently?
5. What pace (min/mile) do you average in your workouts?
6. How do you train? (highlight) Long slow distance Long fast distance Fartlek  
Intervals sprint training other:
7. What type of terrain do you usually run on? (highlight)  
Grass dirt concrete asphalt sand artificial track hilly flat
8. Do you regularly run on any canted surfaces (e.g., beach)?
9. At what time of day do you normally run? (highlight) morning afternoon night
10. What type of runner do you consider yourself? (highlight)  
Beginning intermediate advanced competitive
11. What goals have you set for yourself in running?
  
12. How often do you race?
13. What distances do you normally race at?
14. What model of running shoes do you wear?  
For training  
For racing
15. What is the most important feature you look for in your running shoes? (highlight)  
Comfort styling recommendation from friends sports shop recommendation  
Running magazine rating cheapest in price other:
16. How long have you been running in your present shoes?
17. Do you wear any of the following in your running shoes?  
Varus wedge orthotics arch supports other:
18. Do any of your pairs of shoes make your injury/pain better or worse? (please describe)
  
19. Do you stretch before you run?
20. Do you stretch after you run?
21. Do you warm-up before you run?
22. Do you warm down after you run?
23. Do you supplement your running program with muscle-strengthening exercises?
24. Are you presently feeling (highlight) completely healthy fatigued injured
25. Did you modify your training/racing schedule prior to your injury? (please describe)
  
26. Did you run a particularly hard race or hard workout immediately prior to your injury?  
(please describe)
  
27. Did you switch to another pair of running shoes prior to your injury? (please describe)
28. Did you alter your footwear in any way prior to this injury?
29. Was there any direct trauma associated with your injury?
30. Did you have another injury or any discomfort in your feet or legs prior to your injury  
that you tried to train through?
31. Have you ever been treated by a sports medicine specialist?  
By whom? For what problem?