

Appendix 1: Rowing Athlete Injury Survey Questionnaire

I . Basic Information

1. Name: _____ 2. Gender: Male() Female()

3. Age (years): _____ 4. Height (cm): _____

5. Weight (kg): _____ 6. Years of rowing training (years): _____

7. Training volume (in the past year): _____

Average training duration per day: Approximately () hours/day

Average training days per week: Approximately () days/week

Average training duration per week: Approximately () hours/week

II. Sports Injuries (Please fill in chronological order of injury occurrence)

Note:

Injury location: Chest, Shoulder, Elbow, Wrist, Upper Arm, Forearm, Lower Back, Thigh, Knee, Lower Leg, Ankle, Foot, Other.

Treatment received: e.g., Ice therapy, Heat therapy, Massage, Kinesio taping, Acupuncture, Tuina, Stretching, Cupping, Medicated compress, Light therapy (Phototherapy), Ultrasound therapy, Electrical stimulation therapy, Surgery, etc.

First Injury in the Past Year:

1. Injury location:()
2. Injury mechanism: Sudden onset() Gradual onset()
Injury scenario (Answer if injury was sudden onset; skip if not):
Strength training () On-water training () Running training ()
Ergo training () Other()
Main technical phase leading to injury (Answer if injured during on-water training; skip if not):
Catch Phase () Drive Phase () Finish Phase () Recovery Phase ()
3. What treatment was received (multiple can be listed):()
4. Days rested before returning to training:
0 days () 1-7 days () 8-28 days () >28 days ()

Second Injury in the Past Year:

1. Injury location:()
2. Injury mechanism: Sudden onset() Gradual onset()
Injury scenario (Answer if injury was sudden onset; skip if not):
Strength training () On-water training () Running training ()
Ergo training () Other()
Main technical phase leading to injury (Answer if injured during on-water training; skip if not):
Catch Phase () Drive Phase () Finish Phase () Recovery Phase ()
3. What treatment was received (multiple can be listed):()

4. Days rested before returning to training:

0 days () 1-7 days () 8-28 days () >28 days ()

Third Injury in the Past Year:

1. Injury location:()

2. Injury mechanism: Sudden onset() Gradual onset()

Injury scenario (Answer if injury was sudden onset; skip if not):

Strength training () On-water training () Running training ()

Ergo training () Other()

Main technical phase leading to injury (Answer if injured during on-water training; skip if not):

Catch Phase () Drive Phase () Finish Phase () Recovery Phase ()

3. What treatment was received (multiple can be listed):()

4. Days rested before returning to training:

0 days () 1-7 days () 8-28 days () >28 days ()

Fourth Injury in the Past Year:

1. Injury location:()

2. Injury mechanism: Sudden onset() Gradual onset()

Injury scenario (Answer if injury was sudden onset; skip if not):

Strength training () On-water training () Running training ()

Ergo training () Other()

Main technical phase leading to injury (Answer if injured during on-water training; skip if not):

Catch Phase () Drive Phase () Finish Phase () Recovery Phase ()

3. What treatment was received (multiple can be listed):()

4. Days rested before returning to training:

0 days () 1-7 days () 8-28 days () >28 days ()

Fifth Injury in the Past Year:

1. Injury location:()
2. Injury mechanism: Sudden onset() Gradual onset()
Injury scenario (Answer if injury was sudden onset; skip if not):
Strength training () On-water training () Running training ()
Ergo training () Other()
Main technical phase leading to injury (Answer if injured during on-water training;
skip if not):
Catch Phase () Drive Phase () Finish Phase () Recovery Phase ()
3. What treatment was received (multiple can be listed):()
4. Days rested before returning to training:
0 days () 1-7 days () 8-28 days () >28 days ()

Sixth Injury in the Past Year:

1. Injury location:()
2. Injury mechanism: Sudden onset() Gradual onset()
Injury scenario (Answer if injury was sudden onset; skip if not):
Strength training () On-water training () Running training ()
Ergo training () Other()
Main technical phase leading to injury (Answer if injured during on-water training;
skip if not):
Catch Phase () Drive Phase () Finish Phase () Recovery Phase ()
3. What treatment was received (multiple can be listed):()
4. Days rested before returning to training:
0 days () 1-7 days () 8-28 days () >28 days ()

