

Andrews Sports Medicine/American Sports Medicine Institute Athlete-Specific Measure of Improvement

1 Please answer each of the following.

1.1 Have you returned to practice or competition in [*injury causing sport*] since your injury and treatment?

1. Yes
2. No

1.1.1 When did you return to [*injury causing sport*]? (*Be as specific as possible*)

1.1.2 Have you returned to [*injury causing sport*] at the same level of play or higher?

1. Yes
2. No

1.1.2.1 Why not?

1. Limited by this surgery
2. Personal reasons
3. Graduated but not talented enough for next level, unrelated to the surgery
4. unrelated to so the surgery
5. Other

1.1.2.1.1 Other

1.1.2.1.2 How did this surgery limit your ability to return to sport?

1. Pain
2. Stiffness/Tightness
3. Laxity/Instability
4. Weakness
5. Decrease in performance
6. Infection/Complications
7. Other

1.1.2.1.2.1 Other

1.1.3 Were you forced to change positions or roles to be able to return to play after your surgery?

1. Yes
2. No

1.1.3.1 For which sports were you forced to change positions?

1. Baseball
2. Softball
3. Basketball
4. Football

5. Track & Field
6. Soccer

1.1.3.1.1 What position or role did you change from?

1. Starting Pitcher
2. Relief Pitcher
3. Catcher
4. Infield
5. Outfield
6. Designated Hitter

1.1.3.1.2 What position or role did you change from?

1. Pitcher
2. Catcher
3. Infield
4. Outfield

1.1.3.1.3 What position or role did you change from?

1. Guard
2. Forward
3. Center

1.1.3.1.4 What position or role did you change from?

1. Quarterback
2. Running Back
3. Full Back
4. Wide Receiver
5. Tight End
6. Offensive Lineman
7. Defensive Lineman
8. Linebacker
9. Cornerback
10. Safety
11. Punter/Kicker

1.1.3.1.5 What position or role did you change from?

1. Sprinter
2. Middle Distance
3. Long Distance
4. Long Jump/Triple Jump/High Jump
5. Discus/Shotput
6. Javelin
7. Pole Vault

1.1.3.1.6 What position or role did you change from?

1. Goalkeeper
2. Defender
3. Midfielder
4. Forward/Striker

1.1.3.1.7 What position or role did you change to?

1. Starting Pitcher
2. Relief Pitcher
3. Catcher
4. Infield
5. Outfield
6. Designated Hitter

1.1.3.1.8 What position or role did you change to?

1. Pitcher
2. Catcher
3. Infield
4. Outfield

1.1.3.1.9 What position or role did you change to?

1. Guard
2. Forward
3. Center

1.1.3.1.10 What position or role did you change to?

1. Quarterback
2. Running Back
3. Full Back
4. Wide Receiver
5. Tight End
6. Offensive Lineman
7. Defensive Lineman
8. Linebacker
9. Cornerback
10. Safety
11. Punter/Kicker

1.1.3.1.11 What position or role did you change to?

1. Sprinter
2. Middle Distance
3. Long Distance
4. Long Jump/Triple jump/High Jump
5. Discus/Shotput
6. Javelin
7. Pole Vault

1.1.3.1.12 What position or role did you change to?

1. Goalkeeper
2. Defender
3. Midfielder
4. Forward/Striker

1.1.4 What was the highest level you were able to achieve in [*injury causing sport*] after your surgery?

1. Youth Recreational
2. Club/Travel
3. High School
4. Collegiate
5. Professional
6. Adult Recreational

1.1.5 How would you compare your performance in [*injury causing sport*] after your surgery to your performance before your injury and surgery?

1. Much worse
2. A little worse
3. About the same
4. A little better
5. Much better

1.1.6 Why not?

1. Limited by this surgery
2. Personal reasons
3. Graduated but not talented enough for the next level, unrelated to surgery
4. Other

1.1.6.1 What was the main reason you were unable to return to sport?

1. Pain
2. Stiffness/Tightness
3. Laxity/Instability
4. Weakness
5. Decrease in performance
6. Infection/Complications
7. Other

1.1.6.1.1 Other

1.1.6.2 Other

1.1.7 Do you plan to return to [*injury causing sport*]?

1. Yes
2. No

1.2 When did you return to [*injury causing sport*]? (*Be as specific as possible*)

1.3 Have you returned to [*injury causing sport*] at the same level of play or higher?

1. Yes
2. No

1.3.1 Why not?

1. Limited by this surgery
2. Personal reasons
3. Graduated but not talented enough for next level, unrelated to the surgery
4. unrelated to so the surgery
5. Other

1.3.1.1 Other

1.3.1.2 How did this surgery limit your ability to return to sport?

1. Pain
2. Stiffness/Tightness
3. Laxity/Instability
4. Weakness
5. Decrease in performance
6. Infection/Complications
7. Other

1.3.1.2.1 Other

1.4 Why not?

1. Limited by this surgery
2. Personal reasons
3. Graduated but not talented enough for next level, unrelated to the surgery
4. unrelated to so the surgery
5. Other

1.4.1 Other

1.4.2 How did this surgery limit your ability to return to sport?

1. Pain
2. Stiffness/Tightness
3. Laxity/Instability
4. Weakness
5. Decrease in performance
6. Infection/Complications
7. Other

1.4.2.1 Other

1.5 Other

1.6 How did this surgery limit your ability to return to sport?

1. Pain
2. Stiffness/Tightness
3. Laxity/Instability
4. Weakness
5. Decrease in performance
6. Infection/Complications
7. Other

1.6.1 Other

1.7 Were you forced to change positions or roles to be able to return to play after your surgery?

1. Yes
2. No

1.7.1 For which sports were you forced to change positions?

1. Baseball
2. Softball
3. Basketball
4. Football
5. Track & Field
6. Soccer

1.7.1.1 What position or role did you change from?

1. Starting Pitcher
2. Relief Pitcher
3. Catcher
4. Infield
5. Outfield
6. Designated Hitter

1.7.1.2 What position or role did you change from?

1. Pitcher
2. Catcher
3. Infield
4. Outfield

1.7.1.3 What position or role did you change from?

1. Guard
2. Forward
3. Center

1.7.1.4 What position or role did you change from?

1. Quarterback
2. Running Back
3. Full Back
4. Wide Receiver
5. Tight End
6. Offensive Lineman
7. Defensive Lineman
8. Linebacker
9. Cornerback
10. Safety
11. Punter/Kicker

1.7.1.5 What position or role did you change from?

1. Sprinter
2. Middle Distance
3. Long Distance
4. Long Jump/Triple Jump/High Jump
5. Discus/Shotput
6. Javelin
7. Pole Vault

1.7.1.6 What position or role did you change from?

1. Goalkeeper
2. Defender
3. Midfielder
4. Forward/Striker

1.7.1.7 What position or role did you change to?

1. Starting Pitcher
2. Relief Pitcher
3. Catcher
4. Infield
5. Outfield
6. Designated Hitter

1.7.1.8 What position or role did you change to?

1. Pitcher
2. Catcher
3. Infield
4. Outfield

1.7.1.9 What position or role did you change to?

1. Guard
2. Forward
3. Center

1.7.1.10 What position or role did you change to?

1. Quarterback
2. Running Back
3. Full Back
4. Wide Receiver
5. Tight End
6. Offensive Lineman
7. Defensive Lineman
8. Linebacker
9. Cornerback
10. Safety
11. Punter/Kicker

1.7.1.11 What position or role did you change to?

1. Sprinter
2. Middle Distance
3. Long Distance
4. Long Jump/Triple jump/High Jump
5. Discus/Shotput
6. Javelin
7. Pole Vault

1.7.1.12 What position or role did you change to?

1. Goalkeeper
2. Defender
3. Midfielder
4. Forward/Striker

1.8 For which sports were you forced to change positions?

1. Baseball
2. Softball
3. Basketball
4. Football
5. Track & Field
6. Soccer

1.8.1 What position or role did you change from?

1. Starting Pitcher
2. Relief Pitcher
3. Catcher

4. Infield
5. Outfield
6. Designated Hitter

1.8.2 What position or role did you change from?

1. Pitcher
2. Catcher
3. Infield
4. Outfield

1.8.3 What position or role did you change from?

1. Guard
2. Forward
3. Center

1.8.4 What position or role did you change from?

1. Quarterback
2. Running Back
3. Full Back
4. Wide Receiver
5. Tight End
6. Offensive Lineman
7. Defensive Lineman
8. Linebacker
9. Cornerback
10. Safety
11. Punter/Kicker

1.8.5 What position or role did you change from?

1. Sprinter
2. Middle Distance
3. Long Distance
4. Long Jump/Triple Jump/High Jump
5. Discus/Shotput
6. Javelin
7. Pole Vault

1.8.6 What position or role did you change from?

1. Goalkeeper
2. Defender
3. Midfielder
4. Forward/Striker

1.8.7 What position or role did you change to?

1. Starting Pitcher
2. Relief Pitcher
3. Catcher
4. Infield
5. Outfield
6. Designated Hitter

1.8.8 What position or role did you change to?

1. Pitcher
2. Catcher
3. Infield
4. Outfield

1.8.9 What position or role did you change to?

1. Guard
2. Forward
3. Center

1.8.10 What position or role did you change to?

1. Quarterback
2. Running Back
3. Full Back
4. Wide Receiver
5. Tight End
6. Offensive Lineman
7. Defensive Lineman
8. Linebacker
9. Cornerback
10. Safety
11. Punter/Kicker

1.8.11 What position or role did you change to?

1. Sprinter
2. Middle Distance
3. Long Distance
4. Long Jump/Triple jump/High Jump
5. Discus/Shotput
6. Javelin
7. Pole Vault

1.8.12 What position or role did you change to?

1. Goalkeeper
2. Defender
3. Midfielder
4. Forward/Striker

1.9 What position or role did you change from?

1. Starting Pitcher
2. Relief Pitcher
3. Catcher
4. Infield
5. Outfield
6. Designated Hitter

1.10 What position or role did you change from?

1. Pitcher
2. Catcher
3. Infield
4. Outfield

1.11 What position or role did you change from?

1. Guard
2. Forward
3. Center

1.12 What position or role did you change from?

1. Quarterback
2. Running Back
3. Full Back
4. Wide Receiver
5. Tight End
6. Offensive Lineman
7. Defensive Lineman
8. Linebacker
9. Cornerback
10. Safety
11. Punter/Kicker

1.13 What position or role did you change from?

1. Sprinter
2. Middle Distance
3. Long Distance
4. Long Jump/Triple Jump/High Jump
5. Discus/Shotput
6. Javelin
7. Pole Vault

1.14 What position or role did you change from?

1. Goalkeeper
2. Defender
3. Midfielder
4. Forward/Striker

1.15 What position or role did you change to?

1. Starting Pitcher
2. Relief Pitcher
3. Catcher
4. Infield
5. Outfield
6. Designated Hitter

1.16 What position or role did you change to?

1. Pitcher
2. Catcher
3. Infield
4. Outfield

1.17 What position or role did you change to?

1. Guard
2. Forward
3. Center

1.18 What position or role did you change to?

1. Quarterback
2. Running Back
3. Full Back
4. Wide Receiver
5. Tight End
6. Offensive Lineman
7. Defensive Lineman
8. Linebacker
9. Cornerback
10. Safety
11. Punter/Kicker

1.19 What position or role did you change to?

1. Sprinter
2. Middle Distance
3. Long Distance
4. Long Jump/Triple jump/High Jump
5. Discus/Shotput
6. Javelin
7. Pole Vault

1.20 What position or role did you change to?

1. Goalkeeper
2. Defender
3. Midfielder
- 4.. Forward/Striker

1.21 What was the highest level you were able to achieve in [*injury causing sport*] after your surgery?

1. Youth Recreational
2. Club/Travel
3. High School
4. Collegiate
5. Professional
6. Adult Recreational

1.22 How would you compare your performance in [*injury causing sport*] after your surgery to your performance before your injury and surgery?

1. Much worse
2. A little worse
3. About the same
4. A little better
5. Much better

1.23 Why not?

1. Limited by this surgery
2. Personal reasons
3. Graduated but not talented enough for the next level, unrelated to surgery
4. Other

1.23.1 What was the main reason you were unable to return to sport?

1. Pain
2. Stiffness/Tightness
3. Laxity/Instability
4. Weakness
5. Decrease in performance
6. Infection/Complications
7. Other

1.23.1.1 Other

1.23.2 Other

1.24 What was the main reason you were unable to return to sport?

1. Pain
2. Stiffness/Tightness
3. Laxity/Instability
4. Weakness
5. Decrease in performance
6. Infection/Complications
7. Other

1.24.1 Other

1.25 Do you plan to return to [*injury causing sport*]?

1. Yes
2. No

1.26 What sport did you return to?

1. Aerobics/Weight Lifting
2. Baseball
3. Basketball
4. Cheerleading/Dance
5. Cross Country
6. CrossFit/Iron Tribe/etc.
7. Cycling
8. Football
9. Golf
10. Gymnastics
11. Hockey
12. Lacrosse
13. Running/Jogging
14. Soccer
15. Softball
16. Swimming
17. Tennis
18. Track & Field
19. Walking/Hiking
20. Wrestling
21. Yoga
22. Other

1.26.1 Other

- 1.26.2 When did you return to Aerobics/Weight Lifting? (*Be as specific as possible*)
- 1.26.3 When did you return to Baseball? (*Be as specific as possible*)
- 1.26.4 When did you return to Basketball? (*Be as specific as possible*)
- 1.26.5 When did you return to Cheerleading/Dance? (*Be as specific as possible*)
- 1.26.6 When did you return to Cross Country? (*Be as specific as possible*)
- 1.26.7 When did you return to CrossFit, Iron Tribe, etc.? (*Be as specific as possible*)
- 1.26.8 When did you return to Cycling? (*Be as specific as possible*)
- 1.26.9 When did you return to Football? (*Be as specific as possible*)
- 1.26.10 When did you return to Golf? (*Be as specific as possible*)
- 1.26.11 When did you return to Gymnastics? (*Be as specific as possible*)
- 1.26.12 When did you return to Hockey? (*Be as specific as possible*)
- 1.26.13 When did you return to Lacrosse? (*Be as specific as possible*)
- 1.26.14 When did you return to Running/Jogging? (*Be as specific as possible*)
- 1.26.15 When did you return to Soccer? (*Be as specific as possible*)
- 1.26.16 When did you return to Softball? (*Be as specific as possible*)
- 1.26.17 When did you return to Swimming? (*Be as specific as possible*)
- 1.26.18 When did you return to Tennis? (*Be as specific as possible*)
- 1.26.19 When did you return to Track & Field? (*Be as specific as possible*)
- 1.26.20 When did you return to Walking/Hiking? (*Be as specific as possible*)

- 1.26.21 When did you return to Wrestling? *(Be as specific as possible)*
- 1.26.22 When did you return to Yoga? *(Be as specific as possible)*
- 1.26.23 When did you return to other sport? *(Be as specific as possible)*
- 1.27 Other

- 1.28 When did you return to Aerobics/Weight Lifting? *(Be as specific as possible)*
- 1.29 When did you return to Baseball? *(Be as specific as possible)*
- 1.30 When did you return to Basketball? *(Be as specific as possible)*
- 1.31 When did you return to Cheerleading/Dance? *(Be as specific as possible)*
- 1.32 When did you return to Cross Country? *(Be as specific as possible)*
- 1.33 When did you return to CrossFit, Iron Tribe, etc.? *(Be as specific as possible)*
- 1.34 When did you return to Cycling? *(Be as specific as possible)*
- 1.35 When did you return to Football? *(Be as specific as possible)*
- 1.36 When did you return to Golf? *(Be as specific as possible)*
- 1.37 When did you return to Gymnastics? *(Be as specific as possible)*
- 1.38 When did you return to Hockey? *(Be as specific as possible)*
- 1.39 When did you return to Lacrosse? *(Be as specific as possible)*
- 1.40 When did you return to Running/Jogging? *(Be as specific as possible)*
- 1.41 When did you return to Soccer? *(Be as specific as possible)*
- 1.42 When did you return to Softball? *(Be as specific as possible)*
- 1.43 When did you return to Swimming? *(Be as specific as possible)*
- 1.44 When did you return to Tennis? *(Be as specific as possible)*
- 1.45 When did you return to Track & Field? *(Be as specific as possible)*
- 1.46 When did you return to Walking/Hiking? *(Be as specific as possible)*
- 1.47 When did you return to Wrestling? *(Be as specific as possible)*
- 1.48 When did you return to Yoga? *(Be as specific as possible)*

1.49 Since we initially saw you for this injury, have you had another surgery related to the same sport?

- 1. Yes
- 2. No

- 1.49.1 What type
- 1.49.2 When?
- 1.50 What type
- 1.51 When?
- 1.52 Other

1.53 When did you return to other sport? *(Be as specific as possible)*

1.54 Have you returned to practice or competition in any other sports or athletics?

- 1. Yes
- 2. No

1.54.1 What sport did you return to?

1. Aerobics/Weight Lifting
2. Baseball
3. Basketball
4. Cheerleading/Dance
5. Cross Country
6. CrossFit/Iron Tribe/etc.
7. Cycling
8. Football
9. Golf
10. Gymnastics
11. Hockey
12. Lacrosse
13. Running/Jogging
14. Soccer
15. Softball
16. Swimming
17. Tennis
18. Track & Field
19. Walking/Hiking
20. Wrestling
21. Yoga
22. Other

1.54.1.1 Other

- 1.54.1.2 When did you return to Aerobics/Weight Lifting? *(Be as specific as possible)*
- 1.54.1.3 When did you return to Baseball? *(Be as specific as possible)*
- 1.54.1.4 When did you return to Basketball? *(Be as specific as possible)*
- 1.54.1.5 When did you return to Cheerleading/Dance? *(Be as specific as possible)*
- 1.54.1.6 When did you return to Cross Country? *(Be as specific as possible)*
- 1.54.1.7 When did you return to CrossFit, Iron Tribe, etc.? *(Be as specific as possible)*
- 1.54.1.8 When did you return to Cycling? *(Be as specific as possible)*
- 1.54.1.9 When did you return to Football? *(Be as specific as possible)*
- 1.54.1.10 When did you return to Golf? *(Be as specific as possible)*
- 1.54.1.11 When did you return to Gymnastics? *(Be as specific as possible)*
- 1.54.1.12 When did you return to Hockey? *(Be as specific as possible)*
- 1.54.1.13 When did you return to Lacrosse? *(Be as specific as possible)*
- 1.54.1.14 When did you return to Running/Jogging? *(Be as specific as possible)*
- 1.54.1.15 When did you return to Soccer? *(Be as specific as possible)*
- 1.54.1.16 When did you return to Softball? *(Be as specific as possible)*
- 1.54.1.17 When did you return to Swimming? *(Be as specific as possible)*
- 1.54.1.18 When did you return to Tennis? *(Be as specific as possible)*
- 1.54.1.19 When did you return to Track & Field? *(Be as specific as possible)*
- 1.54.1.20 When did you return to Walking/Hiking? *(Be as specific as possible)*
- 1.54.1.21 When did you return to Wrestling? *(Be as specific as possible)*
- 1.54.1.22 When did you return to Yoga? *(Be as specific as possible)*
- 1.54.1.23 When did you return to other sport? *(Be as specific as possible)*
- 1.55 Other

1.56 Other