



## Freeletics Medical Survey English

Athlete,

our team from the orthopedic and sports orthopedic clinic of the Clinic Rechts der Isar Technical University of Munich wants to help you to prevent injuries and to work preventively.

We need your help!

We are investigating the injuries that may have occurred during a Freeletics workout in **the last 9 month**

*(Please only refer to Freeletics Bodyweight do not take on Freeletics Running or Freeletics Gym!)*

Please help us by filling out the questionnaire.

Please also participate in the survey if you have **not** sustained any injuries.

The questionnaire will take about 5-10 min, as long as an Ares workout :) !

Thanks for your support!

\* 1. What country are you currently living in? 

- USA
- England
- Australia
- Other country (please specify)



\* 2. How old are you? 

\* 3. Are you male or female? 

male

female

\* 4. What is your **body mass index**? Weight in kilograms / (body size in meters)<sup>2</sup>

(Example: Size 1.80m, Weight: 80kg ->  $80 / (1.8 \times 1.8) = 24.69$  BMI) 

< 16.0

16.0 - < 17.0

17.0 - < 18.5

18.5 - < 25.0

25.0 - < 30.0

30.0 - < 35.0

35.0 - < 40.0

> 40.0

Weiter



\* 5. How physically demanding is your job? 

- Mainly sitting activity
- Walking and sitting without physical labor
- Walking, sitting, carrying/lifting
- Demanding physical labor

\* 6. Smoker 

- Yes
- No

\* 7. Do you suffer from other medical conditions? 

- No
- High blood pressure
- Asthma
- Gastrointestinal disorders
- Diabetes mellitus
- Psychological disorders
- Other



\* 8. When did you start Freeletics? 

- 1-3 months
- 5-6 months
- 7-12 months
- 13-18 months
- 19-24 months
- 25-30 months
- more than 30 months

Zurück

Weiter

Powered by



Es ist ganz einfach, [eine Umfrage zu erstellen](#).



## Freeletics Medical Survey English

\* 9. How do you mainly train? 

- In a group
- Alone
- Alternating in the group and alone

\* 10. Average number of "Coach Days" per week during the last 9 month? 

- < 1
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- > 7



\* 11. How many training minutes **per week** did you complete on average during the last 9 month? 

- < 15min
- 15-30 min
- 30-45 min
- 60 - 90 min
- 90 - 120 min
- 120 - 160 min
- 160- 190 min
- 190 - 240 min
- > 240 min



\* 12. Current training level in the App? 

- 1-5
- 6-10
- 11-15
- 16-20
- 21-25
- 26-30
- 31-35
- 36-40
- 40-50
- 50-60
- >60

Zurück

Weiter

Powered by



Es ist ganz einfach, [eine Umfrage zu erstellen](#).



## Freeletics Medical Survey English

\* 13. Average time per "Coach day"? 

- 0-15 min
- 16-30 min
- 31-45 min
- 46-60 min
- 61-75 min
- 76-90 min
- > 90 min

\* 14. Do you do other sports besides Freeletics regularly? 

- Yes
- No

Zurück

Weiter



## 15. Which and what level?

Level

Bodybuilding	<input type="text"/>
Running	<input type="text"/>
Soccer	<input type="text"/>
Cycling	<input type="text"/>
Rowing	<input type="text"/>
Swimming	<input type="text"/>
Basketball	<input type="text"/>
Boxing	<input type="text"/>
Climbing	<input type="text"/>
Yoga	<input type="text"/>
Track and field	<input type="text"/>
Martial Arts	<input type="text"/>
Skiing/Snowboarding	<input type="text"/>
Tennis	<input type="text"/>
Triathlon	<input type="text"/>
Volleyball	<input type="text"/>



- Beginner
- Recreational athlete
- Semi Professional
- Professional

16. How often do you do these sports on average **per week** next to Freeletics? 

Zurück

Weiter



## Freeletics Medical Survey English

\* 17. Average weekly number of recovery days 

\* 18. What best describes your average warm-up? 

- No warm-up
- Full body exercises (running, rowing, rope skipping, etc.)
- Certain body parts
- As suggested by the FL App

\* 19. Did you suffer an injury during FL training in the last 9 month?

*(Injury definition: any event causing a training pause of at least 1 day)* 

- Yes
- No

Zurück

Weiter



## Freeletics Medical Survey English

\* 20. How many injuries did you have in the above period? 

21. Who diagnosed the injury?

*(Fields must only be filled in if something applies!)* 

Self-diagnosis

Doctor

Physiotherapist

Trainer

Other

Zurück

Weiter



Freeletics Medical Survey English

## 22. What body part was injured?

*(Fields must only be filled in if something applies!)*



Type of injury

Head	<input type="text"/>
Cervical spine	<input type="text"/>
Shoulder	<input type="text"/>
Thoracic spine	<input type="text"/>
Lumbar spine	<input type="text"/>
Elbow	<input type="text"/>
Hand and/or wrist	<input type="text"/>
Biceps	<input type="text"/>
Triceps	<input type="text"/>
Pectoral muscles	<input type="text"/>
Ab muscles	<input type="text"/>
Hip/groin	<input type="text"/>



Hip/groin

Gluteal muscles

Thigh muscles

Knee

Calf muscles

Ankle

Foot

Skin

Other

- ✓
- bruise
- fracture
- dislocation
- strain
- ligament strain
- tendinitis
- Periostitis
- Bone marrow
- muscle injury
- cartilage damage
- Abrasion / wound
- Something else

## 23. During which exercise did this injury occur? Did you warm up prior to this injury?

(Fields must only be filled in if something applies!)



	During which exercise ?	Did you warm up prior to this injury?	In which Coach week?
Head	<input type="text"/>	<input type="text"/>	<input type="text"/>
Cervical spine	<input type="text"/>	<input type="text"/>	<input type="text"/>
Shoulder	<input type="text"/>	<input type="text"/>	<input type="text"/>
Thoracic spine	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lumbar spine	<input type="text"/>	<input type="text"/>	<input type="text"/>
Elbow	<input type="text"/>	<input type="text"/>	<input type="text"/>
Hand and/or wrist	<input type="text"/>	<input type="text"/>	<input type="text"/>
Biceps	<input type="text"/>	<input type="text"/>	<input type="text"/>
Triceps	<input type="text"/>	<input type="text"/>	<input type="text"/>
Pectoral muscles	<input type="text"/>	<input type="text"/>	<input type="text"/>
Ab muscles	<input type="text"/>	<input type="text"/>	<input type="text"/>
Hip/groin	<input type="text"/>	<input type="text"/>	<input type="text"/>
Gluteal muscles	<input type="text"/>	<input type="text"/>	<input type="text"/>
Thigh muscles	<input type="text"/>	<input type="text"/>	<input type="text"/>
Knee	<input type="text"/>	<input type="text"/>	<input type="text"/>

Hip/groin

Gluteal muscles

Thigh muscles

Knee

Calf muscles

Ankle

Foot

Skin

Other

- ✓
- Pull up
- Muscle up
- Push up
- Handstand Push up
- Burpee
- Burpee Frogs
- Froggers
- Squat
- Pistol
- High jump
- Climber
- Fast sprint
- Jumping Jack
- Sit up
- Lunges
- Jack Knives
- Stand ups
- Other

## 24. How long did you pause sports? (In days?)

*(Fields must be completed only if something is paused)*

to pause sports?

How long did it take you to achieve your pre-injury level of training?

Head

Cervical spine

Shoulder





## 24. How long did you have to pause sports? (In days?)

(Fields must be completed only if something is correct!)



How long did you have to pause sports?

How long did it take you to achieve your pre-injury level of training?

Head	<input type="text"/>	<input type="text"/>
Cervical spine	<input type="text"/>	<input type="text"/>
Shoulder	<input type="text"/>	<input type="text"/>
Thoracic spine	<input type="text"/>	<input type="text"/>
Lumbar spine	<input type="text"/>	<input type="text"/>
Elbow	<input type="text"/>	<input type="text"/>
Hand and/or wrist	<input type="text"/>	<input type="text"/>
Biceps	<input type="text"/>	<input type="text"/>
Triceps	<input type="text"/>	<input type="text"/>
Pectoral muscles	<input type="text"/>	<input type="text"/>
Ab muscles	<input type="text"/>	<input type="text"/>
Hip/groin	<input type="text"/>	<input type="text"/>
Gluteal muscles	<input type="text"/>	<input type="text"/>
Thigh muscles	<input type="text"/>	<input type="text"/>
Knee	<input type="text"/>	<input type="text"/>



Calf muscles

Ankle

Foot

Skin

Other



## 25. What do you think caused the injury?

*(Fields must only be filled in if something applies)*



What do you think caused the injury?

Head	<input type="checkbox"/>
Cervical spine	<input type="checkbox"/>
Shoulder	<input type="checkbox"/>
Thoracic spine	<input type="checkbox"/>
Lumbar spine	<input type="checkbox"/>
Elbow	<input type="checkbox"/>
Hand and/or wrist	<input type="checkbox"/>
Biceps	<input type="checkbox"/>
Triceps	<input type="checkbox"/>
Pectoral muscles	<input type="checkbox"/>
Ab muscles	<input type="checkbox"/>
Hip/groin	<input type="checkbox"/>
Gluteal muscles	<input type="checkbox"/>
Thigh muscles	<input type="checkbox"/>

Biceps

Triceps

Pectoral muscles

Ab muscles

Hip/groin

✓  
Un-precise exercise execution  
Too many repeats  
Exhaustion  
Pre-existing condition  
Poor instructions  
Other

Gluteal muscles

Thigh muscles

Knee

Calf muscles

Ankle

Foot

Skin

Other

Zurück

Weiter



## Freeletics Medical Survey English

### 26. Have you had problems with the injured body part **before** you started Freeletics?

*(Fields must only be filled in if something applies!)*



Nature of the damage

Head

Cervical spine

Shoulder

Thoracic spine

Lumbar spine

Elbow

Hand and/or wrist

Biceps

Triceps

Pectoral muscles

Ab muscles

Hip/groin

- ✓ bruise
- fracture
- dislocation
- strain
- ligament strain
- tendinitis
- Periostitis
- Bone marrow
- muscle injury
- cartilage damage
- Abrasion / wound
- Something else

---

Pectoral muscles

Ab muscles

Hip/groin

Gluteal muscles

Thigh muscles

Knee

Calf muscles

Ankle

Foot

Skin

Etwas anderes

Zurück

Weiter

---

Powered by



Es ist ganz einfach, [eine Umfrage zu erstellen](#).

## Freeletics Medical Survey English

### 27. How was the injury treated?

Type of injury

No treatment	<input type="text"/>
Immobilization/rest	<input type="text"/>
Taping/splint	<input type="text"/>
Adapted training	<input type="text"/>
Pain medication	<input type="text"/>
Manual therapy (massage, ice)	<input type="text"/>
Rehabilitation exercises/stretching	<input type="text"/>
Acupuncture	<input type="text"/>
Other	<input type="text"/>

- ✓
- bruise
- fracture
- dislocation
- strain
- ligament strain
- tendinitis
- Periostitis
- Bone marrow
- muscle injury
- cartilage damage
- Abrasion / wound
- Something else

Zurück



Freeletics Medical Survey English

\* 28. Have you ever suffered from a rhabdomyolysis (= acute damage to muscle cells) following workout? 

Yes

No

\* 29. Have you ever had physical discomfort or discomfort after the Freeletics training?



Yes

No

Zurück

Weiter

Powered by







## Freeletics Medical Survey English

30. If so, which and in what percentage of the workouts such problems occurred? 

Percent

Severe exhaustion	<input type="text"/>
Muscle swelling	<input type="text"/>
Shortness of breath	<input type="text"/>
Nausea	<input type="text"/>
Tenderness of muscle to touch	<input type="text"/>
Muscle weakness	<input type="text"/>
Other	<input type="text"/>

- ✓ < 1%
- 1-5%
- 6-10%
- 11-20%
- 21-30%
- 31-40%
- 41-50%
- 51-60%
- 61-70%
- 71-80%
- 81-90%
- 91-100%

Zurück

Weiter

Powered by



Es ist ganz einfach, eine Umfrage zu erstellen.



## Freeletics Medical Survey English

\* 31. How exhausting do you perceive your average workout? (RPE scale) 

- 0 = no exertion
- 1 = extremely light
- 2 = light
- 3 = moderate
- 4 = slightly exhausting
- 5 = exhausting
- 6 = difficult
- 7 = very difficult
- 8 = very very difficult
- 9 = barely feasible
- 10 = no longer feasible



\* 32. Have you always trained with the coach or have you freely chosen your workouts or supplemented by other sports?

(Multiple answer possible)



- Always trained with the coach
- Workouts freely combined in the app
- Combination of coach and additional workouts
- Combine with other sports
- When other sports, which?

\* 33. What do you think could prevent problems or injuries in the future?



- Less repeats
- Slower training
- Better warm-up
- Better training technique
- Better training equipment
- Other training facility
- Other



## Freeletics Medical Survey English

\* 34. I feel now, compared to before I started the Freeletics training (health) 

- Much better than before
- Something better than before
- About the same
- Slightly worse than before
- Much worse than before

\* 35. I feel now, compared to before I started the Freeletics training (psychological mood) 

- Quieter and more relaxed than before
- somewhat more relaxed than before
- equal
- less relaxed than before
- inwardly distressed and agitated



\* 36. Through FL training, I can enjoy **everyday activities** such as shopping, strolling, cycling, carrying heavy objects **easier**: 

- That is completely right
- Something is true
- Does not apply
- Not correct at all

\* 37. Freeletics helped me get **better** in other sports: 

- That is completely right
- Something is true
- Does not apply
- Not correct at all

Zurück

Weiter

Powered by



Es ist ganz einfach, eine Umfrage zu erstellen.



Freeletics Medical Survey - English

\* 38. I have found **friends** through the sport (in the community, for example) and made social contacts: 

- That is completely right
- Something is true
- Does not apply
- Not correct at all

\* 39. In everyday life with Freeletics training I feel

(only 1 answer possible) 

- energetic
- concentrated
- more relaxed
- fortunate
- tired
- stressed out
- nothing like that
- Other



\* 40. In the future, I would like to (referred to my Freeletics Training)

(Multiple choice possible)



- train more
- exercise more regularly
- train less
- do more other sports
- stop with the FL training
- nothing like that
- Other

Zurück

Weiter

Powered by



Es ist ganz einfach, [eine Umfrage zu erstellen](#).




## Freeletics Medical Survey English

Athlete,

it's almost done, there are only 2 questions left!

Clap Clap!

\* 41. Would you rather see an orthopaedist who knows about Freeletics and is familiar with your sports? 

- Yes
- No
- I don't care

\* 42. Do you use other fitness apps besides Freeletics? 

- Yes
- No
- If yes, which?