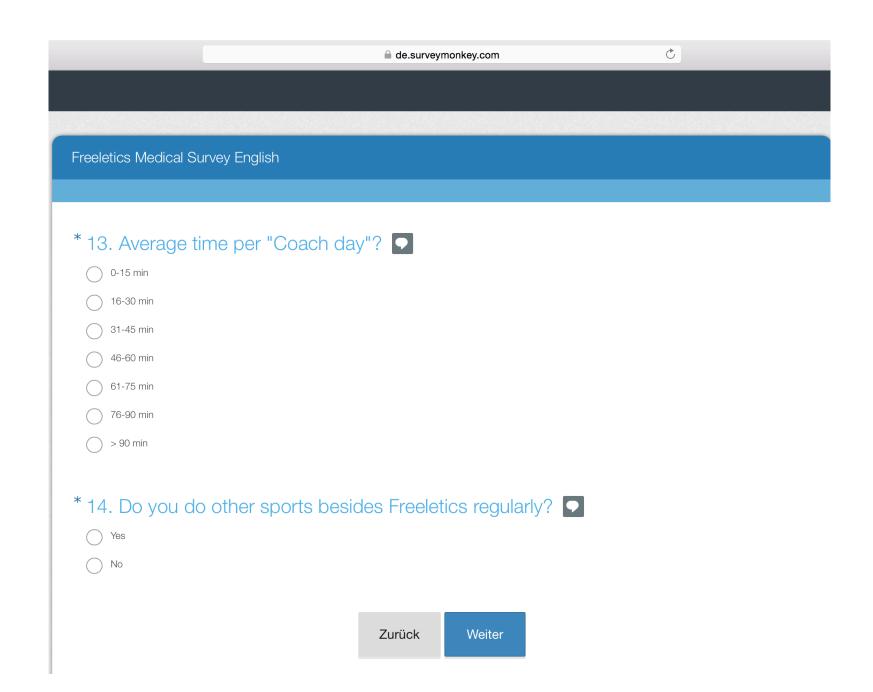
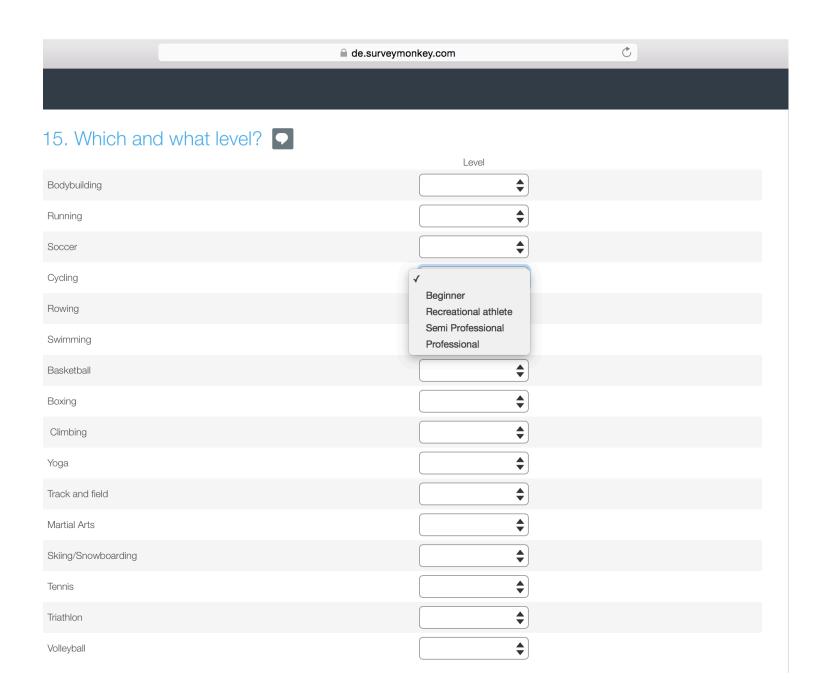
Weiter

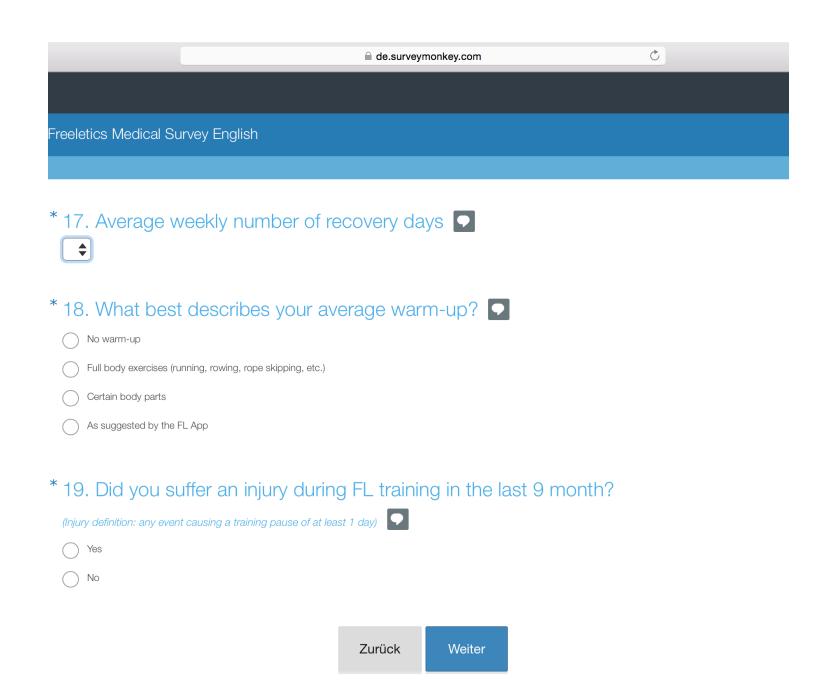
C

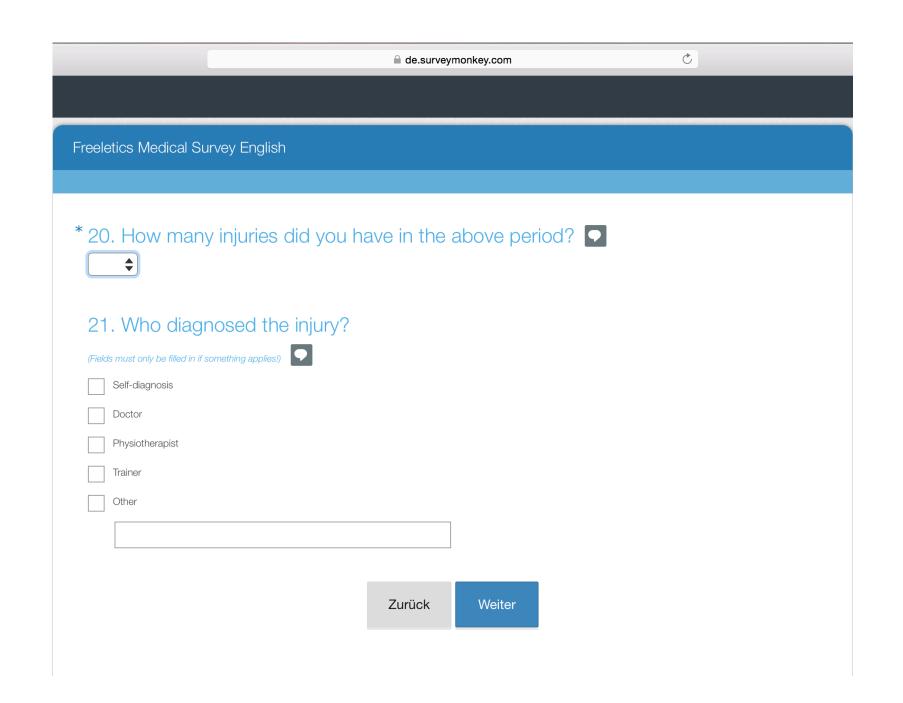
Es ist ganz einfach, <u>eine Umfrage zu erstellen</u>.

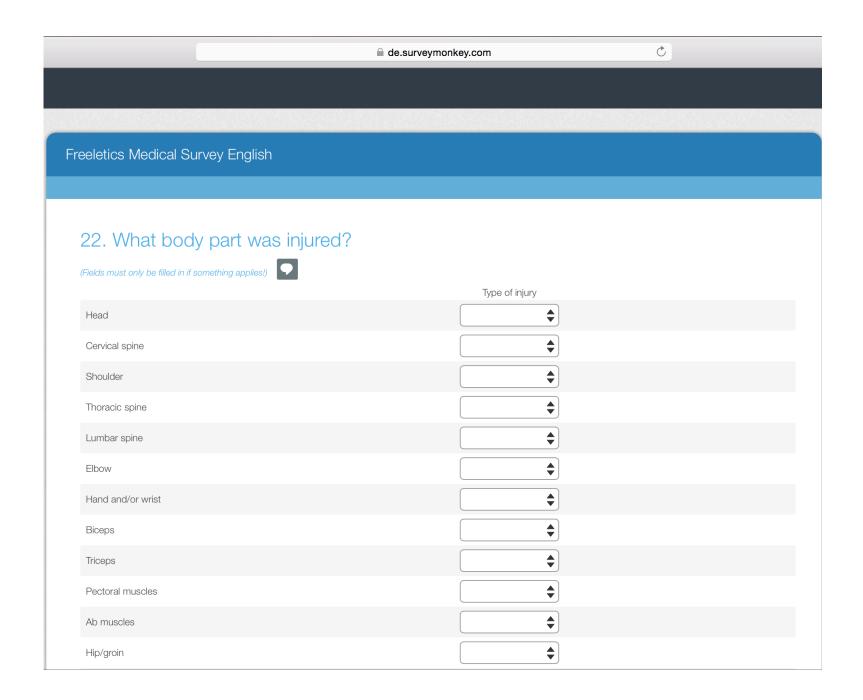


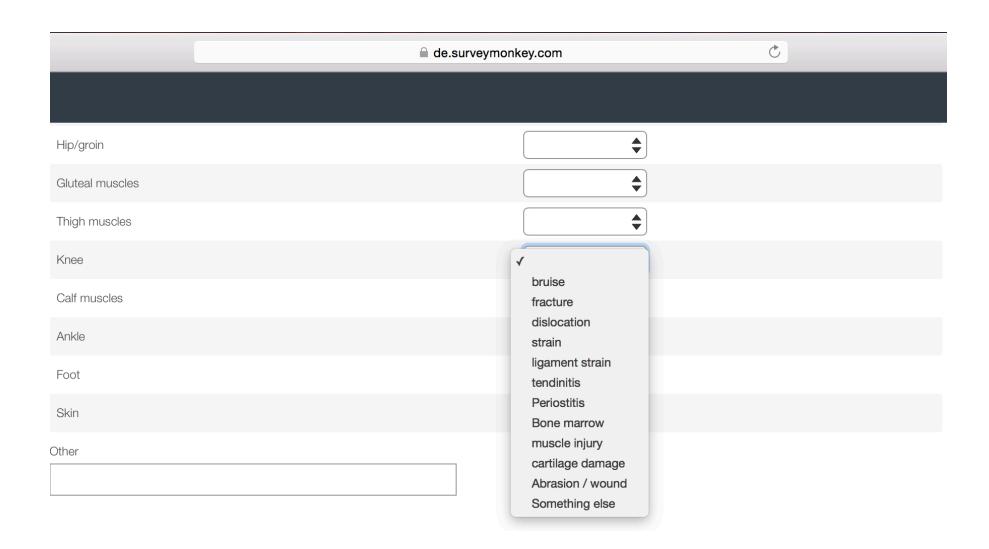








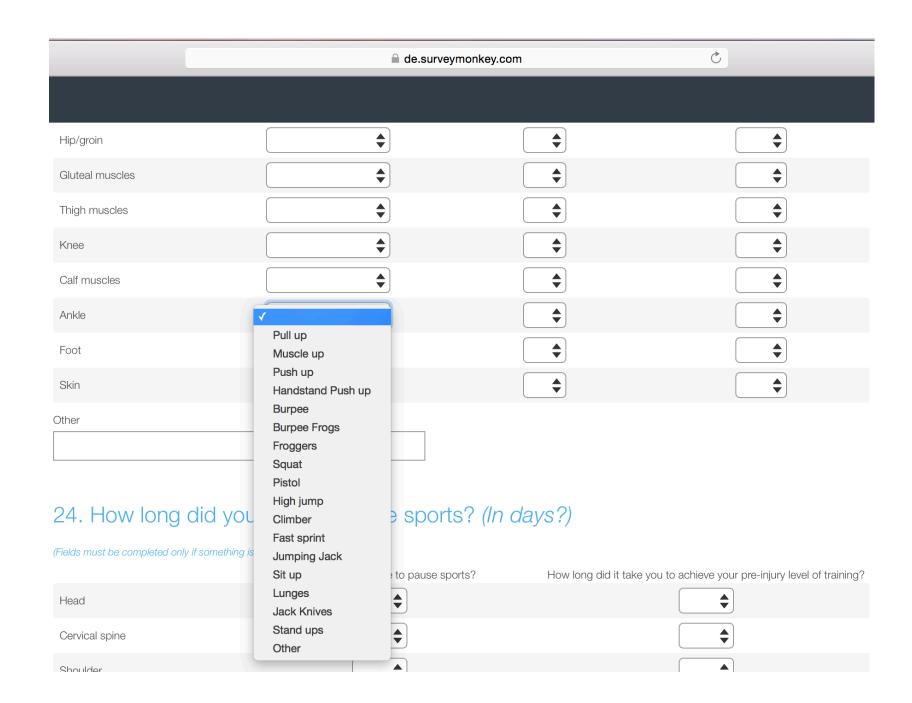




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23. During which exercise did this injury occur? Did you warm up prior to this injury?

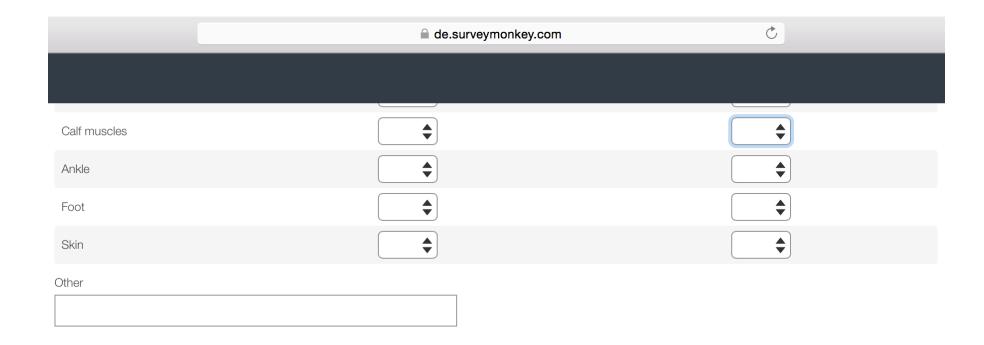
(Fields must only be filled in if something applies!) Did you warm up prior to this injury? In which Coach week? During which exercise? **\$ \$** • Head **\$** Cervical spine **\$ \$ \$** Shoulder **\$** Thoracic spine **\$** • • Lumbar spine • Elbow • **\$** Hand and/or wrist • Biceps **\$** Triceps • Pectoral muscles **\$** Ab muscles **\$** Hip/groin **\$ \$** Gluteal muscles **\$** • Thigh muscles **\$ \$ \$** Knee



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

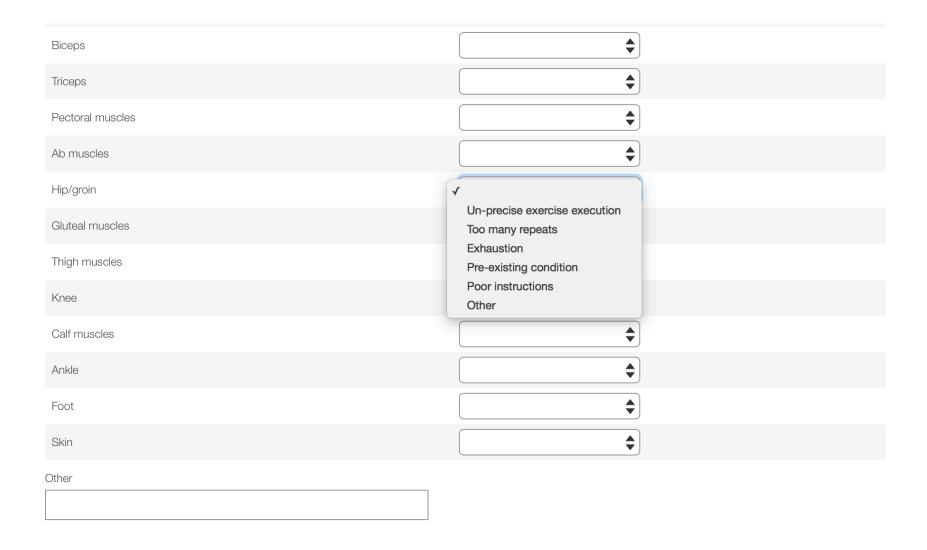
(Fields must be completed only if something is correct!) How long did you have to pause sports? How long did it take you to achieve your pre-injury level of training? **\$ \$** Head **\$** Cervical spine **\$ \$** Shoulder **\$ \$** Thoracic spine **\$** • Lumbar spine **\$ \$** Elbow **\$** Hand and/or wrist **\$ \$** Biceps **\$ \$** Triceps **\$ \$** Pectoral muscles Ab muscles Hip/groin **\$ \$** Gluteal muscles **\$** Thigh muscles **\$** Knee





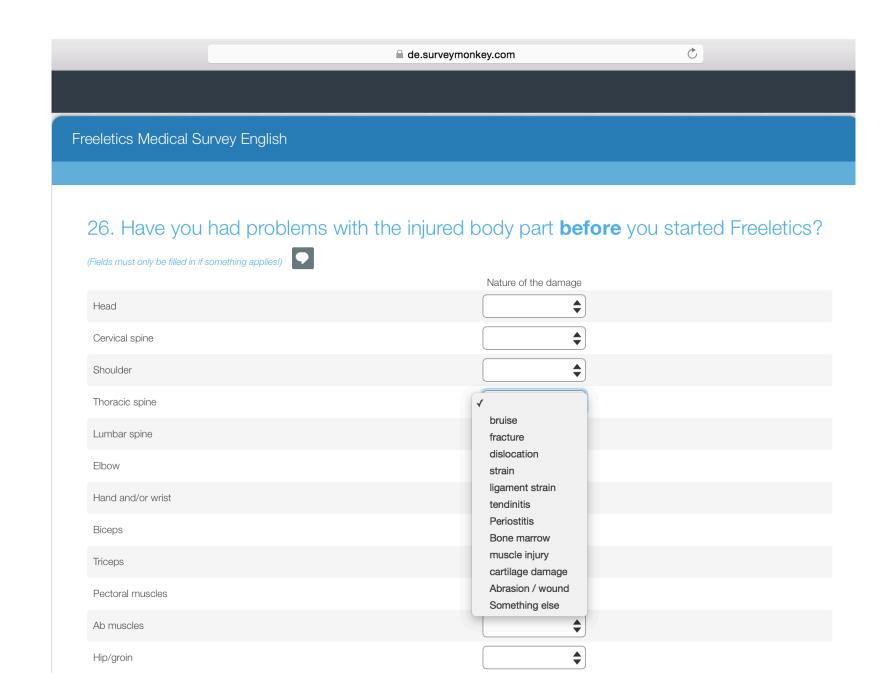
25. What do you think caused the injury?

(Fields must only be filled in if something applies) What do you think caused the injury? • Head Cervical spine **\$** Shoulder Thoracic spine • **\$** Lumbar spine **\$** Elbow **\$** Hand and/or wrist **\$** Biceps **\$** Triceps **\$** Pectoral muscles **\$** Ab muscles Hip/groin **\$ \$** Gluteal muscles **\$** Thigh muscles



Zurück

Weiter



Pectoral muscles	•
Ab muscles	\$
Hip/groin	•
Gluteal muscles	•
Thigh muscles	•
Knee	•
Calf muscles	•
Ankle	•
Foot	•
Skin	•
Etwas anderes	



