

Dear players,

Even though table tennis is one of sports with less injuries than many others, we can still see too many high level players suffering from injuries. Therefore we are looking forward to finding out some way to help elite table tennis athletes to avoid such injuries. In principle, the most important purpose of injury research is to reduce the number and incidences of sport injuries.

In order to gain a better idea of the incidences of table tennis related injuries, I'd appreciate if you'd fill out the following questionnaire.

Please fulfill this questionnaire and send it back to the editor by regular post or by e-mail. The more questionnaires we get back the more information we can provide to players and coaches.

To improve the meaning of this survey, it is important that I get as many responses as possible.

***Your personal information will be kept confidential and used for group analysis only.***

Best regards!

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## QUESTIONNAIRE

For top athletes, with national status (members of national teams)

- **Name and surname:** \_\_\_\_\_
- **Age:** \_\_\_\_\_
- **Sex:**        m        f        (adequate encircle)
- **Height:** \_\_\_\_\_ cm
- **Weight:** \_\_\_\_\_ kg
- **Playing arm:** a) right                      b) left        (adequate encircle)
- **Country:** \_\_\_\_\_
- **Club:** \_\_\_\_\_
- **Current position on ITTF ranking:** \_\_\_\_\_
- **Current position on ETTU ranking:** \_\_\_\_\_
- **Current position on national ranking:** \_\_\_\_\_

1. **At what age did you start to train? (enter adequate number)**
    - a) Please enter age: \_\_\_\_\_
  2. **How many trainings do you have in a week during a competition season? (enter adequate number)**
    - a) Please enter a number: \_\_\_\_\_
  3. **How many hours you are exercising in a day? (enter adequate number)**
    - a) In preparation period: \_\_\_\_\_
    - b) Between preparation and competition period: \_\_\_\_\_
    - c) In competition period: \_\_\_\_\_
  4. **For how long have you had top national player status (member of national team)? (adequate encircle)**
    - a) 1 year
    - b) 2 years
    - c) 3 years
    - d) 4 years
    - e) 5 years
    - f) Please enter your number: \_\_\_\_\_
  5. **Have you ever had any of the following? (you may encircle more answers)**
    - a) Heart murmur
    - b) High blood pressure
    - c) Other heart problems
    - d) Broken bones
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- e) Weak joints – ankles, knees
- f) Concussion
- g) Operation
- h) Seizures or epilepsy
- i) Others

**6. Have you experienced any medical problems from playing indoor sports, including table tennis? (you may encircle more answers)**

- a) Eye problems
- b) Nose
- c) Throat
- d) Bronchitis
- e) Allergies
- f) Skin troubles
- g) No problems
- h) Others: \_\_\_\_\_ (please name it)

**7. Do you take any medicine regularly? (adequate encircle)**

- a) Yes
- b) No

**8. Is there in your club? (adequate encircle)**

- a) Doctor
- b) Physiotherapist
- c) No medical care in club

**9. How many times have you been injured in: (please enter a number)**

- a) In 2005: \_\_\_\_\_
- b) In 2006: \_\_\_\_\_
- c) In 2007: \_\_\_\_\_
- d) In 2008: \_\_\_\_\_
- e) In 2009: \_\_\_\_\_

**MARK: All of next questions refer to last 12 months!**

**10. How many times have you been injured in this period? (adequate encircle)**

- a) once
- b) twice
- c) three times
- d) four times
- e) five and more times

**11. Did the injury happened in the presence of trainer (adequate encircle)?**

- a) Yes
- b) No

**12. Name the reason for the injury (adequate encircle)?**

- a) fracture,
  - b) sprain,
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- c) tears,
- d) dislocation,
- e) luxation,
- f) torn or injured ligaments,
- g) muscle tears and similar
- h) injury which has developed farther time
- i) I don't know why the injury occurred
- j) others: \_\_\_\_\_

**13. If you have encircled i) please list any chronic (long standing) diseases or problems you have had (you may encircle more answers)?**

- a) Anemia
- b) Athlete's foot
- c) Diabetes
- d) Gout
- e) Menstrual problem
- f) Skin problem
- g) Stomach problem
- h) Other chronic problems: \_\_\_\_\_

**14. Name the overload injuries you had in the past 12 months! (You may encircle more answers)?**

- a) jumper's knee
- b) tennis elbow
- c) chronic pain of rotatory cuff
- d) recurrent pain in inguinal region
- e) all other tendonitis, miozitis, arthritis and bursitis
- f) Others. Please enter: \_\_\_\_\_

**15. In which group would you place your injuries? (adequate encircle)**

- a) Excessive load on the body (i.e. type of movement, speed of movement, number of repetitions, footwear, surface)
- b) Training errors (i.e. over distance, fast progression, high intensity, poor technique, fatigue)
- c) Environmental malconditions (i.e. heat/cold, humidity, altitude)
- d) Others: \_\_\_\_\_

**16. Did you receive first aid at the time of injury by (adequate encircle):**

- a) Trainer
- b) Doctor
- c) Physiotherapist
- d) You provide first aid by yourself
- e) Others: \_\_\_\_\_

**17. Was there any treatment after injury (you may encircle more answers):**

- a) Ambulance treatment
  - b) Surgery
  - c) By masseur (physiotherapist)
  - d) In the spa
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- e) Self-treatment
- f) Others: \_\_\_\_\_

**18. Did the same injuries revise after the medical treatment and rehabilitation?**

- a) Yes
- b) No

**19. Please state parameters of sports injuries (fulfill please):**

Description	Please fulfill	Code
Injury description		
Time & place		
Injured body part		
Activity		
Mechanism of accident (primary)		
Mechanism of injury (direct)		

**20. Location of injury (adequate encircle):**

- a) Shoulder
- b) Upper arm
- c) Other upper limb
- d) Forearm
- e) Wrist
- f) Trunk
- g) Spine
- h) Hip
- i) Femur
- j) Knee
- k) Shank
- l) Ankle
- m) Foot
- n) Others: \_\_\_\_\_

**21. Injured part (adequate encircle):**

- a) Muscle
- b) Tendon
- c) Joint (sprain or dislocation)
- d) Others: \_\_\_\_\_

**22. Did the injuries happen (adequate encircle)?**

- a) In practice
  - b) In competition
  - c) In physical training
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- d) During other sports activity
- e) Others: \_\_\_\_\_

**23. What do you think caused this injury (You may encircle more answers)?**

- a) No preparticipation examination
- b) No proper hydration and good nutritional status
- c) No Adequate methods for training and conditioning
- d) No proper playing conditions (surfaces of play, hall)
- e) No awareness of overuse injuries
- f) Others: \_\_\_\_\_

**24. What was your physical preparation like at the time you have been injured (adequate encircle)?**

- a) bad
- b) good
- c) excellent

**25. How long have you been without any training because of all injuries you have had in the last 12 months (adequate encircle)?**

- a) Less than three days
- b) 3 days to a week
- c) 8 – 30 days
- d) More than a month

**26. How long have you not participated at competitions due to injuries you had in the last 12 months (adequate encircle)?**

- a) Less than three days
- b) 3 days to a week
- c) 8 – 30 days
- d) More than a month

**27. Did the injury/injuries leave any consequences (adequate encircle)?**

- a) Yes
- b) No

**28. How many hours per week do you spend on physical fitness training? (adequate encircle)**

- a) Less than 2 hours
- b) 2 to 5 hours
- c) More than 5 hours
- d) If there is no proper number, please enter the correct number: \_\_\_\_\_

**29. Do you do only physical training specifically useful in table tennis or general physical training as well? (adequate encircle)**

- a) Yes
  - b) No
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- 30. Do you think weight training is useful to a table tennis player? (adequate encircle)**
- a) Yes
  - b) No
- 31. Warm up exercises are designed to prepare body for the ensuing sporting activity. How long does warm up last in your training? (adequate encircle)**
- a) 5 minutes
  - b) 10 minutes
  - c) 15 minutes
  - d) 20 minutes
  - e) If there is no proper number, please enter the correct number: \_\_\_\_\_
- 32. Do you use stretching as a part of your daily training? (adequate encircle)**
- a) Yes
  - b) No
- 33. If Yes, how long does stretching part last? (adequate encircle)**
- a) 5 minutes
  - b) 10 minutes
  - c) 15 minutes
  - d) 20 minutes
  - e) If there is no proper number, please enter the correct number: \_\_\_\_\_
- 34. The training schedule has to be well balanced, and should include warm-up and cool down exercises before and after practice, stretching exercises, strengthening exercises and flexibility training, fitness for sport-particularly aerobic, cardiovascular and respiratory fitness, muscle power and specific fitness. Are all of listed elements captured in your training? (adequate encircle)**
- a) Yes
  - b) No
- 35. How many hours a week do you think you should train? (adequate encircle)**
- a) Less than 10 hours
  - b) 10 to 20 hours
  - c) 20 to 40 hours
  - d) More than 40 hours
- 36. What are the most important factors of training in your country? Chose one. (adequate encircle)**
- a) General physical fitness
  - b) Special physical fitness
  - c) Technical preparation
  - d) Tactical preparation
  - e) Psychological preparation
  - f) Others: \_\_\_\_\_
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**37. What kind of training do you use to improve your footwork? (you may encircle more answers)**

- a) Dashing
- b) Side jump
- c) Distance running
- d) Playing table tennis
- e) Badminton jump
- f) Agility exercises
- g) Others: \_\_\_\_\_

**38. Which joint do you think is most important to rotate for a quick forehand swing?**

- a) Wrist
- b) Elbow
- c) Shoulder
- d) Waist

**39. Do you think that the muscles in the shoulder girdle strain more if playing with a bigger ball (40mm) as opposed to a smaller ball (38mm)?**

- a) Yes
- b) No

**40. Have you ever undergone any physiological testing as part of your training?**

- a) Yes
- b) No

**41. Measures for prevention of injury in table tennis (order by significance from 1 to 5):**

- a) \_\_\_ Preparticipation examination
- b) \_\_\_ Proper hydration and good nutritional status
- c) \_\_\_ Adequate methods for training and conditioning
- d) \_\_\_ Proper playing conditions (surfaces of play, hall)
- e) \_\_\_ Awareness of overuse injuries

**42. Your opinion for prevention of injury in table tennis.**


