

Appendix A. The Modified Barell Matrix (Barell et al. [12])

In the table below mark body sites you have previously injured and the diagnosis (if applicable). For the purpose of this study injury is defined as causing one or more of the following:

- a) You had to stop sports activity and/or
- b) You could not fully participate in the next planned sports activity and/or
- c) You could not go to work the next day and/or
- d) You needed medical attention and/or
- e) You suffered from pain or stiffness during 10 subsequent days while participating in sports.

	Body site	Contusion	Fracture	Dislocation	Ligament sprain	Muscle strain	Non-specific	In the last 12 months/ before
Spine	Cervical spine							
	Thoracic spine							
	Lumbar spine							
Trunk	Rib cage							
	Abdomen							
	Pelvis							
	Buttocks							
Lower Extremity	Hip joint							
	Thigh							

y	Knee						
	Shin						
	Ankle						
	Foot						
	Toes						
other							

Appendix B. Severity Assessment of Past Injuries

Category A: Type of injury

Fractures/dislocation are more severe than other soft tissue injuries (based on Goulet et al. [16]):

3 points per intra-joint fracture / dislocation

2 points for fracture that does not involve the joint/stress fracture/ disc herniation/ subluxation

0 points for any other injury

Category B: Timing

Injury in the last 12 months weighs more than an injury occurring before the last 12 months:

1 point for any injury occurring in the last 12 months

0 points if none

Category C: Recurrence

1 point for each recurrence (the same injury happening repeatedly) up to 4 points

0 points if none

Category D: Injury rate

(Number of injuries/years of age)*100

Category E: Activity change

Injury that caused a permanent change in activity weighs more than injury which did not lead to a change in activity

3 points per injury that caused to stop the activity permanently

2 points for decreasing activity load

1 point for any other change

0 if none

Category F: Surgery

Injuries that required surgical procedure weigh more than injuries which did not

2 points per injury that required a surgery

0 if none

Example of calculation for one participant:

Type of injury: This participant sustained 1 rib cage dislocation (3 p), 1 intra-joint fracture (3 p) and 2 fractures that did not involve the joint (2 X 2 p), the remaining injuries were nonspecific. Score = 10 points

Injury in the last 12 months: Only 1 injury was sustained in the last 12 months. Score = 1 point.

Recurrence: none of the injuries reoccurred. Score = 0 points.

Injury rate: (6 injuries / 24 years of age) * 100 = 25

Activity change: The participant completely stopped one of her sporting activities as a result of an injury. Score = 3

Surgical procedure: None of the injuries required a surgical intervention. Score = 0

Total score = 10 + 1 + 0 + 25 + 3 + 0 = 39