

Appendix 1. Survey Questions

Start of Block: 0: Consent

Q0.1 We are inviting you to participate in a research study. Your participation in this online survey is completely voluntary. If you decide to participate in the survey, you are free to withdraw at any time without any negative effect on your relations with the University or Physical Therapy Department. This consent form will give you information about the study to help you decide whether this is of interest to you. This study aims to investigate/ understand current injury prevention protocols currently in use and coaches' perceptions on the benefits of utilizing future injury prevention programs in softball. We are asking you to participate because you are a coach of a women's fastpitch softball team. Although the results of this study may be published, no information that could identify you will be included. This study will pose no risk to you. There are no costs involved with your participation in this survey. The data collected will be stored in Qualtrics, a secure, web-based application designed to support data capture for research studies. Answers collected will only be viewed by the Primary and Co-investigators of the research study.

When you are ready click the "I Agree" button in the lower right corner to begin.

Clicking the "I Agree" button indicates your consent and agreement to complete the survey.

If you have any questions, please contact Jaime Nurrenbern.

jn154@evansville.edu or 812-677-7640

I Agree (1)

I Do Not Agree (2)

Display This Question:

If Q0.1 = 1

Q0.2 Are you 18 years of age or older?

Yes (1)

No (2)

Display This Question:

If Q0.1 = 1

And Q0.2 = 1

Q0.3 Are you/ have you previously been a competitive fast-pitch softball coach?

- Yes (1)
- No (2)

End of Block: 0: Consent

Start of Block: 1: Demographics

Q1.1 What level do you coach at?
(if multiple levels, choose the highest level)

- College (8)
- High School (6)
- Travel Team (7)

Display This Question:

If Q1.1 = 7

Q1.2 What is the age of the softball athletes that you coach?
(if multiple age groups, choose the oldest group)

- 8U (1)
- 10U (2)
- 12U (3)
- 14U (4)
- 16U (5)
- 18U (6)

Display This Question:

If Q1.1 = 8

Q1.22 What level of college do you coach?

- NCAA Division I (1)
 - NCAA Division II (2)
 - NCAA Division III (3)
 - NAIA (4)
 - NJCAA (5)
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Q1.3 How many years have you been coaching softball?

- <1 Year (1)
 - 1-3 Years (2)
 - 4-6 Years (3)
 - 7-10 Years (4)
 - >10 Years (5)
-

Q1.4 During the competitive season, how many practices and games do your athletes participate in per week on average?

- 1 practice or game per week (1)
- 2 practice or game per week (2)
- 3 practice or game per week (3)
- 4 practice or game per week (4)
- 5 practice or game per week (5)
- 6 practice or game per week (6)
- 7 practice or game per week (7)
- 8+ practice or game per week (8)

End of Block: 1: Demographics

Start of Block: 2: Injury Prevention Program Utilization

Q2.1 Do your athletes perform a structured dynamic warm-up routine before practices and games?

- Yes (1)
 - No (2)
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Q2.2 Do you have your athletes perform an injury prevention program aside from dynamic/stretch warm-up routine?

(Examples: arm care, hip care, ankle care, etc.)

- Yes (1)
- No (2)

End of Block: 2: Injury Prevention Program Utilization

Start of Block: 3: Usage of an Injury Prevention Program

Q3.1 What is your primary goal for having your athletes perform an injury prevention program?

- Enhance Performance (1)
 - Prevent Injuries (2)
 - Reduce Soreness (3)
 - Maintain Strength and Flexibility (4)
-

Q3.2 Which of the following best describes your injury prevention program?

- Team: every athlete performs the same routine (1)
 - Group: each position group performs a different routine (EX: pitchers perform one program, infielders perform a different routine, outfielders perform a different routine) (2)
 - Individualized: each player receives different exercises based on their individual limitations (3)
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Q3.3 What do you have your athletes perform for injury prevention?
(select all that apply)

- J-Bands (1)
 - Thrower's Ten (2)
 - Blood Flow Restriction Therapy (3)
 - Ice/Heat (4)
 - Lower Body Strength Training (5)
 - Upper Body Strength Training (6)
 - Core Strength Training (7)
 - Aerobic Training (8)
 - Foam Rolling (9)
 - Stretching (10)
 - Monitor Pitch Counts (11)
 - Other (12) _____
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Q3.4 What time of year do you have your athletes perform your injury prevention program?

- Only during preseason (1)
 - Only during off season (2)
 - Only during the season (3)
 - From preseason to end of season (4)
 - Year around (5)
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Q3.5 How many times a week do your athletes perform your injury prevention program?

- 1x/week (1)
 - 2x/week (2)
 - 3x/week (3)
 - 4x/week (4)
 - 5x/week (5)
 - 6x/week (6)
 - 7x/week (7)
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Q3.6 When do your athletes perform the injury prevention program?

- At the beginning of practice (1)
- At the end of practice (2)
- On their own (3)
- In the Athletic Training Room (4)
- In the Weight Room (5)

End of Block: 3: Usage of an Injury Prevention Program

Start of Block: 4: Non-Usage of an Injury Prevention Program

Q4.1 What is the biggest reason you do not perform an injury prevention program with your athletes?

- Not Enough Time (1)
 - Not Enough Equipment (2)
 - Unsure of what Program to Perform (3)
 - Do not think injury prevention programs will prevent injuries (4)
 - Tried a program in the past and it did not help (5)
 - Not Enough Staff to Assist (6)
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Q4.2 If an injury prevention program was created through research for softball athletes, would you utilize it?

- Yes (1)
- Maybe (2)
- No (3)

End of Block: 4: Non-Usage of an Injury Prevention Program

Start of Block: 5: Would Utilize IPP

Q5.1 In minutes, what is a reasonable amount of time you are willing to dedicate per practice to an injury prevention program?

- 5 minutes (1)
 - 5-10 minutes (2)
 - 10-15 minutes (3)
 - 15-20 minutes (4)
-

Q5.2 Should pitchers perform a different program than other athletes on the team?

- Yes (1)
 - No (2)
-

Q5.3 What body segments do you believe should be included in an injury prevention program?
(select all that apply)

- Wrist (1)
- Elbow (2)
- Shoulder (3)
- Core (4)
- Hip (5)
- Knee (6)
- Ankle (7)

End of Block: 5: Would Utilize IPP

Start of Block: 6: Would NOT Utilize IPP

6.1 What would be your reason to not perform a created program?

- Not enough time in practice (1)
- Do not see a benefit (2)
- Other: (3) _____

End of Block: 6: Would NOT Utilize IPP

Start of Block: 7: Screen

Q7.1 Would you be willing to perform a 3 minute screen to help individualize the injury prevention program for each athlete?

- Yes (1)
- No (2)

Start of Block: 8: Coach's Thoughts

Q8.1 Injury prevention programs can reduce injuries to the shoulder, back, and hips in softball athletes.

- Strongly agree (1)
 - Somewhat agree (2)
 - Neither agree nor disagree (3)
 - Somewhat disagree (4)
 - Strongly disagree (5)
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Q8.2 Injury prevention programs can enhance performance.

- Strongly agree (1)
 - Somewhat agree (2)
 - Neither agree nor disagree (3)
 - Somewhat disagree (4)
 - Strongly disagree (5)
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Q8.3 Based on your coaching experience, what do you believe to be the biggest contributor to injuries your softball athletes sustain?

- Pitching or playing with a fatigued arm (1)
 - Decreased upper body strength (2)
 - Decreased upper body mobility (3)
 - Decreased core strength (4)
 - Decreased lower body strength (5)
 - Decreased lower body mobility (6)
 - Other: (7) _____
-

Q8.4 There should be a pitch count in softball.

- Strongly agree (1)
 - Somewhat agree (2)
 - Neither agree nor disagree (3)
 - Somewhat disagree (4)
 - Strongly disagree (5)
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Q8.5 Having a previous injury will lead to an increased risk for future injury.

- Strongly agree (1)
 - Somewhat agree (2)
 - Neither agree nor disagree (3)
 - Somewhat disagree (4)
 - Strongly disagree (5)
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Q8.6 Deficits in the hips and/or core can contribute to injuries of the shoulder and back.

- Strongly agree (1)
 - Somewhat agree (2)
 - Neither agree nor disagree (3)
 - Somewhat disagree (4)
 - Strongly disagree (5)
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Q8.7 Injury risk factors should be monitored throughout the entire season.

- Strongly agree (1)
 - Somewhat agree (2)
 - Neither agree nor disagree (3)
 - Somewhat disagree (4)
 - Strongly disagree (5)
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Q8.8 Who do you feel plays the largest role in preventing softball injuries in your athletes?

- Athlete (1)
 - Teammates (2)
 - Coaches (3)
 - Parents (4)
 - Physicians, Physical Therapists (PT), Athletic Trainers (ATC) (5)
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Q8.9 Is there anything not included in this survey that you do to prevent injuries in your softball athletes?

End of Block: 8: Coach's Thoughts
