

## RUNNERS QUESTIONNAIRE

### A. Current Symptoms

- How long can you run without pain or discomfort?
  - Less than 30 minutes
  - 30 – 60 minutes
  - 60 minutes
- How long does it take you to recover after your symptoms?
- During the last 3 months, have you stopped running for a few days due to pain?

### B. Training

- Are you training for an event? Yes / No If so, what distance.....
- How many days per week do you run?
- In an average week, how many miles do you run?
- Do you do other forms of exercise? If so, what?

### C. Past Injuries

- How long have you been running?
  - Less than 1 year
  - 1-3 years
  - More than 3 years
- How many running related injuries did you have during the last year?

### D. Foot- Wear

- What is your foot landing style?
  - Heel strike
  - Mid-foot strike
  - Fore-foot strike
- How often do you change your shoes?
  - Less than 250 miles
  - 250 – 500 miles
  - Not sure
- In the last 3 months, have you changed your running style or type of running shoes?