



Orthopedic Questionnaire - Participant

You may complete your responses electronically. Type into the fields then digitally sign and email back.

Student Name: _____ **Course #:** _____

1. Please describe the nature of your orthopedic problem and all symptoms:
(broken bones, neck, back, arm, shoulder, knee, ankle, leg, foot)

2. What was the date of your first symptoms?

3. Date of most recent symptoms?

4. Do you have any current pain? Yes No
How long does the pain last?

5. What methods do you use to alleviate or manage your symptoms? (Rest, medication, orthopedic equipment, etc.) Realize that you will not likely have access to ice, resting for long periods of time, or prescription pain medication- how can you manage your symptoms on the course?

6. Is your pain debilitating? Yes No
If yes, what do you need to feel better?

7. Would activities like carrying a heavy backpack, climbing, paddling, etc. cause old injuries to become painful? Yes No
If yes, how? For how long?

8. How likely is it that your injury would cause you to leave the course? Check only one of the answers below.
 0% -Not a concern
 25% -Would hurt but could finish
 75% -Rest needed & might leave
 100% Very Likely

9. Do you have any restrictions on your level of activity? Yes No
What impact do your symptoms have on your level of activity? Please be specific.

Orthopedic Questionnaire *(continued)*

10. What is your range of motion?

Full

Partial

Limited

None

11. Please describe your concerns towards engaging in activities involving sustained repetitive motion, (i.e. paddling, rowing, prolonged hiking up/downhill on uneven terrain, etc.)?

12. Describe any limitations to bear and lift weight?

13. If you **have** had surgery: When was it performed?

14. What surgery was performed?

15. Did you undergo physical therapy? Yes No
If yes, for how long?

16. If you **have not** had surgery? Was surgery advised? Yes No

17. Do you have plans for future surgery? Yes No

18. Do you have a brace that you can bring with you? Yes No

If so please plan to bring one. If not, consider getting a brace. For land courses, also consider bringing trekking poles which can greatly aid in reducing knee and ankle (re)injuries.

19. Describe your plan to adequately prepare for your course?
(Include any prescribed physical therapy plans and exercises)

Who filled out this questionnaire? The applicant Parent/Guardian Other:

Participant Signature

Date

Parent/Guardian Signature

(If 21 years old or under)

Date