

**Association of intrinsic factors with non-contact low back pain among fast bowlers aged
between 15 – 19 years in division 1 boys' schools in Colombo**

Interviewer Administered Questionnaire

Serial No:

Data Collection Date:

Name of the School:

Personal Information

1) Age: _____

2) How long have you been playing at school level (bowling experience)?

3) What type of fast bowler are you?

Right arm fast bowler

Left arm fast bowler

Training History

1) How many hours per week do you practice?

1-4	5-8	9-12	13-16	17-20
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2) Do you warm up before bowling?

Yes :

No:

3) What type of warming up you do?

Running :

Dynamic stretching :

Simulation :

Other :

4) Do you have a pain in lower back area?

Yes

No

5) If yes explain how it happened?.....

6) How would you rate the intensity of the pain you experienced? (From 1-10)

0	5	10
		
No pain	Moderate pain	Worst possible pain

7) Did you see a healthcare professional for the lower back symptoms?

Yes

No

8) If yes what type of health professional you see?

- a) Massage therapist
- b) Physiotherapist
- c) General Practitioner or Sports Physician
- d) Orthopedic surgeon
- e) Ayurvedic doctor

Station 1

Height

Weight

BMI

Station 2

Range of motion of trunk movements -

Flexion

Extension

Lateral flexion

Rotation

Station 3

Hip internal rotation

Station 4

Ankle dorsiflexion

Station 5

Quadriceps strength

Hamstring strength

Station 6

Back strength

Hamstring flexibility

Station 1

Height

Measurement of height (cm)	Measurement of height (m)	Mean height (m)	Square of mean height (m ²)
1.			
2.			
3.			

Weight

Measurement of weight (kg)	Mean weight (kg)
1.	
2.	
3.	

BMI

$$\text{BMI} = \frac{\text{Mean Weight (kg)}}{[(\text{Mean Height})^2 (\text{m}^2)]} =$$

Station 2

Range of motion of trunk movements

Measurement of trunk ROM	Range of motion (ROM)					
	Trunk flexion	Trunk extension	Trunk lateral flexion		Trunk rotation	
			Left	Right	Left	Right
1.						
2.						
3.						
Mean ROM						

Station 3

Hip internal rotation

Left side	
Measurement of hip internal rotation	Mean hip internal rotation
1.	
2.	
3.	

Right side	
Measurement of hip internal rotation	Mean hip internal rotation
1.	
2.	
3.	

Station 4

Ankle dorsiflexion

Left side	
Measurement of ankle dorsiflexion	Mean ankle dorsiflexion
1.	
2.	
3.	

Right side	
Measurement of ankle dorsiflexion	Mean ankle dorsiflexion
1.	
2.	
3.	

Station 5

Quadriceps strength and Hamstring strength

Measurement muscle strength	Quadriceps strength		Hamstring strength	
	Left	Right	Left	Right
1.				
2.				
3.				
Mean strength				

Station 6

Back strength

Measurement of back strength	Mean back strength
1.	
2.	
3.	

Hamstring flexibility

Measurement of hamstring flexibility	Mean hamstring flexibility
1.	
2.	
3.	