

Questionnaire

Have you read and approved the informed consent?

Yes

1. What is your age?

- 18-30 years
- 31-45 years
- 46-60 years
- More than 60 years

2. At what level does the team where you are employed play?

- Eliteserien (Norwegian Premier League)
- OBOS-ligaen (Norwegian First Division)

3. What is your role in the team staff where you are employed?

- Head coach
- Assistant coach
- Fitness coach
- Physiotherapist
- Medical doctor
- Other healthcare profession (specify) _____
- Other position (specify) _____

4. What education and / or courses do you have?

It is possible to check several options

- UEFA PRO License
- UEFA A License
- UEFA B License
- One-year study in sport science
- Bachelor's degree in sport science
- Master's degree in sport science
- Bachelor's degree in a health profession
- Master's degree in a health profession
- Other education and/or courses (specify) _____

5. How many years of experience do you have as delivery agent of preventative training for football players?
- 0-4 years
 - 5-9 years
 - 10-14 years
 - 15-20 years
 - More than 20 years

Further, you will get two questions that deal with groin problems.

By groin problems is meant any pain, ache, stiffness, clicking/catching or other complaints related to the groin, or reduced training participation, training volume or performance due to groin problems.

6. How much risk do you think football players have getting groin problems?
- Great risk
 - Moderate risk
 - Small risk
 - No risk
 - Don't know
7. How important do you think it is to perform preventative training to mitigate groin problems?
- Greatly important
 - Moderately important
 - A little important
 - Not important
 - Don't know
8. Were you aware of the “Adductor Strengthening Programme” and/or the “Copenhagen Adduction” exercise prior to reading the information in the introduction to this questionnaire?
- Yes
 - No
 - Don't know

9. Where did you get information about the “Adductor Strengthening Programme” and/or the “Copenhagen Adduction Exercise”?

It is possible to check several options

- “Skadefri” website
- “Skadefri” application
- Article in the British Journal of Sports Medicine
- Conference/course
- Infographics
- Social media (Twitter, Facebook, Instagram etc.)
- Other (specify) _____
- Don’t know

10. Check if you are aware that you can find information about the “Adductor Strengthening Programme” and/or the «Copenhagen Adduction Exercise» in these relevant places:

It is possible to check several options

- “Skadefri” website
- “Skadefri” application
- Article in the British Journal of Sports Medicine
- Infographics
- Social media (Twitter, Facebook, Instagram etc.)
- Other (specify) _____

Further, you will get two questions that deal with groin problems.

By groin problems is meant any pain, ache, stiffness, clicking/catching or other complaints related to the groin, or reduced training participation, training volume or performance due to groin problems.

11. Do you think that the “Adductor Strengthening Programme” can influence the burden of groin problems?

- Yes, the program can greatly mitigate the burden
- Yes, the program can moderately mitigate the burden
- No, the program cannot have an effect on the burden
- Yes, the program can moderately aggravate the burden
- Yes, the program can greatly aggravate the burden
- Don’t know

12. Do you think that the “Adductor Strengthening Programme” can influence football performance?

- Yes, the program can greatly increase performance
- Yes, the program can moderately increase performance
- No, the program cannot have an effect on performance
- Yes, the program can moderately decrease performance
- Yes, the program can greatly decrease performance
- Don't know

How do you think the following of the players' physical skills may be affected by doing the “Adductor Strengthening Programme”?

13. Linear acceleration?

- Large increase
- Some increase
- Unchanged
- Some decrease
- Large decrease
- Don't know

14. Top speed?

- Large increase
- Some increase
- Unchanged
- Some decrease
- Large decrease
- Don't know

15. Change of direction?

- Large increase
- Some increase
- Unchanged
- Some decrease
- Large decrease
- Don't know

16. Vertical jump ability?

- Large increase
- Some increase
- Unchanged
- Some decrease
- Large decrease
- Don't know

17. Duelling power?

- Large increase
- Some increase
- Unchanged
- Some decrease
- Large decrease
- Don't know

How do you think other factors can may be affected by doing the “Adductor Strengthening Programme”:

18. Availability of players for match?

- Large increase
- Some increase
- Unchanged
- Some decrease
- Large decrease
- Don't know

19. Availability of players for training?

- Large increase
- Some increase
- Unchanged
- Some decrease
- Large decrease
- Don't know

20. Chance of winning a match?

- Large increase
- Some increase
- Unchanged
- Some decrease
- Large decrease
- Don't know

21. What other positive characteristics / achievements / consequences do you think the “Adductor Strengthening Programme” can provide? Describe in your own words.

22. What other negative characteristics / achievements / consequences do you think the “Adductor Strengthening Programme” can provide? Describe in your own words.

23. Do you use the “Adductor Strengthening Programme” in your team?

- Yes, as described in the protocol
- Yes, as modified version
- No
- Don't know

24. How do you use the “Adductor Strengthening Programme” in your training schedule?

- As part of organised football training
- As part of organised strength training
- As an independent preparation in the locker room or strength room before training
- As guided preparation in the locker room or strength room before training
- As independent training in a separate strength training session
- Other way (specify) _____

When using the “Adductor Strengthening Programme” in season (under normal circumstances, not influenced by covid-19):

25. How often did the players perform the program?

- More than once a week
- Once a week
- Once every two weeks
- We carried out the program, but less than once every two weeks

26. How many sets did the players perform?

- More than 2 sets per side
- 2 sets per side

- 1 set per side

27. How many repetitions did the players perform in each set?

- More than 15 repetitions per side
- 12-15 repetitions per side
- 8-11 repetitions per side
- 4-7 repetitions per side
- Less than 4 repetitions per side

When using the “Adductor Strengthening Programme” in preseason (under normal circumstances, not influenced by covid-19):

28. How often did the players perform the program?

- More than 3 times a week
- 3 times a week
- Twice a week
- Once a week
- We carried out the program, but less than once a week

29. How many sets did the players perform?

- More than 2 sets per side
- 2 sets per side
- 1 set per side

30. How many repetitions did the players perform in each set?

- More than 15 repetitions per set each week
- 12-15 repetitions per set each week
- 7-10 repetitions per set each week
- 3-5 repetitions per set each week
- 3-15 repetitions per set, weekly progressive (as in protocol)
- 3-15 repetitions per set, weekly progressive (as own modification)

31. What has been important for you in choosing to use the “Adductor Strengthening Programme”?

It is possible to check several options

- The program's injury prevention effect
- The time spent on the program
- The programme consists of one exercise
- The programme consists of three progression levels
- The programme is a partner exercise
- The programme does not require exercise equipment
- Other (specify) _____

32. Do you use other preventative training in addition to the “Adductor Strengthening Programme”, with the intention to mitigate the burden of groin problems?

- Yes
- No
- Don't know

33. What training do you use in addition to, or instead of, the “Adductor Strengthening Programme” to mitigate the burden of groin problems? Describe in your own words as detailed as possible which exercise (s), how they are performed, dosage (series, repetitions, intensity), and anything else you consider relevant.

34. Why did you choose to do what is described in the previous answer, and who participated in the decision? Describe in your own words.

35. Do you anticipate using the “Adductor Strengthening Programme” in your team the following season?

- Yes, as described in the protocol
- Yes, as an own modification
- No
- Don't know

36. What is the reason why you anticipate using the “Adductor Strengthening Programme” in your team in the following season?

It is possible to check several options

- The program's injury prevention effect
- The time spent on the program
- The program consists of one exercise
- The program consists of three progression levels
- The program can be performed as a partner exercise
- The program does not require exercise equipment
- Other (specify) _____

37. What is the reason why you do not anticipate using the “Adductor Strengthening Programme” in your team in the following season?

It is possible to check several options

- The program's lack of injury prevention effect
- The time spent on the program
- The program consists of only one exercise
- The program consists of only three levels of difficulty
- The program can be performed as a partner exercise
- The program does not require exercise equipment
- Other (specify) _____

38. Do you have any suggestions for changes to the “Adductor Strengthening Programme” that may make it more relevant to use the program? Describe in your own words.