

**BACKGROUND INFORMATION:**

Age:  
Gender:  
Occupation:  
Sport:  
Date of injury:



**CURRENT INJURY HISTORY/INFORMATION:**

Were you playing organized sport at the time of your injury?

Yes Sport:	No
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Was your injury due to a contact or non contact mechanism? (Circle the appropriate box)

<b>Contact</b> (e.g. collision with another player/object, getting tackled by an opponent etc.)	<b>Non-contact</b> (e.g. landing awkwardly from a height, changing direction whilst running)
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Did your injury affect your dominant/non-dominant leg? (e.g. the leg you would kick a ball with would be dominant)

Dominant	Non-Dominant
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What footwear were you wearing when your injury occurred?

Barefoot	Joggers	Football boots	Other
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What surface were you playing/running on when your injury occurred?

Asphalt	Indoor court	Astroturf	Grass	Sand	Uneven ground	Other
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If your injury occurred during a match/training, did you perform a full warm up prior?

Warm up	No warm up
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Are you aware of any associated injuries sustained at the time of your ACL injury E.g. meniscus/MCL (medial ligament) injuries etc.? If so, list them below

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If you DID NOT have surgery to repair your ACL, how long after your injury did you commence rehabilitation?

Immediately	< 1 month	> 2 months	No rehab
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**SURGERY DETAILS**

Have you/will you undergo surgery to repair your ACL (i.e. ACL reconstructive surgery)

Yes	No
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If you had surgery to repair your ACL, how long after your injury did you have the surgery?

< 4 months	4- 12 months	12-24 months	>24 months
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If you had surgery, are you aware of what type of ACL graft you will receive?

Hamstring tendon	Patella tendon	LARS	Other	Don't know
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Is this graft an autograft (from your own body), an allograft (coming from somebody else's body) or a synthetic graft (e.g. LARS)?

Autograft	Allograft	Synthetic
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If you had an associated meniscal injury, do you know if this was repaired (meniscal repair) or removed (meniscectomy)?

Repaired	Removed	Don't know
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**PREVIOUS MEDICAL/INJURY HISTORY**

Briefly list any other major lower limb injuries or surgeries you have suffered **BEFORE** and **AFTER** your ACL injury (E.g. fractured bones, hip joint injuries, arthroscopes of the knee etc.)

Injuries/surgeries <b>PRIOR</b> to ACL injury		Injuries/surgeries <b>AFTER</b> ACL injury	
Injury/Surgery:	Date:	Injury/Surgery:	Date:

Is this your first ACL injury?

Yes	No
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If this is NOT your first ACL injury...

List the dates (by year) of your first and subsequent ACL injuries

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Which ACL/knee did you previously damage?

Left	Right
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Did you have surgery for your previous ACL injury?

Yes	No
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Did you participate in rehabilitation following your injury/surgery?

Yes	No
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If yes, did this involve structured rehabilitation? If so, please tick whichever boxes made up part of your previous rehabilitation

Physiotherapy  (Hands on therapy, stretching, use of compression/ice pumps etc.)	Corrective Exercise Rehabilitation  (Regular exercise sessions with a physiotherapist, exercise physiologist, or strength and conditioning coach)	Running and plyometric activities  (Regular exercise sessions with a physiotherapist, exercise physiologist, or strength and conditioning coach to retrain running technique involving jumping/hopping skipping movements)	Formal testing  (Objective measurements taken at regular intervals throughout your recovery)

If yes, for how long did you participate in the rehabilitation?

< 6 months	6-9 months	9-12 months	12+ months
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