

INFORMATION FORM

Project Title: **“Subacromial Bursa Thickness in Marathon swimmers”**

Principal Researchers: Dr Gary Couanis *MBBS FRACGP GradDipSM ACSPregistrar*
Dr William Breidahl *MBBS, MRCP, FRANZCR*

About this investigation:

We will be using ultrasound investigation to examine both shoulders in long distance swimmers on three separate occasions to try to determine what findings are ‘normal’ in long distance swimmers and what findings correlate to the development of shoulder pain.

Your role in this investigation:

We will be requesting that you attend Perth Radiological Clinic in Subiaco on three separate occasions. The first occasion will be in October or November. The Second occasion will be within a period of time 3-6 wks prior to the 2013 Rottneest Channel Swim. The Third occasion will be within 1wk following that race. On each occasion you will be requested to complete a questionnaire.

Risks:

There will be no invasive procedures performed. Ultrasound investigations do not involve any ionising radiation. As such, there are no known risks at all.

Benefits:

- To you: You will receive 3 free ultrasound investigations on both shoulders. This may be of benefit in detecting underlying shoulder abnormalities or new injuries that you develop during the swimming season. If you require a medical consultation based on your ultrasound findings, this will be arranged with an experienced sports doctor and you will not be charged any gap.
- To the wider swimming community: The benefit of this study will be a better ability to interpret should ultrasound findings in long distance swimmers which will help our investigation and treatment decisions in the future.

Your rights:

- Please feel free to inquire further about specifics of this study
- You are free to withdraw from this study at any time
- All of the information gathered will be kept completely confidential in regard to your identity

Contacts:

Dr Gary Couanis couanis.sportsmed@gmail.com 0422307747

‘INFORMED CONSENT’ FORM (Adult)

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This is to certify that I, _____ hereby agree to participate as a volunteer in a scientific investigation as an authorised part of the research program approved by the Australian Sports Commission.

The investigation and my part in the investigation have been defined and fully explained to me by Dr Gary Couanis and I understand the explanation. A copy of the procedures of this investigation and a description of any risks and discomforts has been provided to me and has been discussed in detail with me.

- I have been given an opportunity to ask whatever questions I may have had and all such questions and inquiries have been answered to my satisfaction.
- I understand that I am free to deny any answers to specific items or questions in interviews or questionnaires.
- I understand that I am free to withdraw consent and to discontinue participation in the project or activity at any time, without disadvantage to myself.
- I understand that I am free to withdraw my data from analysis without disadvantage to myself.
- I understand that any data or answers to questions will remain confidential with regard to my identity.
- I certify to the best of my knowledge and belief, I have no physical or mental illness or weakness that would increase the risk to me of participating in this investigation.
- I am participating in this project of my (his/her) own free will and I have not been coerced in any way to participate.

Signature of Subject: _____ Date: ___/___/___

I, the undersigned, was present when the study was explained to the subject/s in detail and to the best of my knowledge and belief it was understood.

Signature of Researcher: _____ Date: ___/___/___

QUESTIONNAIRE

Project Title: **“Subacromial Bursa Thickness in Marathon swimmers”**

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Amount of swimming?

- How many times a week do you currently swim?

_____ times/wk
- What distance (in kms) are you currently averaging per week?

_____ kms
- How many kilometres did you swim in a pool in the last 7 days?

_____ kms
- How many kilometres did you swim in the open water in the last 7 days?

_____ kms
- For how many seasons (years) have you been competing in open water swimming events?

_____ YRS

Shoulder pain?

(tick the most appropriate box for each shoulder based on how your shoulder feels TODAY)

Right shoulder

- I have no pain at all
- I have occasional pain with swimming only
- I have regular pain with swimming only
- I have regular pain with swimming that affects my ability to train at my best
- I have regular pain with swimming and cannot train at all
- I have constant pain that is affecting daily life

Left Shoulder

- I have no pain at all
- I have occasional pain with swimming only
- I have regular pain with swimming only
- I have regular pain with swimming that affects my ability to train at my best
- I have regular pain with swimming and cannot train at all
- I have constant pain that is affecting daily life

Swimming Technique?

- I breathe exclusively on the left side
- I breathe exclusively on the right side
- I breathe predominantly on the left side
- I breathe predominantly on the right side
- I breath entirely bilaterally or alternate evenly

Name. _____

Date: _____

Contacts:

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