



**Achilles Tendinopathy Management study**

**3 month  
Questionnaires**

**Participant initials:**

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**Participant Trial Number:**

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**Hospital site code:**

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**Date sent to participant:**

d	d	-	m	m	m	-	y	y	y	y
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Please complete all questions on all pages if you can.  
Please return this questionnaire booklet to the below address  
using the pre-paid envelope provided:

**ATM trial office,  
Warwick Clinical Trials Unit,  
Division of Health Sciences,  
Warwick Medical School,  
The University of Warwick,  
Coventry, CV4 7AL**

We appreciate your participation within the trial.  
Many thanks in advance.





# Medical condition update

Participant Trial Number:

Hospital site code:

Date :   -    -

1. In the past three months, have you been diagnosed with any new medical conditions?  No  Yes

If Yes, please provide details .....

2. In the past three months, have you been actively trying to become pregnant, became pregnant or breastfeeding?  No  Yes  N/A

3. In the past three months, have you sustained any new injuries?  No  Yes

If Yes, please provide details .....

4. Have your current medications changed since you received the trial injection?  No  Yes

5. If Yes was answered to Q4, please explain what has changed including dose and number of times taken daily?

Medication: ..... Dose: ..... Number of times taken daily: .....

Medication: ..... Dose: ..... Number of times taken daily: .....

Medication: ..... Dose: ..... Number of times taken daily: .....

6. In the past three months, have you received any of these other NHS or private treatments for your Achilles tendon pain? *Please tick all that apply and enter a number for sessions.*

	Treatment		If Yes, number of sessions
	No	Yes	
Injections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Physiotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Acupuncture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Podiatry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Prescribed insoles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

If Other, please provide details.....



# Complications form

Participant Trial Number:

Hospital site code:

1. Have you experienced any of the following at the injection site since your trial treatment appointment?

Yes No

<input type="checkbox"/>	<input type="checkbox"/>

- bruising and discomfort at the injection site
- fainting episode associated with tendon injection treatment
- an infection diagnosed by a doctor
- mild discomfort and bleeding
- swelling
- skin discolouration
- allergic reaction
- Other *please specify* .....

2. If any of those listed above have been ticked as **Yes**, have you received any treatment?

**Yes**  **No**

2.a. If **Yes**, what treatment .....

2 b. Had this/ Have these (that you ticked **Yes** to in Q1) now resolved?

**Yes**  **No**

2.c. If **No**, please detail .....

3. Have any contact details changed since the last appointment?  **Yes**  **No**

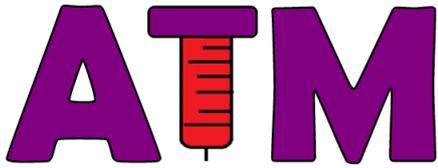
If **Yes**, please complete the **Change of Contact details form on the next page**.

If **No**, please continue to **page 6**.

**FOR OFFICE USE ONLY**

Do any of the events detailed above meet the definition of an SAE?  **Yes**  **No**

**If Yes, please notify the Trial Coordinator to initiate the completion of an SAE form.**



# Change of Contact Details Form

Participant Trial Number:

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Hospital site code:

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Title: ..... First Name: ..... Surname: .....

**Address**

Address line 1: .....

Address line 2: .....

Address line 3: .....

Address line 4: .....

Address line 5: .....

Postcode: .....

**Telephone**

Home: ..... Mobile: ..... Work: .....

Email: .....@.....

**Please provide details of two people who would be willing to be contacted by the research team in case your address changes.**

*Contact 1*

Title: .....  
 First Name: .....  
 Surname: .....

**Address**

Address line 1: .....

Address line 2: .....

Address line 3: .....

Address line 4: .....

Address line 5: .....

Postcode: .....

*Contact 2*

Title: .....  
 First Name: .....  
 Surname: .....

**Address**

Address line 1: .....

Address line 2: .....

Address line 3: .....

Address line 4: .....

Address line 5: .....

Postcode: .....

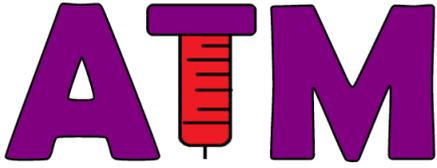
**GP DETAILS**

Doctor/Surgery Name: .....

Address: .....

Telephone: .....

Please turn over.



## The VISA-A questionnaire:

An index of the severity of Achilles tendinopathy

Participant Trial Number:

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Hospital site code:

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### The VISA-A questionnaire: An index of the severity of Achilles tendinopathy

IN THIS QUESTIONNAIRE, THE TERM PAIN REFERS SPECIFICALLY TO PAIN IN THE ACHILLES TENDON REGION

1. For how many minutes do you have stiffness in the Achilles region on first getting up?

100  
mins

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0  
mins

2. Once you are warmed up for the day, do you have pain when stretching the Achilles tendon fully over the edge of a step? (keeping knee straight)

strong  
severe  
pain

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no pain

3. After walking on flat ground for 30 minutes, do you have pain within the next 2 hours? (if you are unable to walk on flat ground for 30 minutes because of pain, score 0 for this question).

strong  
severe  
pain

--	--	--	--	--	--	--	--	--	--	--

no pain



## The VISA-A questionnaire:

An index of the severity of Achilles tendinopathy

Participant Trial Number:

Hospital site code:

4. Do you have pain walking downstairs with a normal gait cycle?

strong severe pain             no pain

5. Do you have pain during or immediately after doing 10 (single leg) heel raises from a flat surface?

strong severe pain             no pain

6. How many single leg hops can you do without pain?

0             10

7. Are you currently undertaking sport or physical activity?

- Not at all
- Modified training ± modified competition
- Full training ± competition but not at same level as when symptoms began
- Competing at the same or higher level as when symptoms began



## The VISA-A questionnaire:

An index of the severity of Achilles tendinopathy

Participant Trial Number:

Hospital site code:

**8. Please complete EITHER A, B or C in this question.**

- If you have no pain while undertaking Achilles tendon loading sports please complete Q8 A only.
- If you have pain while undertaking Achilles tendon loading sports but it does not stop you from completing the activity, please complete Q8 B only.
- If you have pain that stops you from completing Achilles tendon loading sports, please complete Q8 C only.

A. If you have no pain while undertaking Achilles tendon loading sports, for how long can you train/ practice?

NIL      1-10 mins      11-20 mins      21-30 mins      >30 mins

**OR**

B. If you have some pain while undertaking Achilles tendon loading sport, but it does not stop you from completing your training/ practice, for how long can you train / practice?

NIL      1-10 mins      11-20 mins      21-30 mins      >30 mins

**OR**

C. If you have pain that stops you from completing Achilles tendon loading sports, for how long can you train/ practice?

NIL      1-10 mins      11-20 mins      21-30 mins      >30 mins



Health Questionnaire

English version for the UK

Participant Trial Number:

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Hospital site code:

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Under each heading, please tick the ONE box that describes your health TODAY.

**MOBILITY**

- I have no problems in walking about
- I have slight problems in walking about
- I have moderate problems in walking about
- I have severe problems in walking about
- I am unable to walk about

**SELF-CARE**

- I have no problems washing or dressing myself
- I have slight problems washing or dressing myself
- I have moderate problems washing or dressing myself
- I have severe problems washing or dressing myself
- I am unable washing or dressing myself

**USUAL ACTIVITIES** (e.g. work, study, housework, family or leisure activities)

- I have no problems doing my usual activities
- I have slight problems doing my usual activities
- I have moderate problems doing my usual activities
- I have severe problems doing my usual activities
- I am unable to do my usual activities

**PAIN / DISCOMFORT**

- I have no pain or discomfort
- I have slight pain or discomfort
- I have moderate pain or discomfort
- I have severe pain or discomfort
- I have extreme pain or discomfort

**ANXIETY / DEPRESSION**

- I am not anxious or depressed
- I am slightly anxious or depressed
- I am moderately anxious or depressed
- I am severely anxious or depressed
- I am extremely anxious or depressed

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Health Questionnaire

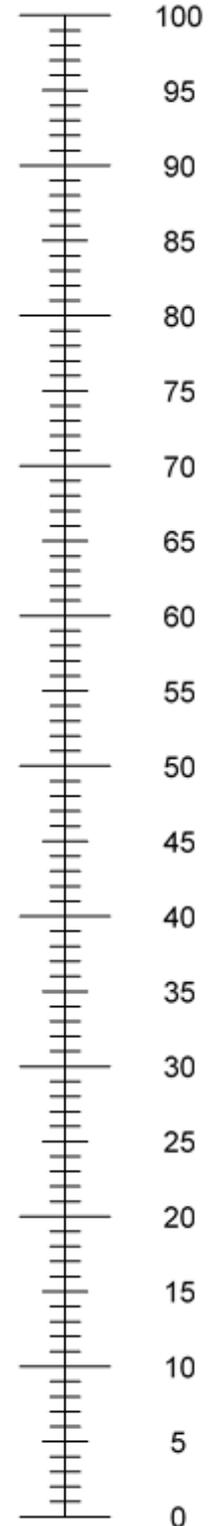
English version for the UK

Participant Trial Number:

Hospital site code:

The best health you can imagine

- We would like to know how good or bad your health is TODAY.
- This scale is numbered from 0 to 100
- 100 means the best health you can imagine.  
0 means the worst health you can imagine.
- Mark an X on the scale to indicate how your health is TODAY.
- Now, please write the number you marked on the scale in the box



YOUR HEALTH TODAY=

The worst health you can imagine

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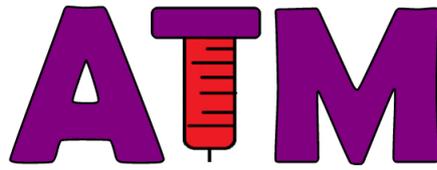


# Visual Analogue Score

## VISUAL ANALOGUE SCORE (VAS)

Please place a vertical mark on the line below to indicate how bad you feel your pain is today.

No pain |-----| Worst pain imaginable



**Thank you very much for completing these questionnaires.**

Please return your questionnaire to the below address using the pre-paid envelope provided:

**ATM trial office,  
Warwick Clinical Trials Unit,  
Division of Health Sciences,  
Warwick Medical School,  
The University of Warwick,  
Coventry, CV4 7AL**

### **What will happen next?**

You will receive another follow up questionnaire in the post in around 3 months time (this will be called the 6 month questionnaires).

Please could you contact the trial office at University of Warwick if your contact details have changed.

### **What if I have any questions?**

You can contact the research team at any time on the numbers provided in your information sheet. Alternatively, you can contact the ATM trials office at Warwick Clinical trials Unit, The University of Warwick.