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Edit question

Question type

Multiple choice

Answer type

- (•) Allow one answer
- ( ) Allow multiple answers

Choices

Number of choices: – 2 +

Format

List

Alignment: Vertical

Add choice group

Response requirements

Add requirements

- (•) Force response

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Cover Letter

Q0.1 Cover Letter/Consent

Skip to

End of Survey if I have read the informed co... Is Selected

Help Us Improve Soldier Readiness and Care – 10-minute survey

The Army Fitness Test (formerly the Army Combat Fitness Test) includes the three-repetition maximum deadlift (MDL) as a core event. As medical providers and Army leaders, we share a responsibility to maximize Soldier resiliency and success during MDL testing.

We are conducting a ***brief, one-time survey*** to better understand how healthcare providers view and manage the deadlift in the context of Soldier care. Your input will directly support efforts to enhance medical guidance, optimize readiness, and inform evidence-based practices.

Estimated time: ~10 minutes
Content: Demographics, a brief case scenario, clinical perspectives, and personal experiences with back pain and deadlifts
Confidentiality: Responses are anonymous and coded to prevent participant identification.
Compensation: There is no compensation for participation.
IRB Approved: Keller Army Community Hospital

Your participation is vital to shaping clinical decision-making that impacts Soldier health and performance. If you do not wish to participate, please decline using the button below. If you proceed to the survey and agree to the consent statement, your participation will be confirmed.

Thank you for considering this opportunity to contribute to military medicine and readiness!

- ( ) I have read the informed consent document and **AGREE** to participate in the survey.
- ( ) I have read the informed consent document and **DECLINE** to participate in the survey.

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Question type

Multiple choice

Answer type

- (•) Allow one answer
- ( ) Allow multiple answers

Choices

Number of choices: 2

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Alignment: Vertical

Add choice group

Response requirements

Add requirements: On

- (•) Force response
- ( ) Request response

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Thank you for considering this opportunity to contribute to military medicine and readiness!

- ( ) I have read the informed consent document and **AGREE** to participate in the survey.
- ( ) I have read the informed consent document and **DECLINE** to participate in the survey.

Import from library | + Add new question

Add Block

Demographic Information

Q1 Age

Please enter your age (in years).

Q2 Sex

Please select your sex.

- ( ) Male
- ( ) Female

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Number of choices: − 2 +

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Add choice group

Response requirements

Add requirements

- (•) Force response
- ( ) Request response

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Q3 Military Service Status

Skip to

End of Survey if Civilian -- Contractor Is Selected

Please select your military service status (as a healthcare provider).

- ( ) Army -- Active Duty
- ( ) Army -- Reserves
- ( ) Army -- National Guard
- ( ) Civilian -- GS employee
- ( ) Civilian -- Contractor

Q4 Duty Location

Please select the state or region where you are currently stationed.

Active Duty or Civilian (GS / Contractor): Your current duty location

Army Reserve / National Guard (do not practice as a GS/CTR in a military setting): Your unit's duty location

Army Reserve / National Guard (also currently practice as a GS/CTR in a military setting): Your primary duty location for providing Soldier care

Alabama

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Choices

Number of choices: – 2 +

Format

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Add choice group

Response requirements

Add requirements

- (•) Force response

Q5 | Healthcare Specialty

Please select your healthcare provider specialty.

- ( ) Occupational Therapist
- ( ) Physical Therapist
- ( ) Certified Athletic Trainer
- ( ) Strength & Conditioning Coach
- ( ) Nurse Practitioner
- ( ) Physician Assistant/Associate (Non-Orthopedic)
- ( ) Physician
- ( ) Orthopedic Physician Assistant/Associate
- ( ) Orthopedic Surgeon

Add page break

Q6 | Years of Practice

Please enter how many years you have been practicing as a licensed professional in your specialty (whole numbers only).

Q7 | Setting Type

Please select the type of unit or healthcare facility setting in which you work.

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Add choice group

Response requirements

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- (•) Force response
- ( ) Request response

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Q7 | Setting Type

Please select the type of unit or healthcare facility setting in which you work.

- ( ) Medical Treatment Facility (MTF) -- Hospital or Outpatient Clinic
- ( ) Operational Unit -- Holistic Health and Fitness (H2F) Team
- ( ) Operational Unit -- Non-H2F Personnel
- ( ) Other / Non-Operational (Education/Training, Special Staff/Administrative)

Page Break

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Clinical Scenario

Q8 | Vignette Q1

CASE SCENARIO (5 questions):

A 25-year-old active-duty soldier has been suffering from his first episode of low back pain since deadlifting 205 lbs at the gym 3 weeks ago. He says he has difficulty doing his job as a wheeled mechanic and has not performed regular vehicle maintenance tasks since the pain began. He is concerned to go back to repairing vehicles and feels significantly limited by the pain. The demands of his job are variable, but involve lifting and standing in a flexed position for extended periods of time. In terms of activities, he says he can sit for about 15 minutes and walk 200 meters before the pain limits him. He has difficulty falling asleep at night, and his back is stiff for about 10 minutes in the morning.

There have been no serious injuries or illnesses. The pain ranges from 1-3/10 and is limited to the lower back without radiation. On physical examination there is a

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Clinical Scenario

Q8 | Vignette Q1

CASE SCENARIO (5 questions):

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There have been no serious injuries or illnesses. The pain ranges from 1-3/10 and is limited to the lower back without radiation. On physical examination there is a painful limitation of trunk flexion and pain with palpation in the left paraspinal region. The neurological examination is normal, and the pain does not worsen during a straight-leg raise (or Lasègue) test. The diagnosis is non-specific low back pain.

---

1. Until pain improves, I would recommend that this patient:

- ( ) Limits all physical activities
- ( ) Limits activities to light exertion
- ( ) Limits activities to moderate exertion
- ( ) Avoids only painful activities
- ( ) Does not limit any activities

Q9 | Vignette Q2

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Answer type

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- ( ) Allow multiple answers

Choices

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Response requirements

Add requirements

- (•) Force response
- ( ) Request response

Q9 | Vignette Q2

2. Until pain improves, I would recommend that this patient:

- ( ) Remains on quarters
- ( ) Returns to limited duty with severe temporary profile restrictions
- ( ) Returns to limited duty with moderate temporary profile restrictions
- ( ) Returns to full duty with minimal temporary profile restrictions
- ( ) Returns to full duty without temporary profile restrictions

Q10 | Vignette Q3

3. I would recommend that this patient:

- ( ) Rests in bed until pain completely disappears
- ( ) Rest in bed until pain improves substantially
- ( ) Rest in bed only when pain is severe
- ( ) Avoids resting in bed as much as possible
- ( ) Avoids resting in bed entirely

Q11 | Vignette Q4

4. For treatment, I propose as a first step:

(several answers possible)

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Response requirements

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Q11 | Vignette Q4

4. For treatment, I propose as a first step: (several answers possible)

- [ ] Manual therapy (massage, mobilizations, manipulations)
- [ ] Electrotherapy (TENS) or heat pack
- [ ] Stretching
- [ ] Complementary techniques (acupuncture/dry needling, myofascial release, reflexology, etc)
- [ ] Progressive exercises (motor control, strengthening)

Q12 | Vignette Q5

5. To avoid recurrent episodes, I would also suggest to the patient: (several answers possible)

- [ ] To be careful of his posture
- [ ] To be careful to keep his back straight when carrying weights of more than 10 lbs
- [ ] Trying to avoid carrying weights over 20 lbs
- [ ] Gradually resume flexion and rotation of the back
- [ ] Gradually resume deadlifting in his daily exercise regimen

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Question type

Multiple choice

Answer type

- (•) Allow one answer
- ( ) Allow multiple answers

Choices

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Response requirements

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Back-PAQ 10-item Questionnaire (Back-PAQ-10)

Q13 | BackPAQ10 (Vulnerability)

Please rate each statement.

These statements are about your own back:

	False	Possibly False	Unsure	Possibly True	True
It is easy to injure your back.	○	○	○	○	○
You could injure your back if you are not careful.	○	○	○	○	○

Q14 | BackPAQ10 (Relationship)

These statements are about back pain in general:

	False	Possibly False	Unsure	Possibly True	True
Back pain means that you have injured your back.	○	○	○	○	○
A twinge in your back can be the first sign of a serious injury.	○	○	○	○	○

Q15 | BackPAQ10 (Activity Participation)

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Question type

Multiple choice

Answer type

- (•) Allow one answer
- ( ) Allow multiple answers

Choices

Number of choices: 2

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Response requirements

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- (•) Force response
- ( ) Request response

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Q15 | BackPAQ10 (Activity Participation)

These statements are about what you should do if you have back pain:

	False	Possibly False	Unsure	Possibly True	True
If you have back pain you should avoid exercise.	○	○	○	○	○
If you have back pain you should try to stay active.	○	○	○	○	○

Q16 | BackPAQ10 (Psychological Influence, Prognosis)

These statements are about recovering from back pain:

	False	Possibly False	Unsure	Possibly True	True
Focusing on things other than your back pain helps you recover from back pain.	○	○	○	○	○
Expecting your back pain to get better helps you recover from back pain.	○	○	○	○	○
Once you have had back pain there is always a weakness.	○	○	○	○	○
There is a high chance that an episode of back pain will not resolve.	○	○	○	○	○

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Choices

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Format

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Add choice group

Response requirements

Add requirements

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Pain Attitudes and Beliefs Scale for Physiotherapists (PABS-PT)

Q17 | PABS-PT (Biomedical)

Please rate the following statements:

	Totally Disagree	Largely Disagree	Disagree to Some Extent	Agree to Some Extent	Largely Agree	Totally Agree
Increased pain indicates new tissue damage or the spread of existing damage.	○	○	○	○	○	○
The severity of tissue damage determines the level of pain.	○	○	○	○	○	○
If treatment does not result in a reduction in back pain, there is high risk of severe restrictions in the long term.	○	○	○	○	○	○
Pain is the consequence of tissue damage.	○	○	○	○	○	○
If patients complain of pain during exercise and/or during physical activities, I worry that damage is being caused.	○	○	○	○	○	○

	Totally Disagree	Largely Disagree	Disagree to Some Extent	Agree to Some Extent	Largely Agree	Totally Agree
It is the task of the provider to remove the cause of back pain.	○	○	○	○	○	○
In the long run, patients with back pain have a higher risk of developing spinal impairments.	○	○	○	○	○	○
Reduction of daily physical exertion is a significant factor in treating back pain.	○	○	○	○	○	○
Not enough effort is made to find the underlying organic causes of back pain.	○	○	○	○	○	○
Patients with back pain should preferably practice only pain-free movements.	○	○	○	○	○	○

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Choices

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Format

List

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Add choice group

Response requirements

Add requirements

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- ( ) Request response

risk of developing spinal impairments.						
Reduction of daily physical exertion is a significant factor in treating back pain.						
Not enough effort is made to find the underlying organic causes of back pain.						
Patients with back pain should preferably practice only pain-free movements.						

Page Break

Q18 | PABS-PT (Biopsychosocial)

Please rate the following statements:

	Totally Disagree	Largely Disagree	Disagree to Some Extent	Agree to Some Extent	Largely Agree	Totally Agree
Exercises that may be back straining should not be avoided during treatments.						
Even if the pain has worsened, the intensity of the next treatment can be increased.						
If activities of daily living cause more back pain, this is not dangerous.						
A patient suffering from severe back pain will benefit from physical exercises.						

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Choices

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Add choice group

Response requirements

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- ( ) Request response

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Deadlift-5 (DL-5) Questionnaire

Q19 | DL-5

Please rate each statement.

These statements are about deadlifts and deadlifting:

	False	Possibly False	Unsure	Possibly True	True
It is easy to injure your back while deadlifting.	○	○	○	○	○
Back pain during the deadlift means that you have injured yourself.	○	○	○	○	○
If you have back pain you should avoid deadlifting.	○	○	○	○	○
Expecting your back pain to get better helps you to recover from a deadlift injury.	○	○	○	○	○
Once you have had a deadlift injury there is always a weakness.	○	○	○	○	○

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Back Pain/Deadlift History

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Response requirements

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Back Pain/Deadlift History

Q20 | Current Back Pain

Are you currently experiencing an episode of back pain that limits or disturbs your activities?

- ( ) No
- ( ) Yes

Q21 | Back Pain 6 months

Have you experienced an episode of back pain within the past 6 months that limited or disturbed your activities?

- ( ) No
- ( ) Yes

Q22 | Back Pain Deadlifting

Have you ever experienced back pain from deadlifting that limited or disturbed your activities?

- ( ) No
- ( ) Yes

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Q22 | Back Pain Deadlifting

Have you ever experienced back pain from deadlifting that limited or disturbed your activities?

- ( ) No
- ( ) Yes

Q23 | Deadlifts in Current Fitness Routine

Do you currently perform deadlifts as part of your workout or exercise routine?

- ( ) No
- ( ) Yes

Import from library | Add new question

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End of Survey

We thank you for your time spent taking this survey.

Your response has been recorded.

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