

OMB CONTROL NUMBER: 0720-PBRD
OMB EXPIRATION DATE: XX/XX/XXXX

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Privacy Advisory

Information is being collected for this Survey under authorities cited in the publicly available EDHA 08, Defense Health Agency Survey and Study Data Base (July 28, 2014; 79 FR 43727) and EDHA 07, Military Health Information System (June 15, 2020; 85 FR 36190), and will be used for a doctoral research project and dissertation. The goal of this Survey is to describe provider beliefs regarding the maximum deadlift (MDL) event and their relationship to treatment behaviors for patients presenting with a deadlift injury. You will be asked to provide your demographic information (e.g., age, sex, military service status, specialty, duty and unit locations, facility and unit types), and information related to your experiences with back pain and activities. Individual Survey results will not be published. Completing this Survey is voluntary. Maximum participation is encouraged so the data will be complete and representative, but you may stop the Survey at any time and skip any questions you choose. There is no penalty if you decide not to respond.

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 safety 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

IRB Approved: Naval Medical Center Portsmouth

Your participation is vital to shaping clinical decision-making that impacts Soldier health and performance. If you do not wish to participate, please disregard this message. 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!

Patient Demographic Information

Demographic Information	
<i>Question / Item</i>	<i>Proposed Responses</i>
0.1.Cover Letter/Consent (Qualtrics Survey Landing Page) (SHOWN ABOVE)	<ul style="list-style-type: none">- I have read the informed consent document and <u>AGREE</u> to participate in the survey.- I have read the informed consent document and <u>DECLINE</u> to participate in the survey.
1. Please enter your age (in years).	[TEXT BOX BLANK]
2. Please select your sex.	<ul style="list-style-type: none">- Male- Female
3. Please select your military service status (as a healthcare provider).	<ul style="list-style-type: none">- Army – Active Duty- Army – Reserves- Army – National Guard- Civilian – GS employee- Civilian – Contractor

4. 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
- Alaska
- Arizona
- Arkansas
- California
- Colorado
- Connecticut
- Delaware
- Florida
- Georgia
- Hawaii
- Idaho
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana
- Maine
- Maryland
- Massachusetts
- Michigan
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- New Hampshire
- New Jersey
- New Mexico
- New York
- North Carolina
- North Dakota
- Ohio
- Oklahoma
- Oregon
- Pennsylvania
- Rhode Island

	<ul style="list-style-type: none"> - South Carolina - South Dakota - Tennessee - Texas - Utah - Vermont - Virginia - Washington - West Virginia - Wisconsin - Wyoming - North America (includes Central America, Caribbean) - South America - Europe - Africa - Middle East - Asia - Australia / Oceania
5. Please select your healthcare provider specialty.	<ul style="list-style-type: none"> - Occupational Therapist - Physical Therapist - Certified Athletic Trainer - Strength & Conditioning Coach - Nurse Practitioner - Physician Assistant/Associate (Non-Orthopedic) - Physician - Orthopedic Physician Assistant/Associate - Orthopedic Surgeon
6. Please enter how many years you have been practicing as a licensed professional in your specialty (whole numbers only).	[TEXT BOX BLANK – 4, 6, 12, 28, etc]
7. Please select the type of unit or healthcare facility setting in which you work.	<ul style="list-style-type: none"> - Medical Treatment Facility (MTF) – Hospital or Outpatient Clinic - Operational Unit -- Holistic Health & Fitness (H2F) Team - Operational Unit – Non-H2F Personnel - Other / Non-Operational (Education/Training, Special Staff/Administrative)
** BLOCK CHANGE TO CLINICAL VIGNETTE **	
** BLOCK CHANGE TO BACK-PAQ-10 **	
** BLOCK CHANGE TO PABS-PT **	
** BLOCK CHANGE TO DL-5 **	
20. Are you currently experiencing an episode of back pain that limits or disturbs your activities?	<ul style="list-style-type: none"> - No - Yes
21. Have you experienced an episode of back pain within the past 6 months that limited or disturbed your activities?	<ul style="list-style-type: none"> - No - Yes

22. Have you ever experienced back pain from deadlifting that limited or disturbed your activities?	- No - Yes
23. Do you currently perform deadlifts as part of your workout or exercise routine?	- No - Yes

Clinical Vignette and Patient Scenario-Based Questions

Clinical Scenario (adapted from Christe et al., 2021)
<p>CASE SCENARIO (5 questions):</p> <p>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.</p> <p>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.</p>
<p>1. Until pain improves, I would recommend that this patient</p> <ul style="list-style-type: none"> ○ Limits all physical activities ○ Limits activities to light exertion ○ Limits activities to moderate exertion ○ Avoids only painful activities ○ Does not limit any activities
<p>2. Until pain improves, I would recommend that this patient</p> <ul style="list-style-type: none"> ○ 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
<p>3. I would recommend that this patient</p> <ul style="list-style-type: none"> ○ 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
<p>4. For treatment, I propose as a first step:</p> <p>(several answers possible)</p> <ul style="list-style-type: none"> ○ 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)

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

Correct answers are in bold. Scoring is as follows:

For Questions 1-3: one of the correct answers had to be selected

For Question 4: the correct answer had to be selected with or without the selection of other answers

For Question 5: ONLY the correct answers could be selected to receive full credit

Back-PAQ 10-item questionnaire (Back-PAQ-10)

Please rate each statement.

Question / Item	Responses				
	+2	+1	0	-1	-2
These statements are about your own back:					
1. It is easy to injure your back.	FALSE	POSSIBLY FALSE	UNSURE	POSSIBLY TRUE	TRUE
2. You could injure your back if you are not careful.	FALSE	POSSIBLY FALSE	UNSURE	POSSIBLY TRUE	TRUE
These statements are about back pain in general:					
3. Back pain means that you have injured your back.	FALSE	POSSIBLY FALSE	UNSURE	POSSIBLY TRUE	TRUE
4. A twinge in your back can be the first sign of a serious injury.	FALSE	POSSIBLY FALSE	UNSURE	POSSIBLY TRUE	TRUE
These statements are about what you should do if you have back pain:					
5. If you have back pain you should avoid exercise.	FALSE	POSSIBLY FALSE	UNSURE	POSSIBLY TRUE	TRUE
6. If you have back pain you should try to stay active.	FALSE <i>(True)</i>	POSSIBLY FALSE <i>(Poss. True)</i>	UNSURE	POSSIBLY TRUE <i>(Poss. False)</i>	TRUE <i>(False)</i>
These statements are about recovering from back pain:					
7. Focusing on things other than your back pain helps you recover from back pain.	FALSE <i>(True)</i>	POSSIBLY FALSE <i>(Poss. True)</i>	UNSURE	POSSIBLY TRUE <i>(Poss. False)</i>	TRUE <i>(False)</i>
8. Expecting your back pain to get better helps you recover from back pain.	FALSE <i>(True)</i>	POSSIBLY FALSE <i>(Poss. True)</i>	UNSURE	POSSIBLY TRUE <i>(Poss. False)</i>	TRUE <i>(False)</i>
9. Once you have had back pain there is always a weakness.	FALSE	POSSIBLY FALSE	UNSURE	POSSIBLY TRUE	TRUE
10. There is a high chance that an episode of back pain will not resolve.	FALSE	POSSIBLY FALSE	UNSURE	POSSIBLY TRUE	TRUE

Items 6-8 are reverse scored. Italicized font underneath represents answer that will generate scoring value at the top of the table (i.e., for Questions 6-8, True = +2, False = -2).

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

Please rate the following statements:

Question/Item	Responses					
	1	2	3	4	5	6
1. Increased pain indicates new tissue damage or the spread of existing damage.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE
2. The severity of tissue damage determines the level of pain.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE
3. If treatment does not result in a reduction in back pain, there is high risk of severe restrictions in the long term.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE
4. Pain is the consequence of tissue damage.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE
5. 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
6. It is the task of the provider to remove the cause of back pain.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE
7. In the long run, patients with back pain have a higher risk of developing spinal impairments.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE
8. Reduction of daily physical exertion is a significant factor in treating back pain.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE
9. Not enough effort is made to find the underlying organic causes of back pain.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE
10. Patients with back pain should preferably practice only pain-free movements.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE

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

Please rate the following statements:

Question/Item	Responses					
	1	2	3	4	5	6
1. Exercises that may be back straining should not be avoided during treatments.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE
2. Even if the pain has worsened, the intensity of the next treatment can be increased.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE
3. If activities of daily living cause more back pain, this is not dangerous.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE
4. A patient suffering from severe back pain will benefit from physical exercises.	TOTALLY DISAGREE	LARGELY DISAGREE	DISAGREE TO SOME EXTENT	AGREE TO SOME EXTENT	LARGELY AGREE	TOTALLY AGREE

Deadlift-5 (DL-5)

Please rate each statement.

Question / Item	Responses				
	+2	+1	0	-1	-2
These statements are about deadlifts and deadlifting:					
1. It is easy to injure your back while deadlifting. <i>(Vulnerability of the back)</i>	FALSE	POSSIBLY FALSE	UNSURE	POSSIBLY TRUE	TRUE
2. Back pain during the deadlift means that you have injured yourself. <i>(Relationship between back pain and injury)</i>	FALSE	POSSIBLY FALSE	UNSURE	POSSIBLY TRUE	TRUE
3. If you have back pain you should avoid deadlifting. <i>(Activity participation during back pain)</i>	FALSE	POSSIBLY FALSE	UNSURE	POSSIBLY TRUE	TRUE
4. Expecting your back pain to get better helps you to recover from a deadlift injury. <i>(Psychological influences on recovery)</i>	FALSE <i>(True)</i>	POSSIBLY FALSE <i>(Poss. True)</i>	UNSURE	POSSIBLY TRUE <i>(Poss. False)</i>	TRUE <i>(False)</i>
5. Once you have had a deadlift injury there is always a weakness. <i>(Prognosis of back pain)</i>	FALSE	POSSIBLY FALSE	UNSURE	POSSIBLY TRUE	TRUE

Italicized font will not be input into the online survey. It is only for reference of the construct being tested. Point values will not be listed on the online survey. They are only for reference. Item 4 is reverse scored (True = +2, False = -2).