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Managing Deadlift Injuries v3.3 (FINAL)

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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.

Force response

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10:56 AM

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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

Request response

Tools

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Q3Military 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

Q4Duty 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

Preview

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🌐 AMS/CIITS

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Survey

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Edit question

Question type

☰ Multiple choice ▾

▼ Answer type

🔵

Allow one answer

⬜

Allow multiple answers

▼ Choices

Number of choices

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▼ Response requirements

Add requirements

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Force response

Tools ▾

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Preview

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Q5 | Healthcare Specialty

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⋮

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

−

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+ Add page break

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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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- ☐ 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

 Import from library

+ Add new question

[Add Block](#)

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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Survey

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Edit question

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Question type

☰ Multiple choice ▾

▼ Answer type

☒ Allow one answer

☐ Allow multiple answers

▼ Choices

Number of choices

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▼ Format

List ▾

Alignment

Vertical ▾

Add choice group

▼ Response requirements

Add requirements ☒

☒ Force response

☐ Request response

▼ 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 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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Question type

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▼ Answer type

☒ Allow one answer

☐ Allow multiple answers

▼ Choices

Number of choices

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▼ Format

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Alignment

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Add choice group

▼ Response requirements

Add requirements ☒

☒ Force response

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

Q13 | BackPAQ10 (Vulnerability)

💡★x→

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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You could injure your back if you are not careful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q14 | BackPAQ10 (Relationship)

💡★x→

These statements are about back pain in general:

	False	Possibly False	Unsure	Possibly True	True
Back pain means that you have injured your back.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A twinge in your back can be the first sign of a serious injury.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q15 | BackPAQ10 (Activity Participation)

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Answer type

Allow one answer

Allow multiple answers

Choices

Number of choices

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Format

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Alignment

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Add choice group

Response requirements

Add requirements

Force response

Request response

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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The severity of tissue damage determines the level of pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If treatment does not result in a reduction in back pain, there is high risk of severe restrictions in the long term.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pain is the consequence of tissue damage.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If patients complain of pain during exercise and/or during physical activities, I worry that damage is being caused.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is the task of the provider to remove the cause of back pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the long run, patients with back pain have a higher risk of developing spinal impairments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduction of daily physical exertion is a significant factor in treating back pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not enough effort is made to find the underlying organic causes of back pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Patients with back pain should preferably practice only pain-free movements.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Patients with back pain should preferably practice only pain-free movements.

- Page Break

Totally Agree

A patient suffering from severe back pain will benefit from physical exercises.

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Answer type

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Allow multiple answers

Choices

Number of choices

2

Format

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Alignment

Vertical

Response requirements

Add requirements

Force response

Request response

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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Back pain during the deadlift means that you have injured yourself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you have back pain you should avoid deadlifting.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Expecting your back pain to get better helps you to recover from a deadlift injury.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Once you have had a deadlift injury there is always a weakness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Import from library

Add new question

Back Pain/Deadlift History

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📄Edit question

Question type

☰Multiple choice▼

▼ Answer type

⬢ Allow one answer

○ Allow multiple answers

▼ Choices

Number of choices

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Alignment

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Add choice group

▼ Response requirements

Add requirements

⬢ Force response

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Q22Back Pain Deadlifting

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

○ No

○ Yes

★

Q23Deadlifts 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

Add Block

End of Survey

We thank you for your time spent taking this survey.

Your response has been recorded.

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