

Appendix II: Sports Fitness Index (SFI)- 0-100 score*

1. Over the past several years, how often have moderate-to-severe muscle and/or joint injuries limited your ability to participate fully in sports-related activities?
Never Rare Infrequent Occasional Frequent Persistent
☐ ☐ ☐ ☐ ☐ ☐
2. Over the past several years, how often has PAIN in any body part limited your OVERALL sport performance capabilities?
Never Rare Infrequent Occasional Frequent Persistent
☐ ☐ ☐ ☐ ☐ ☐
3. To what extent do you feel that previous muscle and/or joint injuries currently limit your speed, power output, and/or endurance?
Not at all Insignificant Marginal Moderate Substantial Severe
☐ ☐ ☐ ☐ ☐ ☐
4. To what extent is your OVERALL ability to perform weightlifting exercises and/or activities that require explosive force output (such as maximum-effort jumping) currently limited by PAIN?
Not at all Insignificant Marginal Moderate Substantial Severe
☐ ☐ ☐ ☐ ☐ ☐
5. To what extent is your ability to perform any SPORT-SPECIFIC SKILL (such as throwing, swinging, or kicking accuracy) currently limited by PAIN?
Not at all Insignificant Marginal Moderate Substantial Severe
☐ ☐ ☐ ☐ ☐ ☐
6. To what extent are you bothered by muscle spasms, stiffness, and/or aching discomfort during routine activities of daily living (such as sleeping, walking, climbing/descending stairs, etc.)?
Not at all Insignificant Marginal Moderate Substantial Severe
☐ ☐ ☐ ☐ ☐ ☐
7. How often do you experience sensations of joint instability, giving-way, and/or sudden pain that create apprehension during rapid and forceful movements (such as pivoting and cutting)?
Never Rare Infrequent Occasional Frequent Persistent
☐ ☐ ☐ ☐ ☐ ☐
8. As a result of participating in sport-related activities, how often do you experience joint aching, limited motion, stiffness, and/or swelling?
Never Rare Infrequent Occasional Frequent Persistent
☐ ☐ ☐ ☐ ☐ ☐
9. To what extent are you bothered by chronic joint symptoms like joint locking, catching, grinding, or persistent aching?
Not at all Insignificant Marginal Moderate Substantial Severe
☐ ☐ ☐ ☐ ☐ ☐
10. Over the past 12 months, to what extent have personal life events created emotional responses (such as sadness, depression, and/or anxiety) that have interfered with your enjoyment of life, ability to concentrate, and/or fulfillment of routine daily responsibilities?
Never Rare Infrequent Occasional Frequent Persistent
☐ ☐ ☐ ☐ ☐ ☐

* High score represents a high level of sport fitness, whereas low score represents greater limitations of sport performance capabilities (6-level scale range 0 to 5; sum multiplied X 2 for 0 to 100 score range)