

Appendix

Sport Readiness Questionnaire Focused on Musculoskeletal Injuries (MIR-Q)	
Do you feel pain during training or matches (competitions) that impairs your performance? In which location of the body? _____	
Yes ()	No ()
Do you have any complaints of joint instability (joint slack, joint distortion)? In which articulation (joint)? _____	
Yes ()	No ()
Do you show visible signs of injury (swelling, local heat, redness, dark spot, deformity, joint blocking, or locking)? In which location of the body? _____	
Yes ()	No ()
Has any doctor ever told you that you have a spinal deviation, or have you noticed a difference in your shoulder height, or alignment, or in the length of your arms or legs?	
Yes ()	No ()
In the last 6 months, have you noticed changes in your mood, in your relationships with people close to you, in your eating (appetite) or sleep habits, or have you experienced frequent respiratory infections related to your sports training?	
Yes ()	No ()
During the past 6 months, have you noticed a decline in your sports performance associated or not with the complaints or symptoms reported in the previous questions?	
Yes ()	No ()

Source: Silveira Júnior et al. (9). Portuguese version available
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