

Training and Conditioning Questionnaire

20. How long do you apply the following in your treatment of any soft tissue injury? Indicate by placing the number of minutes after each form of treatment:

Short very hot pack _____
Long hot pack _____
Hot and cold alternately _____
Diathermy _____
Whirlpool _____
Cold pack _____

21. How long after the initial injury do you apply any of the above? Indicate by placing the number of hours or minutes after each form of treatment:

Short very hot pack _____
Long hot pack _____
Hot and cold alternately _____
Diathermy _____
Whirlpool _____
Cold pack _____

Any supplementary remarks that you might make on the backs of pages will be appreciated.

If the response to this questionnaire is sufficient to make it of value, I will mail you a copy of the findings. Kindly write your name and the name of your college or university on your filled-out questionnaire.

I thank you. Doctor Allen