

BWF Memorandum

BWF World Junior Championships BWF Research Project Invitation to Athletes



Wednesday 07 November 2018



Dear Colleagues

Please find below notices and updates for **LI NING BWF World Junior Championships**. Please forward this to all relevant people in your organization – especially the coaches and team managers attending the Championships in Markham Canada.

GLOBAL HEALTH BADMINTON STUDY



The BWF is inviting athletes at the LI NING BWF World Junior Championships to take part in this research study, and to provide information about their injury experiences during their sporting career. Information gathered from this study will be used to guide and direct future athlete health, and injury prevention initiatives.

The aim of this study is to report injuries among elite junior badminton players and to investigate if certain risk factors are associated with previous and present injuries.

Athletes' feedback is crucial - it will help build the body of knowledge around this important aspect of an athlete's career and assist BWF in developing a wider

understanding of the issues and risks involved in elite sport and the effects it can have on an athlete's health later in life.

Our ultimate goal, with your help, is to support the long-term health and fitness of elite badminton players

RESEARCH PROJECT OVERVIEW

Athletes are invited to take part in 2 elements:

1. A questionnaire
2. A physical assessment

LUCKY DRAW – APPLE WATCH

Players who complete the questionnaire and take part of the physical assessments will qualify for a lucky draw to win an Apple Watch!

Part 1 - QUESTIONNAIRE

Players are invited to complete a questionnaire which will ask a series of questions on their background, any significant injuries they may have suffered, their current musculoskeletal condition and their sleep quality.

The questionnaire is for athletes – and will only take about 15-10 minutes to complete. Please click the link below to go to the questionnaire site.

Questionnaire link – athlete survey

(English): <https://redcap.regionh.dk/surveys/?s=HND7TKP78J>

Note: the online questionnaire is available only in English language. However a hard copies of the questionnaire will be distributed at the competition venue in the following languages: Spanish, French, Chinese, Japanese, Korean, and Indonesian.

Part 2 - PHYSICAL ASSESSMENTS

Both male and female competitors from the Championships are also invited to undergo a series of ROM assessments during the competition.

The study will involve the following protocol:

1. Ankle Dorsiflexion Measurement
2. Hip Range of Movement and Special Tests
3. Shoulder Range of Movement



4. Shoulder Impingement

The physical assessments will take place at the warm-up area of the competition venue (please see attached area plan). Athletes can join the project during the following days:

- Saturday 10 - Pan Am Venue
- Sunday 11 – WJC Culture Day
- Monday 12 - Pan Am Venue
- Tuesday 13 - Pan Am Venue
- Wednesday 14 - Ontario Badminton Academy at Players Clinic (am) / Pan Am Venue (pm)
- Thursday 15 - Ontario Badminton Academy Venue at Players Clinic (am) / Pan Am Venue (pm)

Note: Examinations' methodology videos for the project have been recorded. They are intended for the participants to watch prior to participation to improve familiarisation.

Videos can be found on the following link:

https://drive.google.com/drive/folders/1TNruRqIYwMn4P2_-BT44KVkMqMAzM_7o

ADDITIONAL INFORMATION

Please visit the BWF Sport Science section [here](#) for additional information on the study.

If you would like more information about the study please contact BWF Development Manager Rodrigo Pacheco – r.pacheco@bwfbadminton.org

Your athletes' participation will be greatly appreciated.

Thank you on behalf of the BWF Sport Science and Medical Research Commission.

Kind regards

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