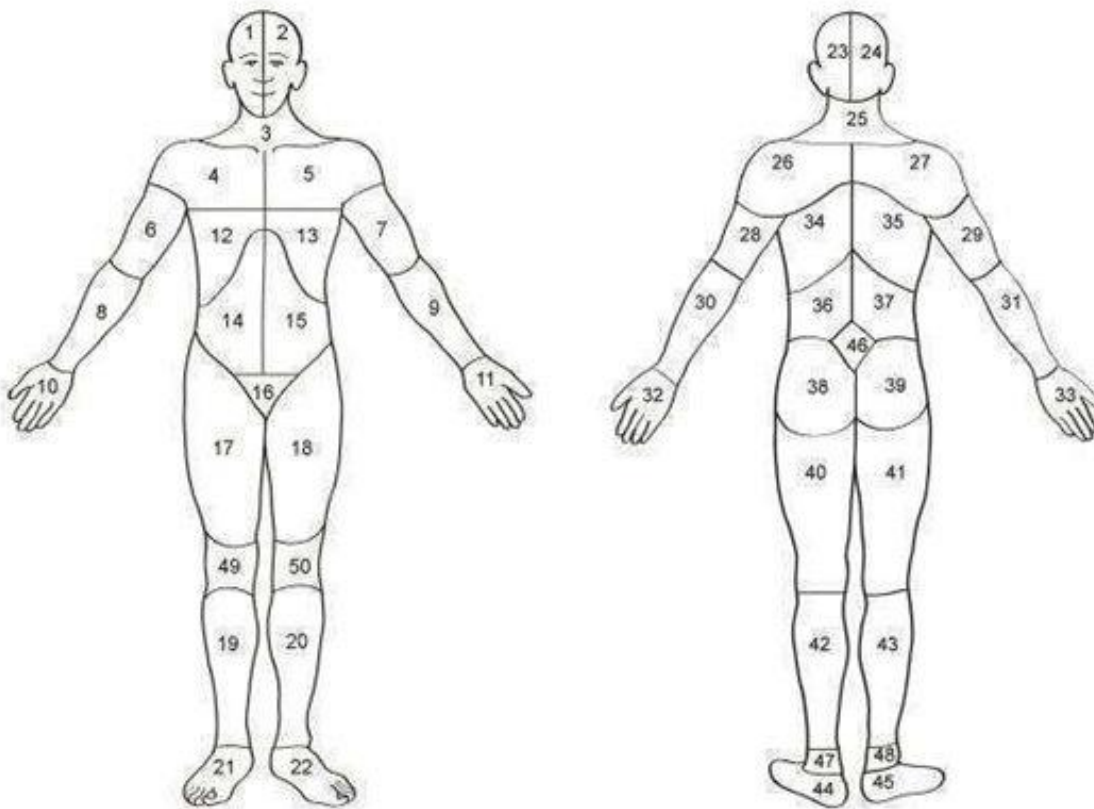


Stand Up Paddle Board Research Project

I would like to collect some data to cross reference with other research work on injury incidence in SUP, and to use in a resource I am writing. Specifically I am interested in the nature of Delayed Onset Muscle Soreness (DOMS) with relatively experienced paddle boarders. If you have been boarding for approx a year or more then you qualify! DOMS is basically the muscular soreness and ache that you get after a hard exercise session that has challenged your strength/endurance threshold... often worse the next day or two after activity, and then it settles. So I am looking for your opinions and impression of where you feel the DOMS after a **very hard SUP session**... be that flat water, long distance, against wind, or a hard surf session.

On the body map below can you shade in the areas that you **COMMONLY** feel the DOMS. You can overlap the numbered areas, or you don't have to fill in the whole block, they are only for reference on analysis. Just where you usually feel it. Alternatively you could email/text me the numbers of the areas you feel it, along with the additional info.



Can you also provide this additional data:

Age:

Male/Female:

Approx years SUP:

If possible could you take a shot of this and email, whatsapp or text it to me. Or by all means do it via the numbers if it is easier. It will go through to my clinic work email, not my private one, and all responses will be treated with confidentiality. Thanks for your help with this.

Bob Wood, Chartered Physiotherapist

Email: physiobobwood@hotmail.com tel (whatsapp): 07816 854828