University of Wisconsin Running Injury and Recovery Index (UWRI)

Instructions: Consider your current running injury over the **past 7 days** when answering each question. Check (☒) the appropriate box.

Question					
1. How does your running injury impact your ability to perform daily activities?	No impact	Slightly impact	Moderately impact	Significantly impact	Unable to perform
2. How frustrated are you by your running injury?	Not frustrated	Mildly frustrated	Moderately frustrated	Significantly frustrated	Extremely frustrated
3. How much recovery have you made from your running injury?	Complete recovery	Significant recovery	Moderate recovery	Minimal recovery	No recovery
4. How much pain do you experience while running?	No pain	Minimal pain	Moderate pain	Significant pain	Unable to run
5. How much pain do you experience during the 24 hours following a run?	No pain	Minimal pain	Moderate pain	Significant pain	Unable to run
6. How has your weekly mileage or weekly running time changed as a result of your injury?	Same or greater than before my injury	Minimally reduced	Moderately reduced	Significantly reduced	Unable to run
7. How has the distance of your longest weekly run changed as a result of your injury?	Same or longer than before my injury	Minimally reduced	Moderately reduced	Significantly reduced	Unable to run
8. How has your running pace or speed changed as a result of your injury?	Same or faster than before my injury	Minimally reduced	Moderately reduced	Significantly reduced	Unable to run
9. How does your injury affect your confidence to increase the duration or intensity of your running?	Confident to increase my running	If I increase I might be fine	Neutral	If I increase I might get worse	I cannot increase my running

SCORE		Scoring Key:	4	3	2	1	0