

Dear all.

My name is Ben Morphett and I am in my final year studying to become an osteopath at the University College of Osteopathy (UCO). I am a member of the ACU and have competed in trials at national level for many years. I am very passionate about motorcycle racing and for my final year research project (dissertation) I have compiled a short questionnaire to gather information about the most common locations of pain that motorcycle racers have, both on and off their bikes.

I have been granted permission from ACU to contact affiliated clubs to help gather responses from my questionnaire, also to attend events to promote my study. I would be very grateful if you could possibly pass on the provided link to my questionnaire along with the attached information sheets to your club members.

If you have any questions or queries please contact me via this email address or my supervisors contact details are on the attached participant information sheet.

Thank you for taking the time to read my email, I hope you have a great Christmas and wish you and your motorcycle club all the best in 2018.

Yours sincerely

Ben Morphett.

### **Invitation/Covering letter**

Dear Sir/Madam.

My name is Ben Morphett and I am a fourth year student at the University College of Osteopathy (UCO). I would like to invite you to take part in my research study: Investigating the prevalence of musculoskeletal pain in motorcycle racers.

The aim of this study is to gather information to develop an understanding of common locations of overuse injuries in on and off-road motorcycle racers. This research will help inform osteopaths and other health care professionals on how/if they can play a role in helping motorcycle racers with their overuse injuries. This research could lead osteopaths to work at race weekends, which, in turn, favours motorcycle riders.

The study will take approximately 5 minutes of your time.

Inclusion criteria:

18+ years of age

Hold a valid ACU licence

Live and competed in the UK in the past 12 months.

<https://www.surveymonkey.co.uk/r/RacersQuestionnaire>

## **Participant Information sheet:**

Dear Participant,

I am a student at the University College of Osteopathy. As a part of my master's degree I am required to complete a dissertation research project on a topic of interest.

### **Study title**

The association between musculoskeletal pain seen in motorcycle racers and the specific motorsport undertaken.

### **Invitation paragraph**

I would like to invite you to take part in my research study. Before you decide to take part, it is important that you understand why the research is being carried out and what it will involve. Please take the time to read the following information carefully and feel free to discuss it with others if you wish. Please get in contact if there is anything you are not clear about or if you would like further information.

### **What is the purpose of the study?**

The aim of this study is to gather information to develop an understanding of common locations for overuse injuries in on and off-road motorcycle racers. Research into overuse type injuries seen in motorcycle racers is sparse. Most research done previously has focused on crash types and injuries sustained from crashes.

### **Why have I been invited?**

This invitation has been introduced to you through your involvement in motorcycle racing. The aim of this study is to gather information about motorcycle racers. Therefore, you have been invited to take part.

### **Do you have to take part?**

No, it is entirely your choice whether you take part or not. You may withdraw from the study at any time during the participation of the survey. Due to the anonymous nature of the survey, it will not be possible to withdraw the completed survey once it has been submitted.

If you decide to participate in the survey, your consent is assumed on submission of the questionnaire. If you have any questions before completing and submitting the questionnaire please get in contact.

### **What will happen to me if I take part?**

You will be asked to complete a questionnaire which will take approximately 5 minutes of your time.

### **What do I have to do?**

If you would like to participate in this study, please follow the link provided which will forward you to Survey Monkey. Please submit your questionnaire within four weeks of receipt of your invitation for your data to be included in the study.

### **What are the possible disadvantages and risks of taking part?**

The only possible disadvantage of taking part in the study may be taking the time to complete the survey. There are no apparent risks of taking part in the study.

### **What are the possible benefits of taking part?**

This research will help better inform osteopaths and other health care professionals of how/if they can play a role in helping motorcycle racers with their overuse injuries. This research could lead

osteopaths to work at race weekends which, in turn, favours motorcycle riders. However there is no clinical benefit of taking part.

**What if there is a problem?**

If you have any complaints or feel harmed at any time from this study please contact the study supervisor for further advice. These details are provided below.

**Will my taking part in the study remain confidential?**

Yes. This study is strictly confidential, all participants have assured anonymity. As the questionnaire will be completed via surveymonkey.com no personal data will be obtained and all participants will remain anonymous. Any IP addresses obtained will be deleted. To ensure confidentiality the data collected will be stored on the UCO's password protected computers and the only persons who can access the data will be the researcher and dissertation supervisor. Any invitations sent via email will be deleted. Data will be stored securely and destroyed after six years following the completion of the study.

**What will happen to the results of the study?**

The results from the survey will be written in an academic paper that will be available in the University College of Osteopathy library. If you request a copy of the final paper please contact the researcher using the email address provided below.

**Who is organising the research?**

The primary researcher is a final year student at the University College of Osteopathy.

Thank you for taking the time to read the information sheet, all contact details are provided below.

**Researcher: Ben Morphett**

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