



CORE STABILITY CLASS QUESTIONNAIRE



Below are questions about the exercise group class you went to in physiotherapy to work on your tummy muscles (Core muscles)

Please Circle your answer. This is an example:

Example Question: Do you LIKE physiotherapy?

I Don't Know



NO, I REALLY
DON'T



It's OK



YES, I like
it a
LITTLE



YES, I like
it ALOT



Q1 Did you ENJOY doing the classes?

I Don't Know



NO, I REALLY
DID NOT



It was OK



YES, I enjoyed
it a LITTLE



YES, I enjoyed
it ALOT

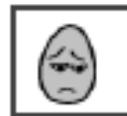


Q2 Do you UNDERSTAND MORE about your body after doing the classes?

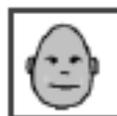
I Don't Know



NO, I Know
LESS



I Know
the SAME



YES, I Know
a LITTLE more



YES, I Know
it ALOT more



Q3 Do you think it is IMPORTANT to know about how to use your tummy muscles?

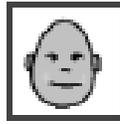
I Don't Know



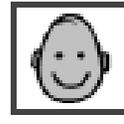
NO, NOT AT ALL



NO, NOT VERY



YES, it is a LITTLE



YES, VERY



Q4 Do you think your balance got BETTER after doing the classes?

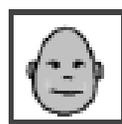
I Don't Know



NO, it got WORSE



NO, it stayed the SAME



YES, it did a LITTLE



YES, it did ALOT

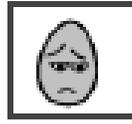


Q5 Did you LIKE doing the home exercises (from your worksheet)?

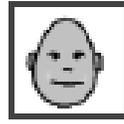
I Don't Know



NO, I REALLY DID NOT



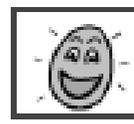
It was OK



YES, I liked it a LITTLE



YES, I liked it ALOT

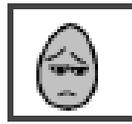


Q6 Did you LIKE doing the exercises with the other boys and girls in the group?

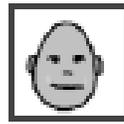
I Don't Know



NO, I REALLY DID NOT



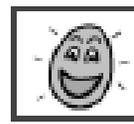
It was OK



YES, I liked it a LITTLE



YES, I liked it ALOT



Q7 Did doing the classes HELP with anything else you do?

Tick the box  with 1. YES it helped me OR
 2. NO it didn't help me OR
 3. I don't play/do this activity

Doing the exercises helped me with.....	YES	NO	I don't do this
Soccer			
Rugby			
Dancing			
In the playground			
PE in school			
GAA (hurling or football)			
Other Sport (Name _____)			
My Physiotherapy Exercises			

It helped me with	YES	NO
My Confidence		
How I feel about my body		

Did it help with anything else (eg. Back pain, tight muscles, low energy)

If you want to say anything else about the classes please write it in here or ask someone to write it in for you:
