

Participant 1, *Jimmy* was 39 who had been playing for the same club at senior level for nineteen years. He stated that whilst he had offers to play for teams of a similar level over the years he had considered this club his local team with strong family connections and therefore would not consider playing for another team. He admitted that he never thought he was good enough to play at a much higher level than this local side. Jimmy worked in the building industry and stated that his current injury was the first serious injury that has prevented him from playing rugby union aside from concussion and the “odd dead leg”. Later interviews revealed that Jimmy suffered a Golfer’s Elbow and the timeframe between the first interview (near onset of injury) and third interview (nearing a full return to sport) was six weeks. The injury is considered an overuse injury and there was no specific venue where the injury took place.

*Phillip*, 25, had been playing regularly rugby union for the same club for nine years although he did spend a brief period playing exclusively at University. Phillip works in the administration department of a local business. He participates at numerous different sports, notably association football, darts, pool, fishing and running although he considers rugby union as his first choice sport. Prior to this injury, Phillip described himself as being fit and with relatively no previous injuries. Later interviews revealed Phillip suffered a grade two hamstring tear and the timeframe between the first and third interviews was seven weeks. The injury took place participating in a rugby union match.

*Jeremy*, 23, stated that he had been playing for the same club all his life. During his youth he represented his county at rugby union at age range level although described himself as playing at recreational level now as he does not always represent the first team at senior level. He works as a web-designer for an IT firm. Whilst he does not participate in any other sport, he considered going to the gym and fitness work as a regular hobby. Jeremy stated that recently he had very bad luck in relation to athletic injuries; having suffered a dislocated right shoulder playing rugby union two years ago and also frequently suffers from chronic back pain which can force him not to be able to participate in matches or training. Jeremy was first interviewed following a second dislocation of the right shoulder and the timeframe between the first and third interviews was eight weeks. The injury took place participating in a match.

*Alex*, 31, worked as a pub landlord. He has played rugby union for most of his adult life. He originally played for his local side although moved to a team who play in a higher division (although not professionally) three years ago. He stated that he moved clubs so that he could play in his preferred position more frequently. He described himself as very lucky in terms of previous injuries with the only injury of note being hamstring strains which he considered minor. Alex had to withdraw from participating in rugby union due to a back injury which occurred whilst training with the team. Later interviews revealed that he had suffered a slipped disc in his back. The timeframe between the first and third interviews was seven weeks.

*Peter*, 25, worked as a research analyst for a large co-operation. He has played rugby union since he was a small child for the same club. He describes the club as a part of him although he does not play for the senior first team but represents the second fifteen. He has suffered numerous injuries in the past that has prevented participation, including two shoulder dislocations. His current injury took place while association football training with friends. Later interviews revealed that he had suffered ligament damage to his ankle. The timeframe between the first and third interviews was seven weeks. Up until the injury he also competes in athletics and he classifies aerobic fitness training as a serious hobby.

*Richard*, 32, worked as a health and safety officer for a large co-operation. He has played rugby union for his current team for over 10 years, playing in the second fifteen. As a child he played rugby union for a different side before moving to his current club at senior level. He stated that he has had a numerous injuries in the past preventing participation. These have included a broken arm playing rugby union, a dislocated finger and has long standing chronic pain in the knee. His current injury took place whilst training with the team. Later injured revealed he had suffered a groin strain, the timeframe between the first and third interviews was four weeks.