

Appendix 1

Survey of the ASES: Responses to patient FAQs

General Information

1. What type of practice do you work in?

- ☐ Academic Medicine
- ☐ Private Practice
- ☐ Private Practice and Academic Medicine

2. How much of your practice is dedicated to the operative treatment of shoulder disorders?

- ☐ 0-25%
- ☐ 25-50%
- ☐ 50-75%
- ☐ 75-100%

3. When treating rotator cuff tears in your personal practice, how do you treat the majority of rotator cuff tears?

- ☐ All arthroscopic rotator cuff repair
- ☐ Mini - open rotator cuff repair
- ☐ Open rotator cuff repair

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Rotator Cuff Repair-How do you respond to these patient FAQs?

The following questions pertain to patients who have had a rotator cuff repair in your practice.

4. In general, when do you allow patients to drive a car after a rotator cuff repair?

- ☐ when the patient is off narcotics
- ☐ when the patient is off narcotics but can still be in a sling
- ☐ When the patient is out the sling full time
- ☐ When the patient regains full range of motion
- ☐ When the patient regains full strength
- ☐ None of the above

5. What type of sling do you place your patient in after a standard rotator cuff repair (supraspinatus)?

- ☐ Simple Sling
- ☐ Sling with a pillow (i.e UltraSling)
- ☐ Sling with an abduction pillow

Other (please specify)

6. On average how long do you have your patients wear a sling after rotator cuff repair for a SMALL tear (<2cm)?

- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 5-6 weeks
- ☐ >6weeks

7. On average how long do you have your patients wear a sling after rotator cuff repair for a LARGE tear (2-4cm)?

- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 5-6 weeks
- ☐ >6weeks

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8. On average how long do you have your patients wear a sling after rotator cuff repair for a MASSIVE tear (>5 cm)?

- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 5-6 weeks
- ☐ >6weeks

9. Do you allow your patients to take off their sling while sitting down or while sleeping in the immediate post operative period?

- ☐ Yes
- ☐ No

10. How many days after surgery do you allow your patients to shower?

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10

11. On average, how long after surgery do you allow patients to go into water (i.e. getting in a pool/jacuzzi)? Within..

- ☐ 1 week
- ☐ 2 weeks
- ☐ 3 weeks
- ☐ 4 weeks
- ☐ 5 weeks
- ☐ >6weeks
- ☐ None of the above

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12. On average when do you tell patients that they will start formal physical therapy after a rotator cuff repair for SMALL tears (<2cm) ?

- ☐ Within 1 week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 5-6 weeks
- ☐ >6weeks
- ☐ No formal therapy. I instruct the patient to perform specific excercises at home.
- ☐ None of the above

13. On average, when do you tell patients that they will start formal physical therapy after a rotator cuff repair for LARGE tears (2-4 cm)?

- ☐ Within 1 week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 5-6 weeks
- ☐ >6weeks
- ☐ No formal therapy. I instruct the patient to perform specific excercises at home.
- ☐ None of the above

14. On average, when do you tell patients that they will start formal physical therapy after a rotator cuff repair for MASSIVE tears (>5 cm)?

- ☐ Within 1 week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 5-6 weeks
- ☐ >6weeks
- ☐ No formal therapy. I instruct the patient to perform specific excercises at home.
- ☐ None of the above

15. Do you tell your patients to sleep in an inclined position after surgery for their comfort?

- ☐ Yes
- ☐ No

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16. Patients frequently sleep upright after rotator cuff surgery in a chair/couch. When do you tell patients that they will be able to sleep in bed (lying down) after Rotator cuff surgery?

- ☐ < 1 week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 5-6 weeks
- ☐ >6 weeks
- ☐ None of the above

17. When do you allow your patients to go on flights or long car trips after surgery?

- ☐ Whenever the patient is comfortable immediately after surgery
- ☐ 1 week
- ☐ 2 weeks
- ☐ 3 weeks
- ☐ 4 weeks
- ☐ 5 weeks
- ☐ 6 weeks
- ☐ >6 weeks

18. In general, when do you allow your patients to return to work at a sedentary job after repair of a small tear (<2cm)?

- ☐ Once the patient is comfortable to return(<1week)
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 5-6 weeks
- ☐ >6 weeks
- ☐ None of the above

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19. In general, When do you allow your patients to return to work at a sedentary job after repair of a LARGE (2-4cm) tears?

- ☐ Once the patient is comfortable (<1 week)
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 5-6 weeks
- ☐ > 6 weeks
- ☐ None of the above

20. In general, when do you allow your patients to return to work at a sedentary job after repair of a MASSIVE tear (> 5cm)?

- ☐ Once the patient is comfortable to return(<1week)
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 5-6 weeks
- ☐ >6 weeks
- ☐ None of the above

21. In general, when do you allow your patients to return to work at a LABOR job (lifting, pushing, pulling) after repair of a small tear (<2cm)?

- ☐ 3-4 weeks
- ☐ 1 month
- ☐ 2 months
- ☐ 3 months
- ☐ 4 months
- ☐ 5 months
- ☐ 6 months
- ☐ 6 months to 1 year
- ☐ > 1 year
- ☐ None of the above

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22. In general, when do you allow your patients to return to work at a LABOR job (lifting, pushing, pulling) after repair of a LARGE tear (2-4 cm)?

- ☐ 3-4 weeks
- ☐ 1 month
- ☐ 2 months
- ☐ 3 months
- ☐ 4 months
- ☐ 5 months
- ☐ 6 months
- ☐ 6 months to 1 year
- ☐ > 1 year
- ☐ None of the above

23. In general, when do you allow your patients to return to work at a LABOR job (lifting, pushing, pulling) after repair of a MASSIVE tear (> 5cm)?

- ☐ 3-4 weeks
- ☐ 1 month
- ☐ 2 months
- ☐ 3 months
- ☐ 4 months
- ☐ 5 months
- ☐ 6 months
- ☐ 6 months to 1 year
- ☐ > 1 year
- ☐ None of the above

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24. Many patients are on blood thinner (coumadin, plavix) for various medical reasons. When do you allow patients to restart their blood thinners after surgery?

- ☐ The eve of surgery
- ☐ The first postoperative day
- ☐ 2-3 days post op
- ☐ 4-5 days post op
- ☐ 6-7 days post op
- ☐ I have no preference and leave the decision up to the primary care doctor.
- ☐ None of the above

25. Do you use DVT prophylaxis (Lovenox, ASA, Coumadin) routinely after rotator cuff surgery for a majority of your patients?

- ☐ Yes
- ☐ No

26. In general , will you operate on a smoker?

- ☐ Yes
- ☐ No

27. Do you routinely use an imaging modality to assess for healing in your post operative rotator cuffs? And if so what is your preferred imaging modality?

- ☐ No
- ☐ Yes - MRI
- ☐ Yes - Ultrasound
- ☐ Yes - CT arthrogram
- ☐ Yes - X-ray arthrogram

28. In general, how of often do you follow your rotator cuffs postoperatively?

- ☐ Monthly
- ☐ Every 3 months
- ☐ Every 6 months
- ☐ Yearly
- ☐ Until the patient is fully rehabilitated, and then an as needed basis

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29. In general , how long do you follow your post operative cuff repairs?

- ☐ 3 months
- ☐ up to 6 months
- ☐ 6 months to 1 yr
- ☐ 1-2 years
- ☐ 3-5 years
- ☐ >5 years
- ☐ Indefinitely

30. Do you give the patient a copy of their surgical arthroscopy pictures?

- ☐ Yes
- ☐ No
- ☐ n/a (I mainly do open cuff repairs)

31. Do you give the patient a VIDEO of their arthroscopic cuff repair?

- ☐ Yes
- ☐ No
- ☐ N/a (I mainly do open repairs)

32. In what setting do you perform the majority of your rotator cuff repairs?

- ☐ Hospital
- ☐ Surgical center
- ☐ Evenly distributed between hospital and surgical center

33. How often do you admit patients to the hospital the night of surgery (for pain control, patient requests, etc)?

- ☐ Almost never
- ☐ Sometimes
- ☐ Frequently
- ☐ Always

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34. What is your preferred type of suture anchor?

- ☐ Bio absorbable
- ☐ Metal
- ☐ PEEK
- ☐ Not applicable

35. In general do you allow your patients to take NSAIDs after surgery (within the first 4 weeks)?

- ☐ Yes
- ☐ No

36. For what duration of time do you tell the patients that they will need pain killers after surgery?

- ☐ <1 week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 4-5weeks
- ☐ 5-6 weeks
- ☐ >6 weeks
- ☐ None of the above

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37. What pain medications do you prescribe for your patients for post operative pain control?

(May choose more than one)

- ☐ Vicodin
- ☐ Percocet
- ☐ Norco
- ☐ Dilaudid
- ☐ Oxycontin
- ☐ Valium
- ☐ Lyrica
- ☐ NSAIDs
- ☐ Acetaminophen

Other (please specify)

38. What percent healing rates do you quote your patients if any for SMALL tears (< 2 cm)?

- ☐ > 90 %
- ☐ 80-90 %
- ☐ 70-80%
- ☐ 60-70%
- ☐ 50-60%
- ☐ 25-50%
- ☐ < 25 %

39. What percent healing rates do you quote your patients if any for LARGE tears (2- 4 cm)?

- ☐ > 90 %
- ☐ 80-90 %
- ☐ 70-80%
- ☐ 60-70%
- ☐ 50-60%
- ☐ 25-50%
- ☐ < 25 %

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40. What percent healing rates do you quote your patients if any for MASSIVE tears (>5 cm)?

- ☐ > 90 %
- ☐ 80-90 %
- ☐ 70-80%
- ☐ 60-70%
- ☐ 50-60%
- ☐ 25-50%
- ☐ < 25 %

41. What is the rate of complications that you quote for your patients undergoing rotator cuff repair?

- ☐ Less than 1%
- ☐ Less than 2%
- ☐ Less than 5%
- ☐ 10-20%
- ☐ >20%
- ☐ None of the above

42. In general how do you treat Full thickness Subscapularis tendon tears?

- ☐ Open
- ☐ Arthroscopic

43. In the setting of a full thickness rotator cuff tear with a significantly degenerated biceps, what is your preferred method of treatment (sex and age not being a factor) ?

- ☐ Tenotomy
- ☐ Tenodesis

44. If you answered tenodesis in the prior question, what is your preferred method of tenodesis (generally speaking)?

- ☐ Arthroscopic Tenodesis
- ☐ Mini Open Suprapectoral
- ☐ Mini Open Subpectoral
- ☐ None of the above

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45. After a rotator cuff repair, when do you tell patients that they should expect to be "as good as it gets"?

- ☐ 1 month
- ☐ 2 months
- ☐ 3 months
- ☐ 4 months
- ☐ 5 months
- ☐ 6 months
- ☐ 7 months
- ☐ 8 months
- ☐ 9 months
- ☐ > 9 months < 1 year
- ☐ 1 year
- ☐ None of the above

46. Do you have lifting guideline you recommend patients to follow at 1 month?

- ☐ 1 pound
- ☐ 2 pounds
- ☐ 5 pounds
- ☐ 10 pounds
- ☐ 20 pounds overhead
- ☐ Let pain be your guide
- ☐ Not applicable

47. Do you have lifting guideline you recommend patients to follow at 3 months?

- ☐ 1 pound
- ☐ 2 pounds
- ☐ 5 pounds
- ☐ 10 pounds
- ☐ 20 pounds overhead
- ☐ Let pain be your guide
- ☐ Not applicable

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48. Do you have lifting guideline you recommend patients to follow at 6 months?

- ☐ 1 pound
- ☐ 2 pounds
- ☐ 5 pounds
- ☐ 10 pounds
- ☐ 20 pounds overhead
- ☐ Let pain be your guide
- ☐ Not applicable

49. Do you have lifting guideline you recommend patients to follow at 1 year?

- ☐ 1 pound
- ☐ 2 pounds
- ☐ 5 pounds
- ☐ 10 pounds
- ☐ 20 pounds overhead
- ☐ Let pain be your guide
- ☐ Not applicable

50. When do you tell a workers compensation patient that they will be able to return to work (assuming a laborer) after repair of a SMALL tear (<2cm)?

- ☐ 3 months
- ☐ 6 months
- ☐ 1 year
- ☐ Maybe never
- ☐ None of the above

51. When do you tell a workers compensation patient that they will be able to return to work (assuming a laborer) after repair of a LARGE tear (2-4 cm)?

- ☐ 3 months
- ☐ 6 months
- ☐ 1 year
- ☐ Maybe never
- ☐ None of the above

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52. When do you tell a workers compensation patient that they will be able to return to work (assuming a laborer) after repair of a MASSIVE tear (>5 cm)?

- ☐ 3 months
- ☐ 6 months
- ☐ 1 year
- ☐ Maybe never
- ☐ None of the above

Appendix 2

| TABLE E-1 Survey of the ASES: Complete Survey Responses | | | |
|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|---------------------|----------------|
| Survey Question | Answer Options | Response Percentage | Response Count |
| 1. What type of practice do you work in? | Academic medicine | 37.6% | 41 |
| | Private practice | 30.3% | 33 |
| | Private practice and academic medicine | 32.1% | 35 |
| 2. How much of your practice is dedicated to the operative treatment of shoulder disorders? | 0-25% | 4.6% | 5 |
| | 25-50% | 6.4% | 7 |
| | 50-75% | 40.4% | 44 |
| | 75-100% | 48.6% | 53 |
| 3. When treating rotator cuff tears in your personal practice, how do you treat the majority of rotator cuff tears? | All arthroscopic rotator cuff repair | 77.8% | 84 |
| | Mini-open rotator cuff repair | 6.5% | 7 |
| | Open rotator cuff repair | 15.7% | 17 |
| 4. In general, when do you allow patients to drive a car after a rotator cuff repair? | When the patient is off narcotics | 9.7% | 10 |
| | When the patient is off narcotics but can still be in a sling | 26.2% | 27 |
| | When the patient is out of the sling full time | 55.3% | 57 |
| | When the patient regains full range of motion | 2.9% | 3 |
| | When the patient regains full strength | 1.0% | 1 |
| | None of the above | 4.9% | 5 |
| 5. What type of sling do you place your patient in after a standard rotator cuff repair (supraspinatus)? | Simple sling | 40.6% | 41 |
| | Sling with a pillow (i.e., UltraSling) | 54.5% | 55 |
| | Sling with an abduction pillow | 5.0% | 5 |
| | Other (please specify) | | 5 |
| 6. On average how long do you have your patients wear a sling after rotator cuff repair for a SMALL tear (<2 cm)? | 1-2 weeks | 14.6% | 15 |
| | 3-4 weeks | 39.8% | 41 |
| | 5-6 weeks | 42.7% | 44 |
| | >6 weeks | 2.9% | 3 |
| 7. On average how long do you have your patients wear a sling after rotator cuff repair for a LARGE tear (2-4 cm)? | 1-2 weeks | 3.0% | 3 |
| | 3-4 weeks | 23.0% | 23 |
| | 5-6 weeks | 65% | 65 |
| | >6 weeks | 9% | 9 |
| 8. On average how long do you have your patients wear a sling after rotator cuff repair for a MASSIVE tear (>5 cm)? | 1-2 weeks | 2.9% | 3 |
| | 3-4 weeks | 7.8% | 8 |
| | 5-6 weeks | 58.3% | 60 |
| | >6 weeks | 31.1% | 32 |
| 9. Do you allow your patients to take off their sling while sitting down or while sleeping in the immediate postoperative period? | Yes | 34.0% | 35 |
| | No | 66% | 68 |
| 10. How many days after surgery do you allow your patients to shower? | 1 | 20.4% | 21 |
| | 2 | 25.2% | 26 |
| | 3 | 28.2% | 29 |
| | 4 | 3.9% | 4 |
| | 5 | 5.8% | 6 |
| continued | | | |

TABLE E-1 (continued)

| Survey Question | Answer Options | Response Percentage | Response Count |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------|----------------|
| | 6 | 1% | 1 |
| | 7 | 7.8% | 8 |
| | 8 | 1% | 1 |
| | 9 | 0% | 0 |
| | 10 | 6.8% | 7 |
| 11. On average, how long after surgery do you allow patients to go into water (i.e., getting in a pool/Jacuzzi)? Within: | 1 week | 11.7% | 12 |
| | 2 weeks | 32% | 33 |
| | 3 weeks | 27.2% | 28 |
| | 4 weeks | 14.6% | 15 |
| | 5 weeks | 3.9% | 4 |
| | >6 weeks | 8.7% | 9 |
| | None of the above | 1.9% | 2 |
| | | | |
| 12. On average, when do you tell patients that they will start formal physical therapy after a rotator cuff repair for SMALL tears (<2 cm) ? | Within 1 week | 24.5% | 25 |
| | 1-2 weeks | 26.5% | 27 |
| | 3-4 weeks | 22.5% | 23 |
| | 5-6 weeks | 13.7% | 14 |
| | >6 weeks | 3.9% | 4 |
| | No formal therapy. I instruct the patient to perform specific exercises at home. | 7.8% | 8 |
| | None of the above | 1% | 1 |
| | | | |
| 13. On average, when do you tell patients that they will start formal physical therapy after a rotator cuff repair for LARGE tears (2-4 cm)? | Within 1 week | 22.3% | 23 |
| | 1-2 weeks | 17.5% | 18 |
| | 3-4 weeks | 18.4% | 19 |
| | 5-6 weeks | 26.2% | 27 |
| | >6 weeks | 8.7% | 9 |
| | No formal therapy. I instruct the patient to perform specific exercises at home. | 5.8% | 6 |
| | None of the above | 1% | 1 |
| | | | |
| 14. On average, when do you tell patients that they will start formal physical therapy after a rotator cuff repair for MASSIVE tears (>5 cm)? | Within 1 week | 16.7% | 17 |
| | 1-2 weeks | 13.7% | 14 |
| | 3-4 weeks | 12.7% | 13 |
| | 5-6 weeks | 23.5% | 24 |
| | >6 weeks | 25.5% | 26 |
| | No formal therapy. I instruct the patient to perform specific exercises at home. | 7.8% | 8 |
| | None of the above | 0% | 0 |
| | | | |
| 15. Do you tell your patients to sleep in an inclined position after surgery for their comfort? | Yes | 73.8% | 76 |
| | No | 26.2% | 27 |
| 16. Patients frequently sleep upright after rotator cuff surgery in a chair/couch. When do you tell patients that they will be able to sleep in bed (lying down) after rotator cuff surgery? | <1 week | 23.3% | 24 |
| | 1-2 weeks | 25.2% | 26 |
| | 3-4 weeks | 17.5% | 18 |
| | 5-6 weeks | 11.7% | 12 |
| | >6 weeks | 5.8% | 6 |
| <i>continued</i> | | | |

TABLE E-1 (continued)

| Survey Question | Answer Options | Response Percentage | Response Count |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|---------------------|----------------|
| 17. When do you allow your patients to go on flights or long car trips after surgery? | None of the above | 16.5% | 17 |
| | Whenever the patient is comfortable immediately after surgery | 49.5% | 51 |
| | 1 week | 7.8% | 8 |
| | 2 weeks | 26.2% | 27 |
| | 3 weeks | 4.9% | 5 |
| | 4 weeks | 8.7% | 9 |
| | 5 weeks | 0% | 0 |
| | 6 weeks | 1.9% | 2 |
| | >6 weeks | 1% | 1 |
| 18. In general, when do you allow your patients to return to work at a sedentary job after repair of a small tear (<2 cm)? | Once the patient is comfortable to return (<1 week) | 40.2% | 41 |
| | 1-2 weeks | 41.2% | 42 |
| | 3-4 weeks | 8.8% | 9 |
| | 5-6 weeks | 4.9% | 5 |
| | >6 weeks | 4.9% | 5 |
| | None of the above | 0% | 0 |
| 19. In general, when do you allow your patients to return to work at a sedentary job after repair of a LARGE (2-4 cm) tears? | Once the patient is comfortable (<1 week) | 26.5% | 27 |
| | 1-2 weeks | 38.2% | 39 |
| | 3-4 weeks | 21.6% | 22 |
| | 5-6 weeks | 4.9% | 5 |
| | >6 weeks | 7.8% | 8 |
| | None of the above | 1% | 1 |
| 20. In general, when do you allow your patients to return to work at a sedentary job after repair of a MASSIVE tear (>5 cm)? | Once the patient is comfortable to return (<1 week) | 25.5% | 26 |
| | 1-2 weeks | 34.3% | 35 |
| | 3-4 weeks | 15.7% | 16 |
| | 5-6 weeks | 6.9% | 7 |
| | >6 weeks | 15.7% | 16 |
| | None of the above | 2% | 2 |
| 21. In general, when do you allow your patients to return to work at a LABOR job (lifting, pushing, pulling) after repair of a small tear (<2 cm)? | 3-4 weeks | 1% | 1 |
| | 1 month | 0% | 0 |
| | 2 months | 2% | 2 |
| | 3 months | 34.7% | 35 |
| | 4 months | 35.6% | 36 |
| | 5 months | 4% | 4 |
| | 6 months | 17.8% | 18 |
| | 6 months to 1 year | 5% | 5 |
| | >1 year | 0% | 0 |
| | None of the above | 0% | 0 |
| 22. In general, when do you allow your patients to return to work at a LABOR job (lifting, pushing, pulling) after repair of a LARGE tear (2-4 cm)? | 3-4 weeks | 0% | 0 |
| | 1 month | 0% | 0 |

continued

TABLE E-1 (continued)

| Survey Question | Answer Options | Response Percentage | Response Count |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------|----------------|
| 23. In general, when do you allow your patients to return to work at a LABOR job (lifting, pushing, pulling) after repair of a MASSIVE tear (>5cm)? | 2 months | 0% | 0 |
| | 3 months | 13.7% | 14 |
| | 4 months | 29.4% | 30 |
| | 5 months | 13.7% | 14 |
| | 6 months | 28.4% | 29 |
| | 6 months to 1 year | 14.7% | 15 |
| | >1 year | 0% | 0 |
| | None of the above | 0% | 0 |
| | 3-4 weeks | 0% | 0 |
| | 1 month | 0% | 0 |
| | 2 months | 0% | 0 |
| | 3 months | 6.8% | 7 |
| | 4 months | 13.6% | 14 |
| | 5 months | 6.8% | 7 |
| | 6 months | 34% | 35 |
| 24. Many patients are on blood thinners (Coumadin, Plavix) for various medical reasons. When do you allow patients to restart their blood thinners after surgery? | 6 months to 1 year | 31.1% | 32 |
| | >1 year | 2.9% | 3 |
| | None of the above | 4.9% | 5 |
| | The eve of surgery | 29.4% | 30 |
| | The first postoperative day | 48% | 49 |
| | 2-3 days postop | 12.7% | 13 |
| | 4-5 days postop | 2.9% | 3 |
| | 6-7 days postop | 5.9% | 6 |
| | I have no preference and leave the decision up to the primary care doctor. | 1% | 1 |
| | None of the above | 0% | 0 |
| 25. Do you use DVT prophylaxis (Lovenox, ASA, Coumadin) routinely after rotator cuff surgery for a majority of your patients? | Yes | 13.6% | 14 |
| | No | 86.4% | 89 |
| 26. In general, will you operate on a smoker? | Yes | 91.3% | 94 |
| | No | 8.7% | 9 |
| 27. Do you routinely use an imaging modality to assess for healing in your postoperative rotator cuffs? And if so what is your preferred imaging modality? | No | 87.4% | 90 |
| | Yes - MRI | 3.9% | 4 |
| | Yes - Ultrasound | 8.7% | 9 |
| | Yes - CT arthrogram | 0% | 0 |
| | Yes - X-ray arthrogram | 0% | 0 |
| 28. In general, how often do you follow your rotator cuffs postoperatively? | Monthly | 40.8% | 42 |
| | Every 3 months | 13.6% | 14 |
| | Every 6 months | 2.9% | 3 |
| | Yearly | 1% | 1 |
| | Until the patient is fully rehabilitated, and then an as needed basis | 41.7% | 43 |

continued

TABLE E-1 (continued)

| Survey Question | Answer Options | Response Percentage | Response Count |
|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|---------------------|----------------|
| 29. In general, how long do you follow your postoperative cuff repairs? | 3 months | 4.9% | 5 |
| | Up to 6 months | 27.2% | 28 |
| | 6 months to 1 year | 50.5% | 52 |
| | 1-2 years | 14.6% | 15 |
| | 3-5 years | 0% | 0 |
| | >5 years | 1.9% | 2 |
| | Indefinitely | 1% | 1 |
| 30. Do you give the patient a copy of their surgical arthroscopy pictures? | Yes | 68.6% | 70 |
| | No | 23.5% | 24 |
| | n/a (I mainly do open cuff repairs) | 7.8% | 8 |
| 31. Do you give the patient a VIDEO of their arthroscopic cuff repair? | Yes | 13.6% | 14 |
| | No | 76.7% | 79 |
| | n/a (I mainly do open repairs) | 9.7% | 10 |
| 32. In what setting do you perform the majority of your rotator cuff repairs? | Hospital | 51% | 52 |
| | Surgical center | 43.1% | 44 |
| | Evenly distributed between hospital and surgical center | 5.9% | 6 |
| 33. How often do you admit patients to the hospital the night of surgery (for pain control, patient requests, etc.)? | Almost never | 62.1% | 64 |
| | Sometimes | 7.8% | 8 |
| | Frequently | 11.7% | 12 |
| | Always | 18.4% | 19 |
| 34. What is your preferred type of suture anchor? | Bioabsorbable | 23.3% | 24 |
| | Metal | 25.2% | 26 |
| | PEEK | 35% | 36 |
| | Not applicable | 16.5% | 17 |
| 35. In general, do you allow your patients to take NSAIDs after surgery (within the first 4 weeks)? | Yes | 51% | 51 |
| | No | 49% | 49 |
| 36. For what duration of time do you tell the patients that they will need pain killers after surgery? | <1 week | 4.9% | 5 |
| | 1-2 weeks | 25.2% | 26 |
| | 3-4 weeks | 28.2% | 29 |
| | 4-5 weeks | 7.8% | 8 |
| | 5-6 weeks | 20.4% | 21 |
| | >6 weeks | 11.7% | 12 |
| | None of the above | 1.9% | 2 |
| 37. What pain medications do you prescribe for your patients for postoperative pain control? (May choose more than one) | Vicodin | 29.3% | 29 |
| | Percocet | 54.5% | 54 |
| | Norco | 27.3% | 27 |
| | Dilaudid | 9.1% | 9 |
| | Oxycontin | 19.2% | 19 |
| | Valium | 1% | 1 |
| | Lyrical | 2% | 2 |
| | NSAIDs | 22.2% | 22 |
| <i>continued</i> | | | |

TABLE E-1 (continued)

| Survey Question | Answer Options | Response Percentage | Response Count |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|---------------------|----------------|
| 38. What percent healing rates do you quote your patients if any for SMALL tears (<2 cm)? | Acetaminophen | 8.1% | 8 |
| | Other (please specify) | | 16 |
| | >90% | 34.3% | 35 |
| | 80-90% | 50% | 51 |
| | 70-80% | 13.7% | 14 |
| | 60-70% | 2% | 2 |
| | 50-60% | 0% | 0 |
| | 25-50% | 0% | 0 |
| 39. What percent healing rates do you quote your patients if any for LARGE tears (2-4 cm)? | <25% | 0% | 0 |
| | >90% | 3.9% | 4 |
| | 80-90% | 19.6% | 20 |
| | 70-80% | 43.1% | 44 |
| | 60-70% | 23.5% | 24 |
| | 50-60% | 9.8% | 10 |
| | 25-50% | 0% | 0 |
| | <25% | 0% | 0 |
| 40. What percent healing rates do you quote your patients if any for MASSIVE tears (>5 cm)? | >90% | 0% | 0 |
| | 80-90% | 4.9% | 5 |
| | 70-80% | 11.8% | 12 |
| | 60-70% | 14.7% | 15 |
| | 50-60% | 49% | 50 |
| | 25-50% | 18.6% | 19 |
| | <25% | 1% | 1 |
| 41. What is the rate of complications that you quote for your patients undergoing rotator cuff repair? | Less than 1% | 25.5% | 26 |
| | Less than 2% | 17.6% | 18 |
| | Less than 5% | 43.1% | 44 |
| | 10-20% | 10.8% | 11 |
| | >20% | 0% | 0 |
| | None of the above | 2.9% | 3 |
| 42. In general how do you treat full-thickness subscapularis tendon tears? | Open | 45.6% | 47 |
| | Arthroscopic | 54.4% | 56 |
| 43. In the setting of a full-thickness rotator cuff tear with a significantly degenerated biceps, what is your preferred method of treatment (sex and age not being a factor)? | Tenotomy | 34% | 35 |
| | Tenodesis | 66% | 68 |
| 44. If you answered tenodesis in the prior question, what is your preferred method of tenodesis (generally speaking)? | Arthroscopic tenodesis | 38.6% | 32 |
| | Mini open suprapectoral | 20.5% | 17 |
| | Mini open subpectoral | 24.1% | 20 |
| | None of the above | 16.9% | 14 |
| 45. After a rotator cuff repair, when do you tell patients that they should expect to be "as good as it gets"? | 1 month | 0% | 0 |
| | 2 months | 0% | 0 |
| | 3 months | 1% | 1 |
| | 4 months | 0% | 0 |
| <i>continued</i> | | | |

TABLE E-1 (continued)

| Survey Question | Answer Options | Response Percentage | Response Count |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|---------------------|----------------|
| | 5 months | 0% | 0 |
| | 6 months | 10.7% | 11 |
| | 7 months | 0% | 0 |
| | 8 months | 1.9% | 2 |
| | 9 months | 2.9% | 3 |
| | >9 months <1 year | 8.7% | 9 |
| | 1 year | 69.9% | 72 |
| | None of the above | 4.9% | 5 |
| | 1 pound | 37.3% | 38 |
| | 2 pounds | 18.6% | 19 |
| 46. Do you have a lifting guideline you recommend patients to follow at 1 month? | 5 pounds | 5.9% | 6 |
| | 10 pounds | 2% | 2 |
| | 20 pounds overhead | 0% | 0 |
| | Let pain be your guide | 4.9% | 5 |
| | Not applicable | 31.4% | 32 |
| | 1 pound | 4.9% | 5 |
| | 2 pounds | 6.9% | 7 |
| 47. Do you have a lifting guideline you recommend patients to follow at 3 months? | 5 pounds | 25.5% | 26 |
| | 10 pounds | 29.4% | 30 |
| | 20 pounds overhead | 2.9% | 3 |
| | Let pain be your guide | 18.6% | 19 |
| | Not applicable | 11.8% | 12 |
| | 1 pound | 0% | 0 |
| | 2 pounds | 0% | 0 |
| 48. Do you have a lifting guideline you recommend patients to follow at 6 months? | 5 pounds | 5.9% | 6 |
| | 10 pounds | 3.9% | 4 |
| | 20 pounds overhead | 14.7% | 15 |
| | Let pain be your guide | 62.7% | 64 |
| | Not applicable | 12.7% | 13 |
| | 1 pound | 0% | 0 |
| | 2 pounds | 0% | 0 |
| 49. Do you have a lifting guideline you recommend patients to follow at 1 year? | 5 pounds | 1.9% | 2 |
| | 10 pounds | 1% | 1 |
| | 20 pounds overhead | 5.8% | 6 |
| | Let pain be your guide | 72.8% | 75 |
| | Not applicable | 18.4% | 19 |
| | 3 months | 35.4% | 35 |
| | 6 months | 56.6% | 56 |
| 50. When do you tell a Workers' Compensation patient that they will be able to return to work (assuming a laborer) after repair of a SMALL tear (<2 cm)? | 1 year | 0% | 0 |
| | Maybe never | 0% | 0 |
| | None of the above | 8.1% | 8 |
| | | | |

continued

| TABLE E-1 (continued) | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------|----------------|
| Survey Question | Answer Options | Response Percentage | Response Count |
| 51. When do you tell a Workers' Compensation patient that they will be able to return to work (assuming a laborer) after repair of a LARGE tear (2-4 cm)? | 3 months | 11% | 11 |
| | 6 months | 68% | 68 |
| | 1 year | 8% | 8 |
| | Maybe never | 8% | 8 |
| | None of the above | 5% | 5 |
| 52. When do you tell a Workers' Compensation patient that they will be able to return to work (assuming a laborer) after repair of a MASSIVE tear (>5 cm)? | 3 months | 3.9% | 4 |
| | 6 months | 40.2% | 41 |
| | 1 year | 11.8% | 12 |
| | Maybe never | 38.2% | 39 |
| | None of the above | 5.9% | 6 |