

TABLE E-1 Details of the Assessments Performed at the Initial and Review Appointments

Assessment	Post-dislocation	6, 12, and 24 Months		Assessment*	Variable Type
	Baseline Questionnaire	Follow-up Questionnaire 1	Follow-up Questionnaire 2		
Questionnaire component	X			Demographic details (age, gender, height, weight)	Nominal categorical
	X			Hand dominance and injury side	Nominal categorical
	X			Family history of instability	Nominal categorical
	X			Injury mechanism	Nominal categorical
	X			Sports played and level of participation	Ordinal categorical
	X	X		Current contact details	Nominal categorical
	X	X		Co-morbidities assessment	Nominal categorical
	X	X		Treatment expectations score	Continuous, numeric
		X		Would you have the same treatment again if you could go back in time?	Ordinal categorical
		X		Return to work	Nominal categorical
	X	X		Current employment status	Nominal categorical
		X		Return to sports and level of participation	Nominal categorical
		X		Time off work	Continuous, numeric
	X	X		Application for Social Security/disability benefit	Nominal categorical
	X	X		Medico-legal claim pending	Nominal categorical
		X	X	Instability symptoms	Nominal categorical
		X	X	Further dislocations	Nominal categorical
		X	X	Further medical treatment	Nominal categorical
		X	X	Further surgical treatment	Nominal categorical
	X	X		SF-36 assessment	Continuous, numeric
	X	X		DASH assessment	Continuous, numeric
	X	X		WOSI assessment	Continuous, numeric
From case notes				Initial treatment received (reduction method, time to relocation and referral)	Nominal categorical
Confidential record by treating surgeon				Arthroscopic assessment of the severity of the injury and the surgery performed	Ordinal categorical
Physical examination	X	X	X	Range of shoulder movement	Continuous, numeric
		X	X	Instability signs	Nominal categorical
	X			Signs of hyperlaxity (Beighton score greater than or equal to four)	Ordinal categorical
	X			Associated rotator cuff, neurovascular or bony injury	Nominal categorical
Plain radiography	X			Size of Hill-Sachs lesion, presence of glenoid rim/tuberosity fracture	Nominal/ordinal categorical
Specialist imaging		X	X	Only for patients with recurrent instability	Nominal categorical

*SF-36 = Short Form-36, DASH = Disabilities of the Arm, Shoulder, and Hand, and WOSI = Western Ontario Shoulder Instability Index.

TABLE E-2 Summary of the Previous Studies Which Have Compared Arthroscopic Procedures with Nonoperative Treatment

Author	Year	Population	Minimum Follow-up (Months)	Technique	Study Type	Rate of Recurrent Instability (%)	
						Operative Group	Nonoperative Group
Wheeler et al. ¹²	1989	Military recruits	14	ST	UCS	2/9 (22.2)	35/38 (92.1)
Arciero et al. ¹³	1994	Military recruits	23	TGS	UCS	3/21 (14.3)	12/15 (80)
Kirkley et al. ⁴⁰	1999	General population (<30 years old)	24	TGS	RCT	5/19 (26.3)	11/19 (57.9)
Wintzell et al. ¹⁰	1999	General population (18-30 years old)	24	ALO	RCT	3/15 (20)	9/15 (60)
DeBerardino et al. ³⁹	2001	Military recruits	17	BT	UCS	6/49 (12.2)	4/6 (66.7)
Larrain et al. ¹⁵	2001	Athletes (<30 years old)	67	TGS/SA	UCS	1/28 (3.6)	17/18 (94.4)
Bottoni et al. ¹⁴	2002	Military personnel (18-26 years old)	35	BT	QR	1/9 (11.1)	9/12 (75)
Total						21/150 (14.0)	97/123 (78.9)

Study Type: UCS – Uncontrolled comparative study; QR – Quasi-randomized trial; RCT – Randomized controlled trial. Arthroscopic technique: TGS – Transglenoid suture repair; SA– suture anchor; BT– bioabsorbable tack; ST – staple capsulorrhaphy; ALO – arthroscopic lavage only

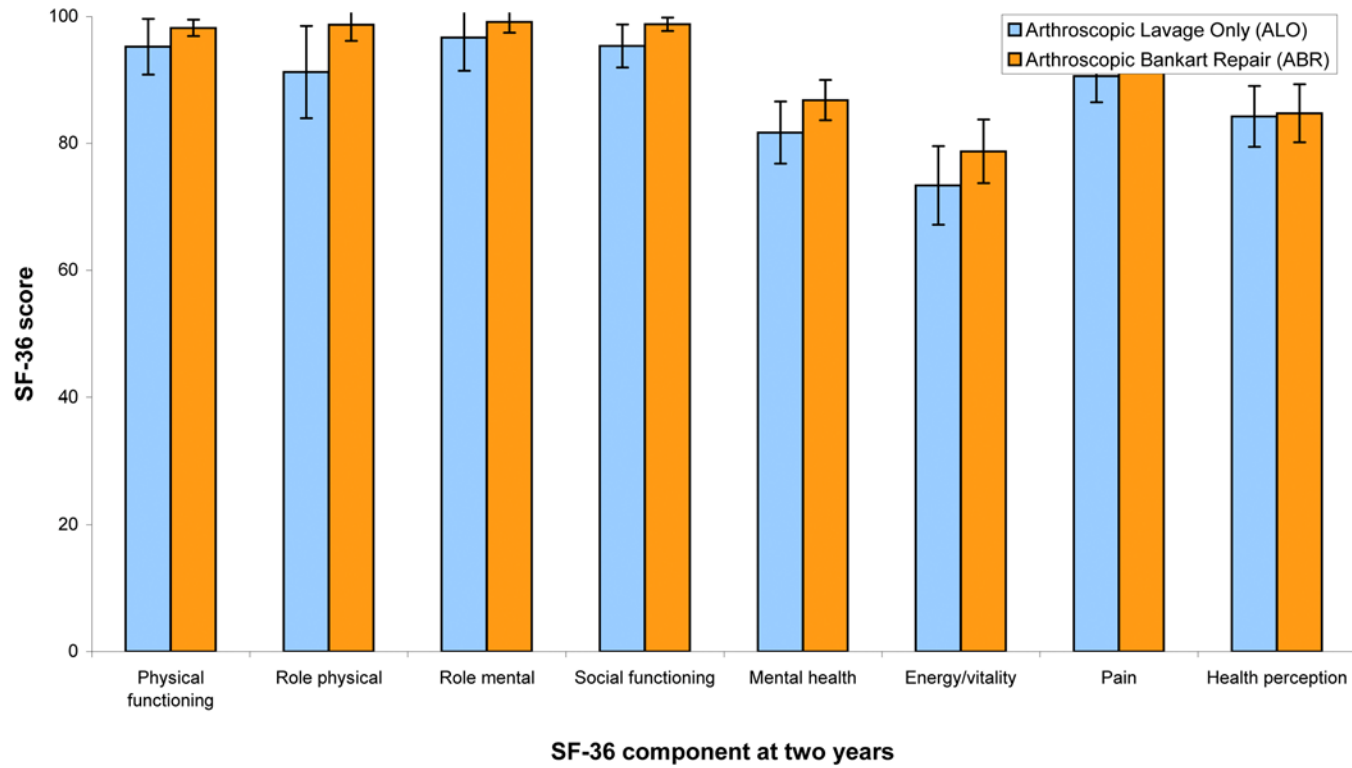


Fig. E-1

Comparison of the mean SF-36 (Short Form-36) scores between the treatment groups at two years after the primary dislocation. Error bars denote the 95% confidence intervals of the mean.