

Appendix 1:

**Shoulder Instability Survey**

**Question Title**

1. I am a Diplomate of:

ACVS

ECVS

ACVSMR

ACVS/ECVS and ACVSMR

**Question Title**

2. The approximate number of cases of chronic or acute shoulder instability or luxation that I see in a year is:

0-2

3-5

6-10

11-25

26+

**Question Title**

3. Of these cases the majority are:

acute instability or luxation

chronic shoulder instability

a combination of both

**Question Title**

4. I perceive the likely cause of instability/luxation in most cases I see to be:

acute trauma

chronic trauma/repetitive strain

a combination of both

Other (please specify)

**Question Title**

5. My preferred diagnostic methods include (check all that apply):

shoulder abduction angle

other physical exam findings

arthroscopy

ultrasound

MRI

Other (please specify)

**Question Title**

6. I feel the accuracy of the currently available diagnostics testing is:

highly accurate and reliable

somewhat accurate and reliable

of questionable accuracy and reliability

unreliable and not accurate

**Question Title**

7. My preferred treatment strategy for most cases is:

no treatment

rest and oral medication alone

rehabilitative and/or medical therapy

surgical intervention

rehabilitation and recommend surgery for unresponsive cases

Orthobiologics (PRP, Stem Cell)

**Question Title**

8. My preferred surgical treatment is:  
radiofrequency-induced thermocapsulorhapy (RITC)  
open stabilization by tendon transposition  
open stabilization by prosthetic ligament reconstruction  
open stabilization by primary reattachment  
arthroscopic or arthroscopically-assisted prosthetic ligament reconstruction, primary reattachment or  
imbrication technique  
Other (please specify)

**Question Title**

9. With respect to currently available rehabilitative therapy and medical treatment options, I find them:  
mostly safe, efficacious and reliable  
sometimes safe, efficacious and reliable  
usually not safe, efficacious and reliable  
never safe, efficacious and reliable  
Not at all useful

**Question Title**

10. With respect to the currently available surgical treatment options, I find them:  
mostly safe, efficacious and reliable  
somewhat safe, efficacious and reliable  
usually not safe, efficacious and reliable  
never safe, efficacious and reliable

**Question Title**

11. When considering surgical intervention, I find the currently available techniques:  
straight-forward and easy to perform  
complex and somewhat difficult to execute, but effective  
highly complex and very difficult to perform and do not feel comfortable or confident with the procedure  
mostly unachievable and try to avoid surgery