

## Demographics

- 1) What is your sex?

☐ Male

☐ Female
- 2) What is your race/ethnicity?

☐ American Indian or Alaska Native

☐ Asian

☐ Black or African American

☐ Hispanic or Latino

☐ Native Hawaiian or Other Pacific Islander

☐ White
- 3) What is your highest education level?

☐ High school or GED

☐ Associate's or Bachelor's degree

☐ Master's degree

☐ Doctoral degree
- 4) Do you or did you work in a medical profession?

☐ Yes

☐ No
- 5) Have you or some you know ever been diagnosed with a rotator cuff tear or had a rotator cuff repair surgery?

☐ Myself

☐ Someone I know

☐ No
- 6) How would you rate your understanding of the rotator cuff?

☐ No knowledge

☐ Very little knowledge

☐ Some knowledge

☐ Very knowledgeable

☐ Expert

**Anatomy & Function of The Rotator Cuff**

- 7) The rotator cuff is a:
- ☐ Bone
  - ☐ Ligament
  - ☐ Tendon
  - ☐ Nerve
- 
- 8) What is the primary purpose of the rotator cuff?
- ☐ Bending your elbow
  - ☐ Straightening out your knee
  - ☐ Rotating your ankle
  - ☐ Shoulder stability
- 
- 9) Rotator cuff tears are most common in which age group?
- ☐ 10-20 years old
  - ☐ 20-40 years old
  - ☐ 40-60 years old
  - ☐ >60 years old

**Risk Factors for Rotator Cuff Injury**

- |  |   |
|--|---|
| 10) A rotator cuff tear is usually the result of a significant injury (ex: a fall, lifting a very heavy object, a car accident). | <input type="radio"/> True<br><input type="radio"/> False |
| 11) In general, rotator cuff tears are painful and cause significant dysfunction.  | <input type="radio"/> True<br><input type="radio"/> False |
| 12) Older individuals who have rotator cuff tears typically do not have any shoulder pain or dysfunction.                        | <input type="radio"/> True<br><input type="radio"/> False |

**Diagnosis**

13) The most definitive imaging test to diagnose a rotator cuff tear is:

- ☐ X-ray
- ☐ CT scan
- ☐ Ultrasound
- ☐ MRI

**How effective do you think the following therapies are at treating a rotator cuff tear (1 = not very effective & 10 = very effective)?**

	1	2	3	4	5	6	7	8	9	10
14) Physical Therapy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15) Anti-inflammatories (i.e. NSAIDS)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16) Steroid (cortisone) injection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17) Bone marrow injection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18) PRP injection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19) Surgery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

20) Rotator cuff tears can reliably heal on their own. ☐ True  
☐ False

21) Almost all rotator cuff tears are able to be repaired with surgery. ☐ True  
☐ False

22) Most rotator cuff injuries require surgery at some point in time. ☐ True  
☐ False

23) Rotator cuff repair surgery eliminates the risk of arthritis following rotator cuff injury. ☐ True  
☐ False

**Risks of Surgery**

24) What is the approximate risk for infection following rotator cuff repair surgery?

0%25%

(Place a mark on the scale above)

25) What is the approximate risk for nerve injury following rotator cuff repair surgery?

0%25%

(Place a mark on the scale above)

26) What is the approximate risk for stiffness at 6 months following rotator cuff repair surgery?

0%25%

(Place a mark on the scale above)

27) What is the approximate risk for a retear at 6 months following rotator cuff repair surgery?

0%25%

(Place a mark on the scale above)

## Surgical Management

- 28) Most commonly, rotator cuff repair surgery involves:
- ☐ Multiple small "poke hole" incisions using a camera to repair the muscle tendons
  - ☐ Multiple small "poke hole" incisions with cautery to cut the nerve
  - ☐ A single large open incision with plates and screws to fix the fracture
  - ☐ A single large open incision with a stent to repair the blood vessel
- 
- 29) Following rotator cuff repair surgery, a patient can expect to:
- ☐ Be discharged from the hospital on the same day as surgery
  - ☐ Spend 1 night in the hospital
  - ☐ Spend 2-3 nights in the hospital
  - ☐ Spend time in a rehabilitation facility
- 
- 30) On a scale of 1-10, with 1 being minimal pain and 10 being extreme pain, what do you expect the pain from rotator cuff repair surgery to be?
- 1 10

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*(Place a mark on the scale above)*
- 
- 31) After rotator cuff repair surgery, a patient can expect to need narcotic pain medications (ex: oxycodone, hydrocodone, etc) for \_\_\_\_ days.
- ☐ 1-2 days
  - ☐ 3-7 days
  - ☐ 7-14 days
  - ☐ 14-21 days
  - ☐ >21 days

**Post-Surgical Expectations**

- 32) After rotator cuff repair surgery, patients can expect their shoulder function to return to what percent (%) of normal:
- ☐ 0-10% normal
  - ☐ 20-40% normal
  - ☐ 40-60% normal
  - ☐ 60-80% normal
  - ☐ 80-99% normal
  - ☐ 100% normal
- 
- 33) Following rotator cuff repair surgery, physical therapy (working directly with a physical therapist) is usually necessary.
- ☐ True
  - ☐ False

**After rotator cuff repair surgery, how long can patients expect it will take before they can safely do the following tasks?**

	1-2 weeks	3-4 weeks	1-3 months	3-5 months	5-7 months	7-9 months	9-12 months	> 1 year
34) Activities of daily living (i.e. feeding oneself, bathing, dressing) with assistance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35) Light duty work (i.e. desk job) that can be done with one hand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36) Heavy duty work (i.e. construction work), Weightlifting, Competitive sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>