

# Preintervention

## 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 someone 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).  True  
 False

---

- 11) In general, rotator cuff tears are painful and cause significant dysfunction.  True  
 False

---

- 12) Older individuals who have rotator cuff tears typically do not have any shoulder pain or dysfunction.  True  
 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"/>									
15) Anti-inflammatories (i.e. NSAIDS)	<input type="radio"/>									
16) Steroid (cortisone) injection	<input type="radio"/>									
17) Bone marrow injection	<input type="radio"/>									
18) PRP injection	<input type="radio"/>									
19) Surgery	<input type="radio"/>									

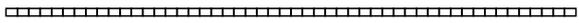
20) Rotator cuff tears can reliably heal on their own.  True  False

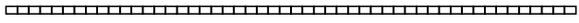
21) Almost all rotator cuff tears are able to be repaired with surgery.  True  False

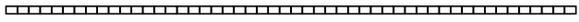
22) Most rotator cuff injuries require surgery at some point in time.  True  False

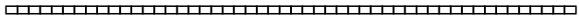
23) Rotator cuff repair surgery eliminates the risk of arthritis following rotator cuff injury.  True  False

**Risks of Surgery**

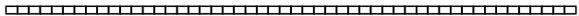
24) What is the approximate risk for infection following rotator cuff repair surgery? 0% 25%  
  
*(Place a mark on the scale above)*

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 re-tear 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
- 
- (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"/>							
35) Light duty work (i.e. desk job) that can be done with one hand	<input type="radio"/>							
36) Heavy duty work (i.e. construction work), Weightlifting, Competitive sports	<input type="radio"/>							