

Shoulder instability management

Hello,

Thank you for participating in the Shoulder Instability PRISM Research Interest Group survey looking at shoulder instability management. If you have any questions please reach out to Shital.Parikh@cchmc.org or Matthew.Veerkamp@cchmc.org.

Thank you!

1. How many years have you been in practice?

- < 5 years of experience
 6-10 years of experience
 11-15 years of experience
 >15 years of experience

2. What type of practice are you involved in?

- Academic
 Private Practice
 Mix of Academic and Private Practice
 Military

3. Fellowship training?

- Sports Medicine
 Pediatrics
 Both
 Other, specify

Specify other fellowship expertise

4. Where do you practice?

- West coast (US)
 East coast (US)
 Midwest (US)
 South (US)
 Other, specify

Specify other practice location

5. How many shoulder instability cases do you perform annually (open or arthroscopic)?

- < 25
 26-50
 51-100
 >100

6. Select the factors that would influence your treatment decision for first-time shoulder dislocation treatment.

	Yes	No
Age	<input type="radio"/>	<input type="radio"/>
Sex	<input type="radio"/>	<input type="radio"/>
Status of physis	<input type="radio"/>	<input type="radio"/>
Bony Bankart	<input type="radio"/>	<input type="radio"/>
Mechanism of injury (contact vs non-contact)	<input type="radio"/>	<input type="radio"/>

Primary Sport (of position)
played?

6.1 What chronological age would be your cutoff for non-operative vs operative treatment for boys?

- 13 years or less
 14 years or less
 15 years or less
 16 years or less
 other

Other age cutoff for boys _____

6.2 What chronological age would be your cutoff for non-operative vs operative treatment for girls?

- 12 years or less
 13 years or less
 14 years or less
 15 years or less
 Other
(age in years)

Other age cutoff for girls _____

Case 1:

18 yr old male was tackled playing football (collision injury). He suffered an anterior shoulder dislocation that required reduction in the ED. No previous history of dislocation on either shoulder. The patient presents to your office 8 days from initial injury. No evidence of ligamentous laxity on exam (Beighton 0/9). Apprehension and relocation test positive. Jerk test negative. Strength 5/5.

7. What advanced imaging would you prefer for this patient in your practice? (select all that apply)

- MRI 1.5T
 MRI 3T
 MR arthrogram
 CT
 I routinely do not get advanced imaging for first time dislocation

8. MRI shows Bankart tear (anterior-inferior labral tear). There is no bone loss. How would you treat this patient?

- Arthroscopic surgery
 Non-operatively
 Open surgery

9. Same as Case 1, but the patient is a 13 year old boy with open proximal humerus physis. How would you treat this patient?

- Arthroscopic surgery
 Non-operatively
 Open surgery

10. Same as Case 1, but this patient is a 15 year old boy with closing proximal humerus physis. How would you treat this patient?

- Arthroscopic surgery
 Non-operatively
 Open surgery

Case 2:

18 yr old female sustained a first-time anterior shoulder dislocation when she fell on an outstretched hand while roller skating. The dislocation had to be reduced. Beighton index 0/9. Apprehension and relocation test are positive. MRI shows Bankart tear (anterior-inferior labral tear). There is no bone loss.

11. How would you treat this patient?

Arthroscopic surgery
 Non-operatively
 Open surgery

12. Same as Case 2, but the patient is an 11 year old female with open proximal humerus physis. How would you treat this patient?

Arthroscopic surgery
 Non-operatively
 Open surgery

13. Same as Case 2, but the patient is a 14 year old girl with closing proximal humerus growth plate. How would you treat this patient?

Arthroscopic surgery
 Non-operatively
 Open surgery

Case 3:

15 yr old boy with closing proximal humerus physis suffered a first-time anterior shoulder dislocation after a fall on an outstretched hand as he came down from basketball jump (non-contact injury). He sustained a Bankart tear.

14. How would you treat this patient?

Arthroscopic surgery
 Non-operatively
 Open surgery

Case 4:

A 14 yr old boy with open proximal humerus physis sustained his 3rd anterior shoulder dislocation following wrestling injury. MRI showed Bankart tear.

15. Does this patient routinely get a CT scan in your practice irrespective of what the MRI shows?

Yes
 No

16. How would you treat this patient?

Arthroscopic surgery
 Non-operatively
 Open surgery

17. Same as Case 4, but the patient is an 18 year old boy with closed proximal humerus growth plate. How would you treat this patient?

Arthroscopic surgery
 Non-operatively
 Open surgery

Case 5:

A 12 year old girl, an overhead athlete, with open proximal humerus physis, has pain and instability symptoms related to her dominant shoulder while playing volleyball. No known shoulder dislocation. She remains symptomatic after 6 months of conservative treatment, including PT. Beighton is 7/9. She is diagnosed with multi-directional instability (MDI).

18. Does this patient get an MRI or MR arthrogram in your practice? Yes
 No

19. How would you treat this patient if the MRI is normal? Arthroscopic surgery
 Non-operatively
 Open surgery

20. This patient now sustains an anterior dislocation which had to be reduced. The MRI is normal. How would you treat the patient? Arthroscopic surgery
 Non-operatively
 Open surgery

21. This patient now has recurrent anterior dislocations. MRI shows anterior labral tear. How would you treat the patient? Arthroscopic surgery
 Non-operatively
 Open surgery

Case 6:

A 16 yr old female, with closed physis, has been diagnosed with Multi-directional Instability (MDI). She has failed 6 months of conservative treatment.

22. How would you treat this patient? Arthroscopic surgery
 Non-operatively
 Open surgery

23. Same as in Case 6, but the girl is 13 years old and has closing proximal humerus physis and MDI. How would you treat this patient? Arthroscopic surgery
 Non-operatively
 Open surgery

24. What is your surgery preference when treating MDI in any patient in primary setting? Open capsular shift
 Arthroscopic capsular plication with sutures
 Arthroscopic capsule-labral plication with suture anchors

25. Is there a role of rotator interval closure during operative treatment of shoulder instability? Yes
 No