

Appendix. All surgical procedures performed during the study period

Male Surgical Procedures (n = 22)

Neck (n = 1)

C5-6 fusion for bilateral jumped facets

Shoulder (n = 5)

Shoulder labrum repair

Distal clavicle excision shoulder

Shoulder biceps/proximal long head rupture repair

SLAP repair (shoulder)

Shoulder rotator cuff repair

Elbow/Hand/Wrist (n = 7)

Wrist triangular fibrocartilage complex repair (3)

Elbow arthroscopy - impingement (2)

Wrist arthroscopy/debridement

Open reduction internal fixation - radius

Knee (n = 6)

Anterior cruciate ligament reconstruction (3)

Knee osteochondral autograft

Meniscus repair

Patellar tendon debridement

Ankle/Foot (n = 3)

Ankle arthroscopy - impingement (2)

Talus fracture ORIF posterior process

Female Surgical Procedures (n = 49)

Shoulder (n = 4)

Distal clavicle excision with subacromial decompression

Rotator cuff repair and SLAP debridement (shoulder)

Open reduction internal fixation - os acromiale

Distal clavicle excision

Elbow/Hand/Wrist (n = 6)

Elbow arthroscopy - impingement (2)

Open reduction internal fixation - scaphoid

Carpal boss excision

Open reduction internal fixation - forearm

Elbow UCL reconstruction

Hip (n = 1)

Hip arthroscopy labral debridement

Knee/Leg (n = 17)

Anterior cruciate ligament reconstruction (x6)

Meniscus partial meniscectomy (4)

Meniscus repair (3)

Meniscectomy with meniscus transplant

Patella tendinitis debridement

Intramedullary rod - tibia stress fracture

Fulkerson osteotomy for patellar instability

Ankle/Foot (n = 21)

Ankle arthroscopy - impingement (9)

Achilles tendon repair (2)

Ankle arthroscopy - os trigonum excision (2)

Hardware removal - foot - Lisfranc

Open reduction internal fixation - Lisfranc

Subtalar osteochondral defect debridement

Open reduction internal fixation - ankle

Repair of flexor tendon (foot)

Tendon repair foot - peroneal

Arthrodesis great toe interphalangeal joint

Ankle arthroscopy - tenosynovectomy