

For this survey, refer to the enclosed table for corticosteroid types.
As noted in the cover letter, these questions refer to conditions that include injecting painful degenerative and overuse conditions, strains (e.g., acromioclavicular joint), or peri-scapular trigger points.

1. Do you use corticosteroid injections for treating painful shoulder conditions? Yes No

If yes, please fill out the remainder of the survey.

If no, please state why and return the survey. _____

2. Which types (and how much volume) corticosteroid do you typically use for the:

Type of Corticosteroid(s) and strength (mg/ml) <small>(see attached table for types)</small>	Volume of Cortisone (cc) <small>(please circle one)</small>
<i>Acromioclavicular joint</i> _____	.25 .50 .75 1.0 1.25 1.50 1.75 2.0 Other: _____
<i>Subacromial bursa</i> _____	.25 .50 .75 1.0 1.25 1.50 1.75 2.0 Other: _____
<i>Glenohumeral joint</i> _____	.25 .50 .75 1.0 1.25 1.50 1.75 2.0 Other: _____
<i>Biceps tendon sheath</i> _____	.25 .50 .75 1.0 1.25 1.50 1.75 2.0 Other: _____
<i>Trigger points</i> _____	.25 .50 .75 1.0 1.25 1.50 1.75 2.0 Other: _____

3. If you use different types of corticosteroid for the different shoulder locations, please explain your rationale in choosing a specific corticosteroid for a particular area of the shoulder.

4. Which type (and how much volume) of local anesthetic do you typically use for the:

	Type of local anesthetic <small>(please circle one or both if combo)</small>		Volume of anesthetic (cc) <small>(please circle one)</small>										
<i>Acromioclavicular joint:</i>	Lidocaine	Bupivacaine	1	2	3	4	5	6	7	8	9	10	Other: _____
<i>Subacromial bursa:</i>	Lidocaine	Bupivacaine	1	2	3	4	5	6	7	8	9	10	Other: _____
<i>Glenohumeral joint:</i>	Lidocaine	Bupivacaine	1	2	3	4	5	6	7	8	9	10	Other: _____
<i>Biceps tendon sheath:</i>	Lidocaine	Bupivacaine	1	2	3	4	5	6	7	8	9	10	Other: _____
<i>Trigger points:</i>	Lidocaine	Bupivacaine	1	2	3	4	5	6	7	8	9	10	Other: _____

5. What do you think are the advantages of the corticosteroid(s) that you use?

Corticosteroid Type	Advantages
1st Choice _____	_____
2nd Choice _____	_____

6. Were you aware that there are acetate and phosphate types of corticosteroids?

Yes No

If yes, which type is more soluble?

Acetate Phosphate Don't Know

7. Were you aware that acetate vs. phosphate corticosteroids may have different degrees of local and systemic absorption, and differences in duration of their anti-inflammatory affect?

Yes No

8. Do you ever use acetate-type corticosteroids (instead of phosphate types) for treating specific shoulder conditions? *

Yes No

If yes, what are these conditions or situations? _____

What is your rational for using acetate-type corticosteroids for each of these conditions or situations?

9. Do you ever use phosphate-type corticosteroids (instead of acetate types) for treating specific shoulder conditions? *

Yes No

If yes, what are these conditions or situations? _____

What is your rational for using phosphate-type corticosteroids for each of these conditions or situations?

10. Compared to the typical corticosteroid that you use for injecting the subacromial bursa, do you use a different type of corticosteroid for injecting the shoulder region of diabetic patients?

Yes No

If yes, which type of corticosteroid do you use and why? _____

* For the purpose of this survey, "shoulder region" or "shoulder condition" refers to the acromioclavicular joint, subacromial bursa, glenohumeral joint and/or biceps tendon sheath. Additional "conditions" may include: frozen shoulder syndrome, scapulo-thoracic bursitis, and trigger points.

11. Compared to the typical corticosteroid that you use for injecting the subacromial bursa, do you use a different type of corticosteroid for injecting the shoulder region of patients with other specific (non-diabetic) medical conditions?

Yes No

If yes, what are these conditions or situations? _____

12. Do you use a different type of corticosteroid for young athletes (<30 years) vs. middle-aged laborers?

Yes No

If yes, which type of corticosteroid?

Young Athlete: _____ Middle-age: _____

13. How many years have you been in the practice of medicine or surgery?

0-5 6-10 11-15 16-20 >20

14. Your gender and age are:

Male Female

Age: _____

**Table
Common Injectable Corticosteroids**

Generic Name	Trade Name	Strength (mg/ml)
Betamethasone Sodium Phosphate	Celestone	3
Betamethasone sodium phosphate- betamethasone acetate	Celestone-Soluspan	4
Dexamethasone acetate	Decadron-LA	8
Dexamethasone sodium phosphate	Decadron	4
Hydrocortisone acetate	Hydrocorticone	25
Methylprednisolone acetate	Depo-Medrol	20, 40, 80
Prednisolone sodium phosphate	Hydeltrasol	20
Prednisolone tebutate	Hydeltrasol-TBA	20
Triamcinolone acetonide	Kenalog	10, 40
Triamcinolone diacetate	Aristospan forte	25, 40
Triamcinolone hexacetonide	Aristospan	20