#### 1. Welcome!

Thank you for your help. This survey should take 5 to 10 minutes to complete.

This is an IRB approved study. Your personal information will not be linked to your responses.

Please note that for the following questions "endoscopy" refers to either arthroscopy, laparoscopy, or any procedure that places a camera into a hollow organ or cavity.

#### 2. Demographics

#### 1. What is your current age?

jm < 30 years</li>
 jm 31 - 40
 jm 41 - 50
 jm 51 - 60
 jm 61 - 70
 jm > 70 years

#### 2. How would you describe your gender?

jn Malejn Femalejn Transgender

#### 3. Which of the following best describes your race and ethnicity? (check all that apply)

American Indian or Alaska Native

Asian

Black or African American

Hispanic or Latino

Native Hawaiian or Other Pacific Islander

White

Other (please specify)

#### 3. Practice

2. Do you o	currently practice:			
jn Full time				
jn Part time				
3. What pe	rcentage of your p	ractice is:		
Clinical				
Administrative				
Residenc	y & Fellowship			
1. What res	sidency did you tra	in in?		
jn Orthopaed	lic Surgery			
j⊓ General S	urgery			
j∵ Urology				
,	& Gynecology			
2. What fel	lowship did you tra	ain in?		
	Orthopaedic Surgery	General Surgery	OB/GYN	Urology
Primary Subspecialty	✓	▼	<b>V</b>	✓
Secondary			<b>V</b>	
Subspecialty (if				
applicable)				
Other (please sp	ecify)			
2 Did			- Harrakia rritk arada	
-	nave experience ir	residency and/or i	ellowship with endo	scopy?
jn Yes				
jn No				
	V			
Residenc	,			

Ce	rvical Spine Di	sease in Surgeons Performing Endoscopy
	•	nitors are placed on a stand and typically require the OR support staff nonitors are connected to the ceiling and typically can be moved by the
		during RESIDENCY did you have experience stationary vs boom experience, answer 0)
6.	Fellowship	
	1. How many yea no experience, ar	rs during FELLOWSHIP did you have experience with endoscopy? (if nswer 0)
		rs during FELLOWSHIP did you have experience with stationary vs (if no experience, answer 0)
7.	Endoscopy Exp	erience
	1. Have you perform in Yes	ormed endoscopy since residency and fellowship?
8.	Endoscopy Exp	erience 2
	1. How many yea none, answer 0)?	rs have you performed endoscopy since residency and fellowship? (if

Cervical Spine Disease in Surgeo	ons Performing Endoscopy
2. What percentage of surgeries you	currently perform are endoscopic?
j <sub>'∩</sub> 0-10%	
j <sub>'\'\'</sub> 11-20%	
j <sub>n</sub> 21-30%	
j <sub>10</sub> 31-40%	
j <sub>11</sub> 41-50%	
j <sub>m</sub> 51-60%	
j <sub>n</sub> 61-70%	
j <sub>10</sub> 71-80%	
j <sub>n</sub> 81-90%	
j∵∩ 91-100%	
9. Endoscopy Practice	
2. Of the endoscopy types you perfo	rm, what percentage of your endoscopy practice is:
Knee	Percentage of Scoping Practice
Shoulder	
Elbow	
Hip	
Ankle	
Wrist	
Abdomen	
Thorax	
Female Reproductive System	
Male Reproductive System	
Other	
Other (please specify)	
10. Digital OR	

Corvical Spine Disease in Surgeons Berforming Endesceny
Cervical Spine Disease in Surgeons Performing Endoscopy  1. Do you currently use an all digital OR (Boom monitor)?
in Yes
jn No
2. If yes, for how many years have you used an all digital OR?
11. Neck Pathology Diagnosis
1. Have you ever been diagnosed with the following cervical spine diseases? (check all
that apply)
€ Cervical Spine Sprain / Strain
€ Cervical Herniated Disc
© Cervical Degenerative Disc Disease
© Cervical Foraminal Stenosis
€ Cervical Spondylolisthesis
© Cervical Spine Trauma
© Cervical Spine Tumor
€ Cervical Spine Infection
Other Cervical Spine Pathology
Other (please specify)
12. Neck Pain
1. Have you ever experienced significant NECK PAIN?
jn Yes
j <sub>'∩</sub> No
13. Neck Pain 2
1. Would you describe the neck pain as:
jn Acute
jn Chronic

2. How long ago	did your neck pa	ain begin?			
Years					
Months					
3. For how long	did the neck pair	n last?			
Years	_				
Months					
4. Did the neck p	pain resolve?				
jn Yes					
jn No					
5. If the neck pai	in you experience	ed was relate	d to a prior ac	ccident or injury,	please
_	r own words wha		•		•
	5				
	6				
1. Have you tried	Neck Pain	EATMENT for	the NECK P	AIN?	
1. Have you tried		EATMENT for	the NECK P	AIN?	
1. Have you tried  jn Yes  jn No	d any form of TRI	EATMENT for	the NECK P	AIN?	
1. Have you tried  jn Yes  jn No  Medications f  1. What MEDICA	d any form of TRI				? (check all
1. Have you tried  jn Yes  jn No  . Medications f	d any form of TRI or Neck Pain				•
1. Have you tried  jn Yes  jn No  Medications f  1. What MEDICA	d any form of TRI or Neck Pain	tried and did	it help with y	our NECK PAIN	? (check all
1. Have you tried  jn Yes  jn No  . Medications f  1. What MEDICA that apply)	d any form of TRI or Neck Pain TIONS have you	tried and did	it help with y	OUR NECK PAIN  Moderately helped	Greatly helped
1. Have you tried  jn Yes  jn No  Medications f  1. What MEDICA that apply)	d any form of TRI or Neck Pain TIONS have you	tried and did	it help with y	Y <b>our NECK PAIN</b> Moderately helped	Greatly helped
1. Have you tried  jn Yes  jn No  Medications f  1. What MEDICA that apply)  Tylenol NSAIDs	d any form of TRI or Neck Pain TIONS have you Did not attempt	tried and did  No help  ja  ja	it help with y  Little help  jo	rour NECK PAIN Moderately helped ja jn	Greatly helped
1. Have you tried  jn Yes  jn No  Medications f  1. What MEDICA that apply)  Tylenol NSAIDs COX-2 inhibitors	or Neck Pain TIONS have you  Did not attempt  jo  jo	tried and did  No help  jo  jo  jo	it help with y  Little help  jo  jo	our NECK PAIN  Moderately helped  jo  jo	Greatly helped
1. Have you tried  jn Yes  jn No  Medications f  1. What MEDICA that apply)  Tylenol NSAIDs  COX-2 inhibitors Opiate analgesics	or Neck Pain TIONS have you  Did not attempt  jo  jo  jo  jo  jo	tried and did  No help  jo  jo  jo  jo  jo	it help with y  Little help  jo  jo  jo  jo  jo	Moderately helped	Greatly helped j'a j'a j'a j'a
1. Have you tried  jn Yes  jn No  Medications f  1. What MEDICA that apply)  Tylenol  NSAIDs  COX-2 inhibitors  Opiate analgesics  Muscle relaxants	or Neck Pain TIONS have you  Did not attempt  jo  jo  jo  jo	tried and did  No help  ja  ja  ja  ja  ja  ja  ja	it help with y  Little help  jo  jo  jo  jo  jo  jo	Moderately helped  jo jo jo jo	Greatly helped ja ja ja ja ja
jn Yes jn No  Medications f  1. What MEDICA that apply)  Tylenol NSAIDs  COX-2 inhibitors Opiate analgesics Muscle relaxants Antidepressants	d any form of TRI	tried and did  No help  ja  ja  ja  ja  ja  ja  ja  ja	it help with y  Little help  jo  jo  jo  jo  jo  jo  jo  jo	Moderately helped  ja  ja  ja  ja  ja  ja  ja  ja  ja  j	Greatly helped jn jn jn jn jn

## 1. What CONSERVATIVE MEASURES have you tried and did it help with NECK PAIN? (check all that apply)

	Did not attempt	No help	Little help	Moderately helped	Greatly helped
Physical therapy	<b>j</b> o	<b>j</b> ro	jm	<b>j</b> m	<b>j</b> ro
Chiropractic care	<b>j</b> m	<b>J</b> n	<b>j</b> n	<b>j</b> m	<b>j</b> m
Acupuncture	<b>j</b> ro	<b>j</b> o	ja	<b>j</b> ta	<b>j</b> o
Heat or Ice	<b>j</b> m	<b>J</b> n	<b>j</b> n	<b>j</b> m	<b>j</b> n
Changing mattress pad	<b>j</b> ro	<b>j</b> α	jm	<b>j</b> m	јa
Other	Jm	<b>j</b> m	<b>j</b> m	<b>j</b> n	<b>j</b> m
Other (please specify)					

#### 17. Invasive Treatments for Neck Pain

## 1. Have you ever have an EPIDURAL and/or NERVE BLOCK for NECK PAIN? If so, did it help?

j'n	Yes, no help
jm	Yes, little help
jn	Yes, moderately helped
jn	Yes, greatly helped
jm	No, did not attempt

#### 2. Have you had neck SURGERY for NECK PAIN?

jn	Yes
m	No

### 18. Surgery for Neck Pain

## 1. What TYPE OF NECK SURGERY did you have and did it help with your symptoms? (check all that apply)

	Did not attempt	No help	Little help	Moderately helped	Greatly helped
ACDF (Anterior cervical decompression and fusion)	<b>j</b> m	ja	ja	jα	jm
Cervical disk replacement	<b>j</b> m	<b>j</b> m	<b>j</b> m	<b>j</b> m	<b>j</b> m
Posterior decompression - laminoforaminotomy	<b>j</b> n	j'n	jα	jα	ja
Laminectomy without fusion	<b>j</b> n	jn	<b>j</b> n	<b>j</b> n	<b>j</b> m
Laminectomy with fusion	ja	<b>j</b> n	<b>j</b> ta	<b>j</b> ro	<b>j</b> n
Laminoplasty	<b>j</b> m	<b>j</b> ta	<b>j</b> n	<b>j</b> m	<b>j</b> m
Other	<b>j</b> m	<b>j</b> ta	jm	<b>j</b> o	<b>j</b> n
Other (please specify)					

### 19. Changing of Practice for Neck Pain

### 1. Have you adjusted your surgery practice to reduce your NECK PAIN?

jn	Yes
jn	No

# 2. Which of the following have you tried and did it help with your NECK PAIN? (check all that apply)

mar apply/					
	Did not attempt	No help	Little help	Moderately helped	Greatly helped
Positioning monitor in ergonomic fashion	É	€	€	é	é
Stretching neck into lordosis by looking at ceiling during scoping procedure	É	Ê	€	Ê	€
Other	É	ē	€	€	ē
Other (please specify)					

## 20. Neck Radiculopathy/Myelopathy

1. Radiculopathy is nerve root damage. Myelopathy is spinal cord damage. Both can result in pain, weakness, numbness or difficulty controlling specific muscles.

Has a doctor or other medical professional ever told you that you had RADICULOPATHY/MYELOPATHY in your upper extremities?

jn	Yes
ho	Nο

#### 21. Neck Radiculopathy/Myelopathy 2

1. Would you describe y	our radiculopath	y/myelopathy as:
-------------------------	------------------	------------------

jn	Acute
m	Chronic

2. How long ago did the radiculopathy/myelopathy begin?

Years	
Months	

3. For how long did the radiculopathy/myelopathy last?

Years	
Months	

4. Did the radiculopathy/myelopathy resolve?

jn	Yes
m	No

5. If the radiculopathy/myelopathy you experienced was related to a prior accident or injury, please describe in your own words what happened.



### 22. Treatment for Radiculopathy/Myelopathy

1. Have you tried any form of TREATMENT for the RADICULOPATHY/MYELOPATHY in your upper extremities?

jm	Yes
m	No

### 23. Medications for Radiculopathy/ Myelopathy

# 1. What MEDICATIONS have you tried and did it help with the RADICULOPATHY/MYELOPATHY? (check all that apply)

	Did not attempt	No help	Little help	Moderately helped	Greatly helped
Tylenol	jn	jo	<b>j</b> to	jn	jta
NSAIDs	<b>j</b> m	<b>J</b> m	<b>j</b> n	<b>j</b> m	<b>j</b> m
COX-2 inhibitors	<b>j</b> ta	<b>j</b> n	<b>j</b> m	<b>j</b> ta	ja
Opiate analgesics	<b>j</b> m	<b>j</b> n	<b>j</b> n	<b>j</b> m	<b>j</b> n
Muscle relaxants	ja	<b>j</b> o	jm	ja	<b>j</b> o
Antidepressants	<b>j</b> n	<b>J</b> m	<b>j</b> n	<b>j</b> n	<b>j</b> n
Oral corticosteroids	ja	<b>j</b> o	<b>j</b> m	ja	<b>j</b> n
Other	<b>j</b> m	<b>j</b> n	<b>j</b> m	<b>j</b> m	<b>j</b> n
Other (please specify)					

#### 24. Conservative Treatment Measures for Radiculopathy/ Myelopathy

## 1. What CONSERVATIVE MEASURES have you tried and did it help with the RADICULOPATHY/MYELOPATHY? (check all that apply)

	Did not attempt	No help	Little help	Moderately helped	Greatly helped
Physical therapy	<b>j</b> o	<b>j</b> n	<b>j</b> ta	jn	ja
Chiropractic care	<b>j</b> m	<b>j</b> m	<b>j</b> n	<b>j</b> n	<b>j</b> m
Acupuncture	<b>j</b> ro	<b>j</b> ro	<b>j</b> m	<b>j</b> ta	<b>j</b> ta
Heat or Ice	<b>j</b> m	<b>J</b> m	<b>j</b> n	<b>j</b> n	<b>J</b> m
Changing mattress pad	<b>j</b> ro	<b>J</b> o	<b>j</b> ta	ja	<b>j</b> n
Other	<b>j</b> m	<b>J</b> m	<b>j</b> n	<b>j</b> n	<b>J</b> m
Other (please specify)					

### 25. Invasive Treatments for Radiculopathy/Myelopathy of Upper Extremity(ies)

1. Have you ever have an EPIDURAL and/or NERVE BLOCKS for
RADICULOPATHY/MYELOPATHY? If so, did it help?

jn	Yes, no help
jn	Yes, little help
jn	Yes, moderately helped
jn	Yes, greatly helped
m	No, did not attempt

## 2. Have you had neck SURGERY for RADICULOPATHY/MYELOPATHY of upper extremities?

jm	Yes
m	No

### 26. Surgery for Radiculopathy/Myelopathy of Upper Extremity(ies)

## 1. What TYPE OF NECK SURGERY did you have and did it help with your symptoms? (check all that apply)

	Did not attempt	No help	Little help	Moderately helped	Greatly helped
ACDF (Anterior cervical decompression and fusion)	ja	jm	ja	ja	jα
Cervical disk replacement	<b>j</b> m	<b>j</b> m	<b>j</b> n	<b>j</b> m	<b>j</b> m
Posterior decompression - laminoforaminotomy	ja	<b>j</b> a	<b>j</b> a	jα	<b>j</b> o
Laminectomy without fusion	<b>j</b> n	<b>j</b> m	<b>j</b> m	<b>j</b> n	<b>j</b> n
Laminectomy with fusion	jα	<b>j</b> o	ja	ja	<b>j</b> o
Laminoplasty	<b>j</b> m	<b>J</b> n	<b>j</b> n	<b>j</b> n	<b>j</b> m
Other	<b>j</b> ro	<b>j</b> o	<b>j</b> m	<b>j</b> m	<b>j</b> ro
Other (please specify)					

## 27. Changing of Practice for Radiculopathy/Myelopathy

1. Have you adjusted your surgery practice to reduce your RADICULOPATHY/MYELOPATHY?

jn	Yes		
jm	No		

	case iii oui	geons rei	forming Er	ndoscopy	
2. Which of the following	lowing have yo	u tried and d	id it help with	your	
RADICULOPATHY	/MYELOPATH	?? (check all	that apply)		
	Did not attempt	No help	Little help	Moderately helped	Greatly helped
Positioning monitor in ergonomic fashion	Ê	€	Ē	É	€
Stretching neck into lordosis by looking at ceiling during scoping procedure	Ē	Ê	€	Ê	Ê
Other	€	€	€	€	€
Other (please specify)					
. Anthropometric	s				
1. What is your hei	ght?				
Feet	_				
Inches					
2. What is your we	ight?				
Pounds					
. Activity Level					
1. On average, how	w many HOURS	S PER DAY d	o you spend (	doing the follow	ing
activities? (if none	, answer 0)				
Sitting	·				
Standing					
Walking					
2 On average has	w many DAVE I			daina tha fallawi	ina nhuaisal
2. On average, how activities?	willally DATS	PER WEER O	o you spend	doing the follow	ing physical
activities?			Per Week		
MILD exercise (i.e. less than 15 minutes of walking)			V		
maining)					
MODERATE exercise (i.e. more than 15 minutes of walking)			<b>V</b>		
MODERATE exercise (i.e. more than 15 minutes of			V		

## Cervical Spine Disease in Surgeons Performing Endoscopy 1. Do you currently smoke cigarettes, even occasionally? †n Yes jn No 2. If yes, how often do you smoke? (quantify) 3. If yes, how many total YEARS have you smoked? 4. If no, have you ever smoked? jn Yes jn No 5. If yes, for how many YEARS did you smoke? 31. Stress 1. How much stress do you experience in your job, on a 0-5 scale? 0 - No stress 1 - Very little stress 2 - Little stress 3 - Moderate stress 4 - High stress 5 - Very high stress 2. How much stress do you experience in all other ares of your life, besides your job, on a 0-5 scale? 0 - No stress 1 - Very little stress 2 - Little stress 3 - Moderate stress

4 - High stress

5 - Very high stress

Cervical Spine Disease in Surgeons Performing Endoscopy
32. Final Page
Thank you for taking the time to complete this survey. We appreciate any feedback.
1. Final comments or critiques
5
6