

BRACHIAL PLEXUS BIRTH INJURY

ELBOW FLEXION CONTRACTURES

What Matters Most to You?

These questions help you to think about how you feel about your elbow and your treatment options. Your feelings, worries and expectations are very important in making your decision. This questionnaire will help you to think about what treatment option is the best fit for you.

Place an **X** on the 0 to 5 scale to show how much you agree or disagree with each statement. '**0**' means that you strongly disagree. '**5**' means you strongly agree. There are no right or wrong answers.

	Disagree					Agree
1. I am happy with how my elbow moves.	0	1	2	3	4	5
2. I am happy with how I do everyday activities, including sports.	0	1	2	3	4	5
3. I am happy with how my elbow looks.	0	1	2	3	4	5
4. I am happy with how my elbow feels.	0	1	2	3	4	5
5. I want to stretch my elbow so it does not feel stiff.	0	1	2	3	4	5
6. I am worried that my elbow is getting stiffer and more bent.	0	1	2	3	4	5
7. My elbow feels good after I stretch.	0	1	2	3	4	5
8. It hurts when I stretch my elbow.	0	1	2	3	4	5
9. It would be difficult for me to do stretches every day.	0	1	2	3	4	5
10. Using my arm a lot is enough to keep my elbow moving well.	0	1	2	3	4	5
11. People notice my arm (or ask questions) because my elbow is stiff and bent.	0	1	2	3	4	5
12. I am okay with stretching, casting or splinting even if it will not make my elbow fully straight.	0	1	2	3	4	5
13. Wearing a nighttime cast or splint will bother me when I sleep.	0	1	2	3	4	5

14. I am okay with wearing a cast or splint when I'm with friends (school, sleepovers, camp).	0	1	2	3	4	5
15. I am okay with wearing a cast even though it will get in the way of my regular activities (sports) for a few weeks.	0	1	2	3	4	5
16. I am okay with wearing a splint every night to maintain the benefits of a stretching program.	0	1	2	3	4	5
17. It is not worth stretching, casting or splinting because my elbow will bend back up if I stop stretching.	0	1	2	3	4	5
ONLY COMPLETE THE FOLLOWING SECTION IF YOUR DOCTOR RECOMMENDED SURGERY						
	Disagree					Agree
18. I am okay with having surgery even though it will not make my elbow fully straight.	0	1	2	3	4	5
19. I am okay with having surgery even though I may lose some ability to bend my elbow.	0	1	2	3	4	5
20. I am okay with doing exercises every day for 3 months to work on getting back the movement I lose after surgery.	0	1	2	3	4	5
21. I am okay with wearing a splint every night to maintain the benefits of surgery.	0	1	2	3	4	5
22. It is not worth having surgery because my elbow will bend back up if I stop wearing my nighttime splint.	0	1	2	3	4	5
23. I am concerned about the risks of having surgery (anesthetic, infection, scars).	0	1	2	3	4	5