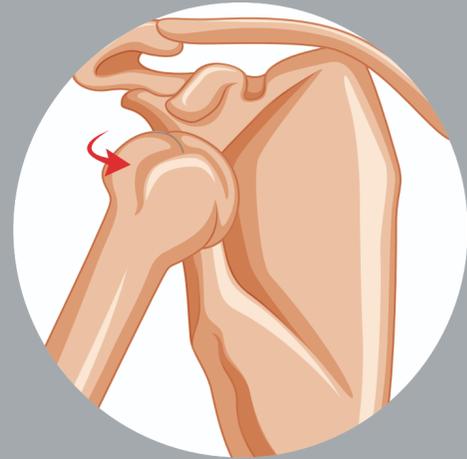


# Teaching Patients How to Reduce a Shoulder Dislocation



Acute Anterior Shoulder Dislocation

Most reduction protocols for acute anterior shoulder dislocations are:

**Resource Intensive**

Physician-dependency

Sedation

Monitoring

**Inconvenient**

Cost

Pain

Wait time



60 emergency department patients ages 18–60  
Dislocation and reduction were confirmed on radiograph



Randomization



Spaso technique  
(n=30)



Boss-Holzach-Matter  
(BHM) Technique  
(n=30)

## The self-administered BHM technique was:

**Less painful**

Lower overall and peak pain



**Just as fast**

No significant difference in reduction time



**Just as effective**

No significant difference in success rate



The BHM self-administered technique can be used as a *first-line technique* in the emergency department for reducing shoulder dislocations

## Teaching Patients How to Reduce a Shoulder Dislocation: A Randomized Clinical Trial Comparing the Boss-Holzach-Matter Self-Assisted Technique and the Spaso Method

Marcano-Fernández et al. (2018)

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