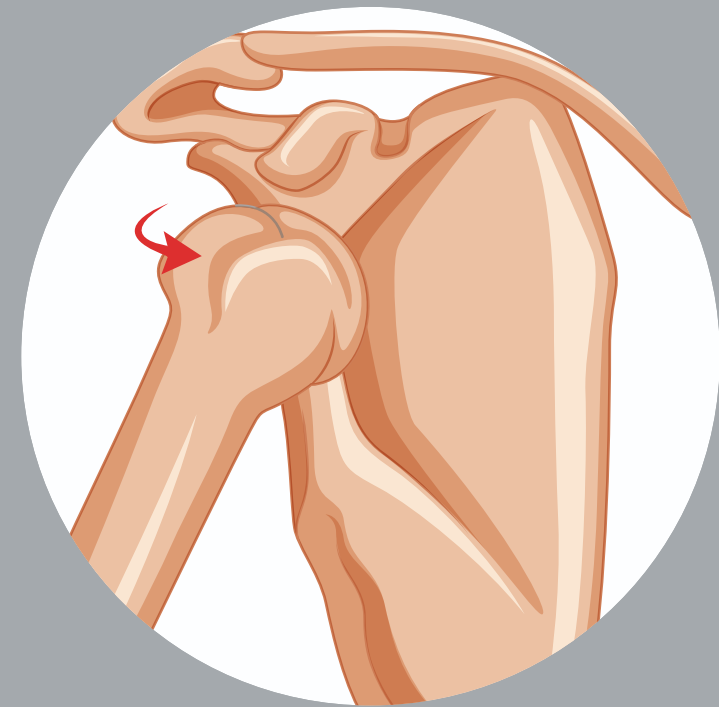


# Teaching Patients How to Reduce a Shoulder Dislocation



Acute Anterior Shoulder Dislocation

Most reduction protocols for acute anterior shoulder dislocations are:

## Resource Intensive

Physician-dependency

Sedation

Monitoring

## Inconvenient

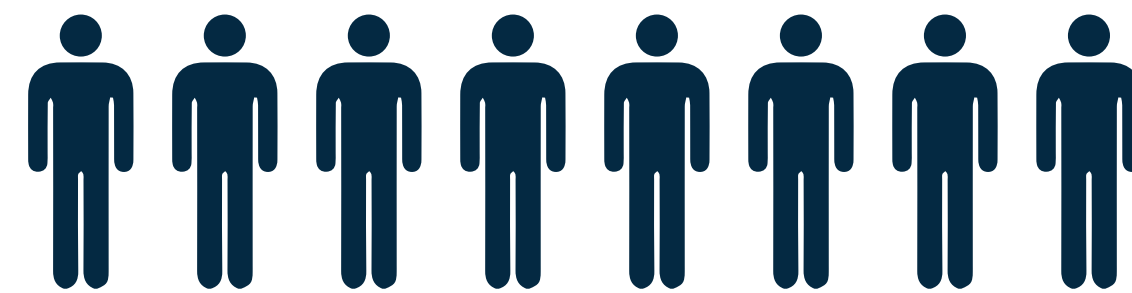
Cost

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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