

Shoulder Reduction Techniques

The following describes techniques used to reduce a dislocation of the shoulder. These should only be used under the direction of a qualified clinical provider, such as a sports medicine physician. Always use caution when applying these techniques. If you fail to successfully reduce a dislocated shoulder despite multiple attempts, proceed to the nearest emergency medical facility for definitive care and call your physician.

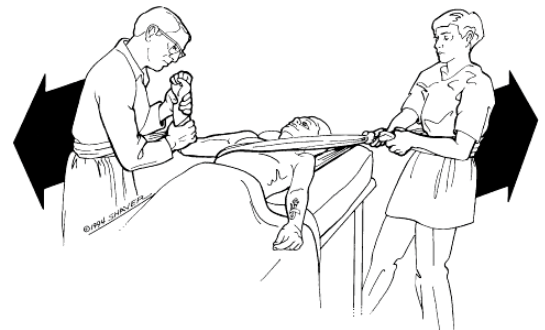
Self-Reduction

- Fold your arms in front of your bent knee on the same side as the dislocated shoulder.
- Clasp your hands tightly but relax your arms and shoulder muscles.
- Slowly lean back while continuing to relax.
- The shoulder will make a clunk when it reduces.



Two-Man Reduction

- Have the injured individual lie on their back with the affected arm out toward the assistant.
- The assistant placed the arch of their foot high into the armpit of the injured individual and clasps the forearm (alternatively, a second assistant may wrap a towel around the armpit and chest of the injured individual as pictured, pulling on the towel to counter the pull of the first assistant).
- While keeping knees and elbows straight the first assistant leans back slowly placing a firm, smooth traction on the arm. The injured individual relaxes their arm and shoulder muscles as much as possible.
- The shoulder should make a clunk when it reduces and the pain will be significantly reduced.



When the shoulder is reduced, back in place, place the arm in a sling and seek medical attention.

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*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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