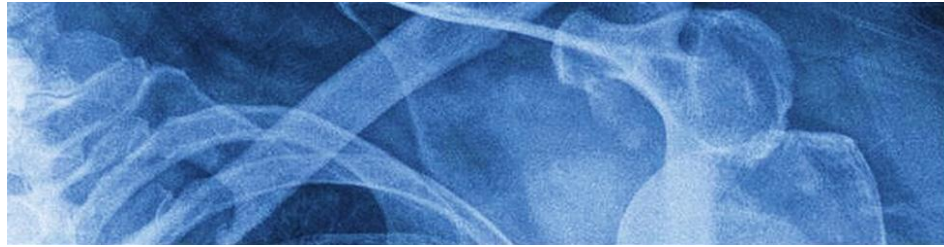


ShoulderDislocation.net

Dr Neil Cunningham, St Vincent's Hospital

Dr Gerard Fennessy, Royal Melbourne Hospital

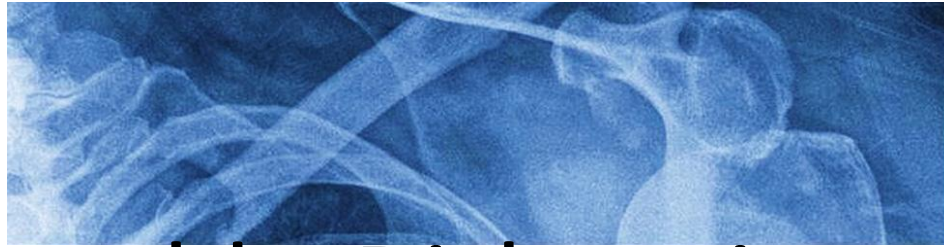
Melbourne, Australia



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Background and Aims

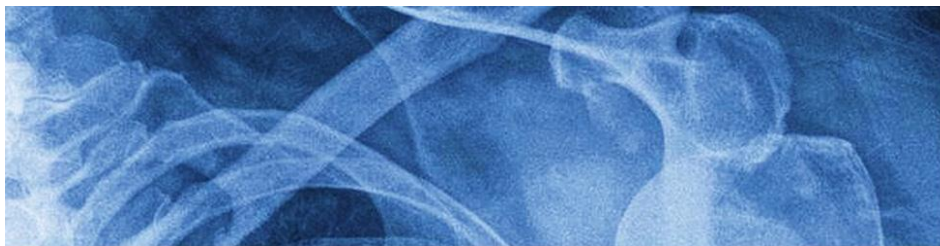
- Shoulder dislocation is a common emergency department presentation
- There are many relocation methods according to physician preference and experience, and these skills are handed down to via a hands-on approach
- Traction-countertraction techniques are still commonly employed, which may lead to additional joint trauma and pain for the patient
- Dr Neil Cunningham set up ShoulderDislocation.net as an educational not-for-profit website
- It was intended to use tutorials and videos to explain the anatomy and compare different techniques, and dissuade traction-countertraction methods



ShoulderDislocation.net

Method

- The website was created with Wordpress, a popular, common and free blogging platform
- It is linked to Facebook, Twitter, and YouTube, to enable updates and ease of access for training physicians, particularly with regards to the video demonstrations
- There are pages on anatomy, as well as step-by-step descriptions of the different relocation methods.
- We currently have 14 videos, which use both models and real patients (with consent) to show relocation methods
- There are also troubleshooting videos, and a patient handout for a “self-reduction” method
- Finally there is a list of relevant articles, including an original translation of Kocher’s method

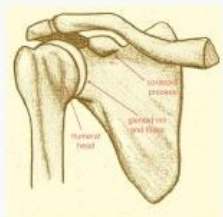


ShoulderDislocation.net – Anatomy and Tutorials

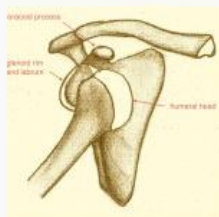
Anatomy

To understand shoulder dislocation and relocation techniques, it is important to understand the normal shoulder joint anatomy, and the disruption to this when the shoulder is dislocated. Here is a review of both [normal](#) and [dislocated](#) anatomy as well as [associated injuries](#). Take some time to [think about the scapula](#), and look at some examples of dislocations in our [x-ray gallery](#). If you need an explanation of terms, try the [glossary](#).

Normal Shoulder Anatomy



Dislocated Anatomy



Remember The Scapula!



X-Ray Gallery



Associated Injuries



Glossary



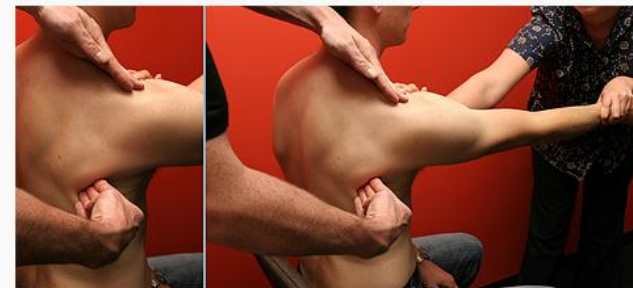
Tweet

Step 2 – Apply GENTLE traction

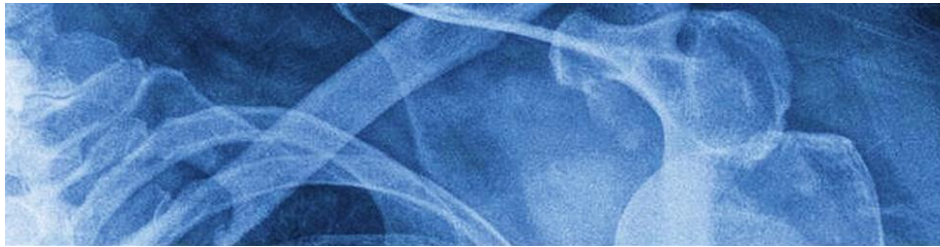


Steady GENTLE traction on the forearm is maintained (5 -15 lbs) until your patient relaxes. Rest on the clavicle to steady the arm (and yourself).

Step 3 – Rotate the scapula



After the patient begins to relax, rotate the scapula:



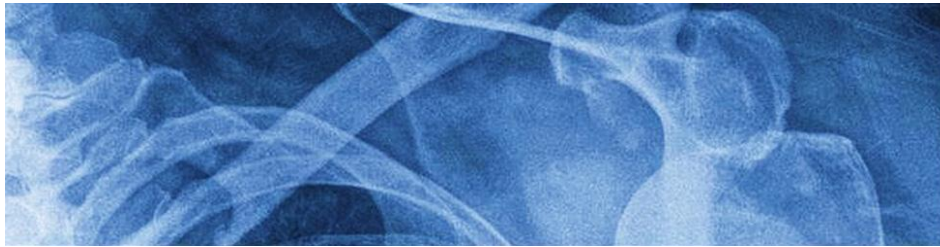
ShoulderDislocation.net – YouTube and On-site videos

The screenshot shows the YouTube channel page for 'Shoulder Dislocation'. The channel name is 'Shoulder Dislocation' with a 'Subscribed' button. It has 228 subscribers and 302,070 video views. The page is divided into 'Featured' and 'Browse videos' sections. Under 'Uploaded videos', there are three video thumbnails:

- 6 – Cunningham technique**: A video showing a medical procedure. Description: "Analgesic position, Voluntary scapular retraction, Biceps massage". Duration: 37:03.
- Shoulder Dislocation Talk gi**: A video titled "Shoulder Dislocation Talk gi". Description: "Dr Neil Cunningham gives a talk at the Int Conference on Emergency Medicine - Du". Views: 188, 2 months old.
- Kocher's method of relocatin**: A video showing a shoulder reduction. Description: "This is a video of the Kocher's method of dislocated shoulder, performed on a patie Cunningham. Notice the lack of traction." Views: 6,330, 1 year old.

The screenshot shows the 'Technique and Description' page for a video. The title is 'Technique and Description'. There is a 'YouTube' logo and a 'Download' button. A green starburst graphic says 'NEW VIDEO'. The video title is 'Neil Cunningham gives a talk at the International Conference on Emergency Medicine, in Dublin, Ireland, 2012. Here is the talk along with his slides.' There are three video thumbnails with play buttons and search icons:

- What Matters?**: A video titled "What Matters?".
- Here a shoulder reduction is attempted...**: A video showing a shoulder reduction. Description: "Here a shoulder reduction is attempted, however the operator is unable to get the patient to adduct. This is not uncommon. Neil Cunningham walks through troubleshooting this problem and manages to manoeuvre the shoulder into position for relocation. Check out more on [analgesic positions](#) here."
- This video shows a shoulder reduction being attempted...**: A video showing a shoulder reduction. Description: "This video shows a shoulder reduction being attempted, using non-sedating methods. However, it is unsuccessful, and eventually a touch of sedation is used to control the muscle spasm. This results in a quick reduction."



ShoulderDislocation.net – Patient Handouts

YOU ARE HERE: HOME / RELOCATION / BOSS-HOLZACH-MATTER METHOD – AN AUTOREDUCTION TECHNIQUE

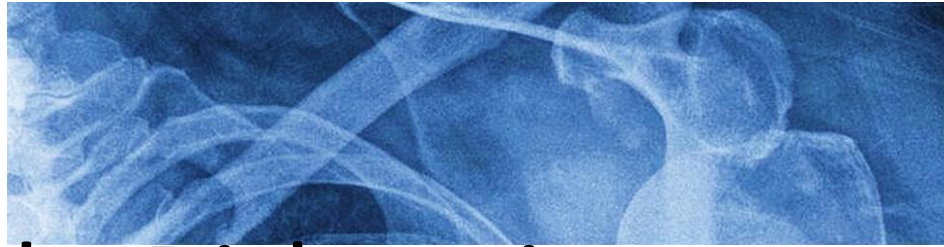
Boss-Holzach-Matter Method – An Autoreduction Technique



[\(click here for a patient handout\)](#)

Have you ever wanted to teach your patients how to relocate their own shoulders?

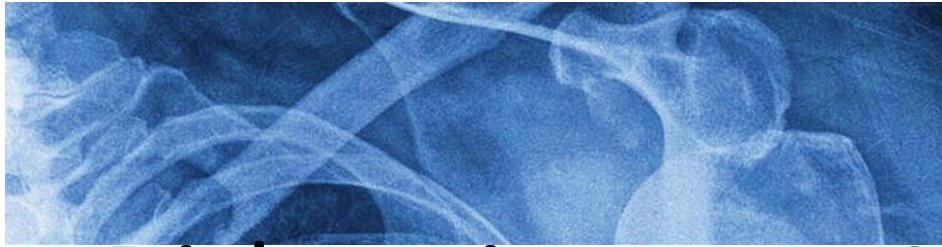
The Boss-Holzach-Matter technique is an autoreduction technique that you can teach your patient to do, directly in the Emergency Department. It was first described by [Boss et al](#) in 1993, however, the paper by [Ceroni et al](#) in 1997, brought the technique into the mainstream. It is with Dr Ceroni's kind permission that we feature the description and illustration.



ShoulderDislocation.net - Impact

Discussion

- The educational impact of ShoulderDislocation.net is difficult to quantify
- The website itself gets about 200 hits per week, mainly from Australasia, UK and USA
- The YouTube videos (14) have had over 300,000 views in 2 years, and have 191 subscribers
- Articles from the website have been downloaded over 3000 times, plus approximately 1800 downloads of the patient handouts
- As a free website, we hope to expand with more handouts, larger glossary, more videos and tutorials, when time permits



ShoulderDislocation.net - YouTube

Acknowledgements

- We would like to thank the following;
 - The patients who consented to being videoed for the purposes of furthering medical education, despite suffering from acute shoulder dislocation
 - Chris Dobbin from Qube Group for website design, troubleshooting, advice on social media and putting up with our general website and internet ignorance.
 - Mike Cadogan and the Frontier Medical Group / Global Medical Education Project for hosting this project