

Learning Objectives

MedBridge Education

Glenohumeral Instability: Subluxation or Dislocation

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Chapter 1 - Anatomy and Biomechanics

1. Discuss the epidemiology of shoulder instability
2. Identify the risk factors contributing to shoulder instability
3. Describe the glenohumeral complex and the types of lesions in the shoulder joint

Chapter 2 – Basic Evaluation Concepts

1. Perform the evaluative tests to screen patients for shoulder instability, including the sulcus sign, load and shift, apprehension, relocation, and posterior drawer tests.
2. Compare and contrast anterior and posterior dislocation in the shoulder.

Chapter 3 – Surgical Implications and Rehabilitation Programs

1. Identify surgical procedures used in repairing shoulder injuries, including Latar-jet and Bankart repair procedures
2. Explain rehabilitation concepts after shoulder repair
3. Discuss post-surgery complications

Chapter 4: Posterior Instability

1. Identify the mechanism of injury in patients with posterior shoulder instability
2. Explain rehabilitation concepts for patients with posterior shoulder instability
3. Discuss post-operative management and rehabilitation for posterior instability patients

Chapter 5: Case studies

1. Describe proper evaluation and management of anterior and posterior shoulder dislocation as related to the real life case studies presented in the chapter.